

BIRSTALL RUNNING CLUB
CONSTITUTION - NOVEMBER 2015
(Revised October 2020)

1. NAME

The name of the club is Birstall Running Club hereinafter referred to as “the club”

The club is affiliated to: -

- England Athletics - EA
- UK Athletics - UKA
- Midland Counties Athletic Association - MCAA
- Leicestershire and Rutland Athletic Association - LRAA
- Midland Counties Cross Country Association - MCCCCA
- Royal British Legion, Birstall - RBL
- British Triathlon Federation - BTF

2. HEADQUARTERS

The club will meet on Monday and Friday evenings at 6.15 pm for a 6.30 start at the Pavilion, School Lane Recreation Ground, School Lane, Birstall, Leicester, LE4 4EA. Also Wednesday evenings, meeting in the Sibson Road car park at similar times. The exceptions will be Public Holidays when alternative arrangements may be made, the details of which will be agreed and circulated by the committee.

The club is affiliated to the Royal British Legion, 19A Front Street, Birstall, Leicester, LE4 4DQ and any club member may attend there socially after training sessions as well as organised events and meetings etc.

3. AIMS AND OBJECTIVES

The aims and objectives of the club will be the promotion of amateur athletics by: -

- Offering coaching and competitive opportunities in athletics.
- Promoting the club within the local community and athletics.
- Ensuring a duty of care to all members of the club.
- Providing all of its services in a way that is fair to everyone.

4. CLUB EQUALITY STATEMENT

The club is committed to ensuring that equality is incorporated across all aspects of its development within the following definition of sports equality.

The club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.

The club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment or abuse.

All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.

The club will deal with any incidence of discriminatory behaviour seriously according to disciplinary procedures incorporated into the Club Code of Conduct (refer appendix 1).

5. MEMBERSHIP

Membership shall consist of officers and members of the club and is confined to amateurs as defined by UK Athletics (i.e. eligible to compete under the rules of UK Athletics).

All members will be subject to the regulations of the club constitution and by joining the club will be deemed to accept these regulations and code of practice that the club has adopted.

Members will be enrolled into one of the following categories: -

- Full member, competing athlete.
- Non-competing athlete.
- Social member.
- Second claim athlete.
- Junior member (under 20 on 1st January).
- Life member.
- Retained past member, no status.
- Family member, more than 2 family members.

New members will submit a fully completed Membership Application Form to the Membership Secretary. Upon receipt this will be circulated to the full committee either by email or the BRC Committee App. If no objections to these are received within 24 hours then the new members will be accepted and welcomed in the usual way

All full members, including family members, will be eligible to be considered for the club draw for the club entries to the London Marathon. To be considered the member must be fully paid up on 1st March that year and must have applied to the official London Marathon Ballot for a place and been rejected. Their rejection notification must be made available to the club secretary prior to the draw. Any member that was awarded a club place in the two preceding years will not be eligible to be included in the current ballot.

All members should try to marshal, or assist with the race(s) that the club organises each year.

When competing in races, members are encouraged whenever possible, to wait in the finish area for the last club member finishing.

6. MEMBERSHIP FEES

Membership fees will be set annually and determined at the Annual General Meeting (refer appendix 2).

Fees will be paid by annual subscription which will cover the period commencing 1st January until the following December 31st.

Membership will be deemed to have lapsed if not paid by 1st March of the membership period, ie they will not be eligible to represent Birstall RC in races. However membership will resume on full payment of outstanding debts.

The committee shall have the power to expel any member whose subscription is not paid by the 31st March and if appropriate, their affiliation to England Athletics will lapse.

7. RESIGNATION

Any member intending to resign from the club shall give notice in writing to the club secretary. Their membership will terminate from the date of acceptance by the committee at

the next meeting. In the event of resignation the member must clear all outstanding debts to the club and return any property belonging to the club including perpetual trophies.

Where members are moving to another England Athletics affiliated club they must complete and send the appropriate change of club form to England Athletics along with the fee requested on the form. This form can be downloaded from the EA web site or requested from the secretary of the club that the member is moving to.

