

2024-25

Constitution of Students' Union UCL

RUNNING, ATHLETICS AND CROSS COUNTRY CLUB

1. Name

- 1.1. The name of the club/society shall be Students' Union UCL Running, Athletics and Cross Country Club.
- 1.2. The Club/Society shall be affiliated to Students' Union UCL.

2. Statement of Intent

- 2.1. The constitution, regulations, management and conduct of the club/society shall abide by all Students' Union UCL policy, and shall be bound by the [Students' Union UCL Memorandum & Articles of Association](#), [Byelaws](#), [Club and Society Regulations](#) and the club and society procedures and guidance – laid out in the '[how to guides](#)'.
- 2.2. The club/society stresses that it abides by Students' Union UCL Equal Opportunities Policies, and that club/society regulations pertaining to membership of the club/society or election to the club/society shall not contravene this policy.
- 2.3. The Club and Society Regulations can be found on the following webpage:
<http://studentsunionucl.org/content/president-and-treasurer-hub/rules-and-regulations>.

3. Committee

- 3.1. **President**
 - 3.1.1. The president's primary role is laid out in section 5.7 of the Club and Society Regulations.
- 3.2. **Treasurer**
 - 3.2.1. The treasurer's primary role is laid out in section 5.8 of the Club and Society Regulations.
- 3.3. **Welfare Officer**
 - 3.3.1. The Welfare Officer's primary role is laid out in section 5.9 of the Club and Society Regulations.
- 3.4. **Additional Committee Members**


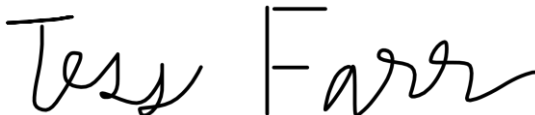
- 3.4.1. Cross Country Captain
 - 3.4.1.1. Lead weekly training sessions, attend all LUCA and BUCS XC events, plan and coordinate travel arrangements for XC races
- 3.4.2. Athletics Captains
 - 3.4.2.1. Attend training sessions, accompany new members from UCL to track in the first few weeks, attend S&C sessions, coordinate all entries for LUCA indoors and outdoors, BUCS indoors and outdoors, and Varsity, attend all competitions.
- 3.4.3. Social Secretaries
 - 3.4.3.1. Organise and attend social events.
- 3.4.4. Social Media Officer
 - 3.4.4.1. Keep the Instagram page up to date and post frequently. Use Instagram stories. **Attend competitions to record content. Publish a monthly newsletter. Maintain and consistently update the external website and its club competition records. Maintain and facilitate engagement on Instagram and WhatsApp group.**
- 3.4.5. This Girl Can Officer
 - 3.4.5.1. Organise This Girl Can sessions weekly or fortnightly.
- 3.4.6. Community Outreach and events officer
 - 3.4.6.1. Organise volunteering and fundraising events throughout the year.
- 3.4.7. Social Running Captain
 - 3.4.7.1. Attend all social runs, lead groups accordingly or assign them to run leaders, plan road races throughout the year.
- 3.4.8. Competitions and Tours officer
 - 3.4.8.1. Assist in organising all the competitions throughout the year. Organize at least one tour per year.
- 3.4.9. Post-Graduate Officer
 - 3.4.9.1. Partner with Project Active to offer a weekly or fortnightly Post-Graduate run.
- 3.4.10. Triathlon Captain
 - 3.4.10.1. Coordinate with the UCL Cycling Club and where relevant, the UCL Swimming Club to organize participation in BUCS Duathlon and Triathlon competitions. Coordinate with these clubs to offer additional optional training relevant to these disciplines.

- 3.5. Management of the club/society shall be vested in the club/society committee which will endeavour to meet regularly during term time (excluding UCL reading weeks) to organise and evaluate club/society activities.
- 3.6. The committee members shall perform the roles as described in section 5 of the Students' Union UCL Club and Society Regulations.
- 3.7. Committee members are elected to represent the interests and well-being of club/society members and are accountable to their members. If club/society members are not satisfied by the performance of their representative officers, they may call for a motion of no-confidence in line with the Students' Union UCL Club and Society Regulations.

4. Terms, Aims and Objectives

- 4.1. The club/society shall hold the following as its aims and objectives.
- 4.2. The club/society shall strive to fulfil these aims and objectives in the course of the academic year as its commitment to its membership.
- 4.3. The **core activities** of the club/society shall be:
 - 4.3.1. LUCA cross country league races
 - 4.3.2. Training on Monday evenings, Wednesday afternoons, Thursday evening, Saturday mornings and Sunday mornings throughout term time, including at least one weekly circuits/weights session
 - 4.3.3. Training Tuesday evening with Highgate Harriers at Parliament Hill track
 - 4.3.4. Track and Field sessions for Athletics on Tuesdays and Thursdays
 - 4.3.5. Hyde Park Relays
 - 4.3.6. LUCA Indoor Athletics championships
 - 4.3.7. Participation in LUCA Outdoors
 - 4.3.8. BUCS Cross Country
 - 4.3.9. BUCS Indoors
 - 4.3.10. BUCS Outdoors
 - 4.3.11. BUCS Orienteering
 - 4.3.12. Socials for members, including a beginning of the year social to welcome new and old members.
 - 4.3.13. Teddy Hall Relays
 - 4.3.14. This UCL Girl Can project active weekly/fortnightly sessions
 - 4.3.15. Once-termly themed run, such as a Halloween-run.

- 4.3.16. Couch to 5k programme in Term 1
- 4.3.17. A whole club meeting once-termly to feed back to members on club activities
- 4.3.18. At least two welfare events, such as with guest speakers or activities such as social stretching to promote wellbeing and physical/mental health within the club
- 4.4. In addition, the club/society shall also strive to organise **other activities** for its members where possible:
 - 4.4.1. Two training weekends and a warm weather training tour.
 - 4.4.2. Parkrun sessions.
 - 4.4.3. Aid in – or wholly complete – organisation of a LUCA charity race/fun run
 - 4.4.4. At least two welfare evenings with guest speakers, to promote wellbeing and physical/mental health within the club
- 4.5. This constitution shall be binding on the club/society officers and shall only be altered by consent of two-thirds majority of the full members present at a club/society general meeting. The Activities Executive shall approve any such alterations.
- 4.6. This constitution has been approved and accepted as the Constitution for the Students' Union UCL Running, Athletics, and Cross Country Club. By signing this document, the President and Treasurer have declared that they have read and abide by the Students' Union UCL Club and Society Regulations.

	Name: Ciel Sheridan
President	Signature: 
	Date: 27/06/2024
	Name: Tess Farr
Treasurer	Signature: 
	Date: 27/06/2024