8. OFFICERS OF THE CLUB

The management of the club is vested in a committee consisting of: -

- President
- Chairperson
- Honorary Secretary
- Membership Secretary
- Honorary Treasurer
- Social Secretary
- Captain
- Ladies Captain
- Media Administrator/Publicity
- Welfare Officer
- Race Director
- Coach Co-ordinator
- Kit Manager
- Vice-Captain
- Ladies Vice-Captain
- Two committee members

These officers will be elected annually at the AGM.

The following non-committee officers will also be elected: -

- Two assistants to the Social Secretary
- Two honorary auditors

All elected officers will retire each year but be eligible for re-election at the AGM, the exception is the President who will be elected by the outgoing committee with a view to being invited to hold the office for the following year. This office will be held for a maximum of 2 consecutive years, unless an alternative proposal is not made.

- Any member handling club finances but is not a committee member will be co-opted onto the committee for the duration of that task, on completion that member will withdraw from future committee meetings.
- Similarly, any member that has a vested interest, or a particular knowledge in relation to a subject to be reviewed and discussed, may be invited to give a presentation of that topic to the committee.
- Only members on the management committee will have the right to vote at meetings of the committee. The exception is the chairperson who will only cast a vote in the event of a tie.

- Committee meetings will be convened by the chairperson and held no less than 5 times per year. The quorum required for business to be agreed will be 7 members. They will be responsible for adopting policy, codes of practice and rules that affect the organisation of the club.
- The management committee will have powers to appoint sub-committees as necessary on any aspect of club activities.
- The management committee will be responsible for disciplinary hearings of members who infringe the club rules, regulations and constitution. They will be responsible for taking any action of suspension or discipline as detailed in the club Code of Conduct (Appendix 1).

9. FINANCE

All club monies will be banked into accounts held in the name of the club.

The club treasurer will be responsible for the finances of the club.

Any cheques drawn against the club funds should hold the minimum of 2 signatures from nominated members of the management committee.

The financial year of the club will commence on 1st November and will end the following 31st October.

The club treasurer will submit an audited statement of annual accounts to the Annual General Meeting.

The membership fees, detailed in appendix 2, will be determined each year by the members present at the Annual General Meeting.

10. ANNUAL GENERAL MEETING

Notice of annual general meeting (AGM) will be given by the club secretary, not less than 21 days before the date of the AGM agreed by the committee, normally the last Monday in October, or alternatively the first Monday in November.

The AGM will receive reports from officers of the management committee and a statement of audited accounts.

Nominations for officers of the management committee will be sent to the club secretary prior to the AGM or nominations will be requested at the AGM.

Election of officers for the following year will take place at the AGM and all paid up members will have the right to vote.

In the event of more than one member proposed for a post the members present will vote by written ballot. Each member will have one vote and the proposed member with the highest number of votes will be deemed elected. In the event of a tie, further ballots will be held.

A quorum to carry out the business of the AGM will be 30 paid up members or 20% of the membership whichever is the greater.

11. EXTRAORDINARY GENERAL MEETING

An extraordinary general meeting (EGM) must be called by the club secretary within 21 days of receiving a requisition, in writing, signed by a minimum of 10 paid up members, stating the business to be brought before such a meeting.

Procedures for an EGM will be the same as for an AGM except that only the business stated in the written requisition will be discussed.

12. DISCIPLINES AND APPEALS

All complaints regarding the behaviour of members contrary to the club Code of Conduct should be presented and submitted in writing to the club welfare officer and/or club secretary and/or any member of the management committee.

The management committee will meet to hear complaints within 14 days of the complaint being received and the committee has the power to take appropriate disciplinary action.

The outcome of the meeting will be notified in writing to the complainant and the member against whom the complaint was lodged.

There will be a right of appeal to the management committee following the action being notified. The committee shall consider the appeal within 7 days of receipt of the appeal.

13. JUNIOR MEMBER PROTECTION

All concerns, allegations or reports of poor practice or abuse relating to the welfare of children and young people will be recorded and responded to swiftly and appropriately in accordance with the club code of conduct. The club welfare officer is the lead contact for all members in the event of an appropriate report.

Any junior member must be accompanied to competition and training by a parent, guardian or member of the club that holds a current CRB/DBS certificate in athletics.

All run leaders, club coaches and assistant coaches, involved with junior training and competitions, must have a current CRB/DBS certificate in athletics.

For juniors, all age restrictions must be compliant with UKA rules at all times.

14. WITHDRAWAL FROM EVENT

Any member withdrawing at a late stage from a club event, function or race entry will be responsible for related expenses that the club has incurred. In the event of extenuating circumstances this can be reviewed at the discretion of the management committee.

15. DISSOLUTION

A resolution to dissolve the club can only be passed at an AGM or EGM through a majority vote of the membership.

In the event of dissolution, any assets that remain will become the property of a nominated club that has similar objectives to those stated of Birstall Running Club.

16. AMENDMENTS TO THE CONSTITUTION

No alteration or addition may be made to the constitution except by a majority vote at an AGM or EGM.

17. DECLARATION

Birstall Running Club hereby adopts and accepts this constitution as a current operating guide regulating the actions of members.

Club Chairperson

Signed _____ Date _____

Print Name _____

Club Secretary

Signed _____ Date _____

Print Name _____

APPENDIX ONE

Code of Conduct

October 2015

Revised November 2017.

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1 CODE OF CONDUCT FOR CLUB MEMBER RUNNERS

1. Listen to the group leader and respect what they have to say, they have the best interests of the group in mind.
2. Arrive in plenty of time to allow a warm-up and preparation. Training sessions begin at 6.30pm and this time should be adhered to as closely as possible to ensure all runners return at a similar time.
3. If you wish to change the route, modify a route or cut a route short, let a group leader/club captain/vice-captain know. This helps when accounting for all runners at the end of a session.
4. Respect pedestrians and other road users. Give way to others when necessary, we do not have right of way over other users.
5. Always wear suitable clothing and proper running shoes. Whilst running on dark evenings wear light coloured, high-visibility clothing, in line with club requirements. This is usually for evening training runs between October 1st and April 1st.
6. Do not run too far off the front of a group and always regroup at regular intervals or when requested to by the group leader.
7. Be honest about your ability. If the group that you are in is too fast or too slow then consider changing groups at the next session. Bear in mind returning from illness or injury or prolonged periods of inactivity may affect your ability for the first few runs back.
8. Respect private land, close gates after passing through them and run in single file along footpaths.
9. When crossing roads, observe the Highway Code and maintain high standards of safety at all times.
10. Do not use inappropriate or offensive language whilst running with the club.
11. Treat others with the same respect and fairness that you wish to receive. Respect the rights, dignity and worth of all participants regardless of age, ability, ethnicity, culture, religion or gender. Act with dignity at all times.
12. Inform the group leader if you have any injury or illness that may affect your running.
13. Look after the other runners within your training group, if someone is struggling make sure that they are not left on their own.
14. Warn other runners around you of impending hazards, pedestrians etc.
15. Ensure that you let your group leader know if you intend to switch groups during a run.
16. When representing the Running Club, official and up-to-date Club Vest MUST be worn when running.
17. Uphold and respect the running club's ethos and image at all times including training, competitions and social settings.
18. Check race rules and ensure that you follow these wherever possible e.g. no queue jumping on cross country races when waiting for streams, stiles etc.

19. All club affiliation/race fees must be paid and kept up-to-date. Any concerns or problems relating to this should be discussed with a member of the committee.

20. All Monday, Wednesday and Friday training routes are planned in advance, runners may wish to view these via the club website to prepare for the training session.

21. Any concerns or issues should be reported to a member of the committee or Club Welfare Officer. Failure to adhere to these rules may result in a formal written warning, or in extreme circumstances and as decided by the committee, immediate termination of club membership with no refund of any fees.

1B CODE OF CONDUCT FOR ONLINE MEMBERSHIP/SOCIAL MEDIA

1. All members will have access to the clubs online, social media sites. This includes the web site, forum and Facebook page.
2. Members must not share log-in details or passwords with other users.
3. Only affiliated club, social or 'internet' members will have access to the forum and Facebook page. Other runners/friends of runners should not be invited or allowed access to these facilities.
4. Offensive, racist, sexist or otherwise inappropriate content will be removed and could result in a formal warning being issued.
5. The Birstall Running Club Facebook page and Forum should only be used for relevant information and posts. Please avoid sharing content not related/relevant to club members.
6. Any inappropriate or offensive posts must be reported to a member of the committee.
7. At races/competitions/training sessions the use of photography may occur. These images then may be added to the Birstall Running Club web site or Facebook page (closed group). Any member not wishing to have photographs taken or shared must inform the committee in writing. All/any photographs can be removed on request.
8. Any posts for the Birstall web site should be given to the Media Secretary (a member of the committee).
9. Any inappropriate communication (including but not exclusively e-mail, text/picture message, social media, forum or otherwise) between members may result in a formal written warning or, in extreme or repeated circumstances, termination of club membership with no refunds on fees paid. These occurrences must be reported to a member of the committee or Club Welfare Officer.

2 CODE OF CONDUCT FOR GROUP LEADERS

1. Before you start running make yourself visible to the group and briefly explain the session that they are about to undertake.
2. Always ask whether anyone is new to the group or is feeling unwell or carrying an injury.
3. Ensure that everyone has proper running shoes and suitable clothing i.e. high-visibility tops during dark evenings (usually October - March).
4. Try to begin each session with a gentle warm-up of at least 5 minutes - warm up plans are provided or at the very least encourage your group members to partake in this.
5. Know the route and set off at 6.30. Ideally gather groups at 6.25 to ensure a prompt start and return.
6. Use regular members of the group to set the pace and do not be afraid to slow down the group if it is too fast or identify the split in the group and designate a second leader for the faster/slower group.
7. Do not allow large groups. If there are more than 15 people then the group should be split into two separate groups. If there are more than 10 people nominate a second runner as an assistant group leader.
8. Respect the rights, dignity and worth of every member of the group and treat everyone equally.
9. Place the welfare and safety of the group above the development of performance.
10. Do not lead the group across private land or along busy or dangerous roads. Think of the whole group when crossing roads. Where possible follow the routes planned by club captain.
11. Runs to be approximately 1 hour (maybe longer in summer months), people may have other commitments. If runners choose to add sections on or change routes ensure they have informed someone.
12. Make sure that all activities are appropriate to the age, ability and experience of those taking part. Remember on longer training runs you should be able to hold a conversation whilst running.
13. Try and avoid runners returning to the Club on their own. Always ask for someone to accompany a lone runner back to the Clubhouse.
14. Be particularly aware of slower runners or new runners to the group. If someone is slowing down considerably, suggest joining a slower group.

15. Do not always lead the group from the front. Be aware of the whole group and remember to look out for all runners from the front to the back.
16. Set regular re-group points so that everyone is clear on where to wait. Suggest runners off the front of the group to run to a certain point and then loop back to re-join the group.
17. Encourage – motivate – gain respect – offer advice.
18. Encourage a warm down and stretches at the end of every session.
19. Feedback to club captain/committee on routes and/or any concerns.
20. Group Leaders should carry, or have access to, a mobile phone in case of emergencies.

3 CODE OF CONDUCT FOR COMMITTEE MEMBERS

1. The committee posts will be elected as a part of the running club's AGM and will be voted on by all club members in attendance.
2. Members of the committee are expected to set an example to other runners within the club through positive promotion of club activities, training sessions and races.
3. Only committee members may hold the keys to the changing facilities (unless pre agreed).
4. Committee Members, excluding Race Directors, shall attend a minimum of 80% of meetings. Failure to do so may result in removal from committee.
5. Minutes of committee meetings will be made public to members via the Club Forum.
6. All matters discussed at committee meetings must be agreed upon by majority vote.
7. Club treasurer will keep detailed records of club finances and share these at committee meetings.
8. The committee will make joint decisions on club matters, changes to committee posts and reserve the right to call an EGM at any point if deemed necessary.
9. Committee members will respect members privacy in cases/matters where discretion is required.
10. Committee members will make decisions on sanctions imposed on members in breach of code of conduct, in line with the code of conduct document.
11. Any person(s) handling club monies should be invited on to the committee for the duration of that activity e.g. race secretary etc.
12. Committee posts should be open and transparent to all members.
13. If a committee member has a conflict of interest relating to a committee matter, they may be asked to leave the meeting whilst that issue is discussed.
14. Committee members should record any complaints/issues in writing and raise them at a committee meeting. Where verbal complaints are made, committee members should encourage a written record of this.

4 EQUAL OPPORTUNITIES AND GRIEVANCE PROCEDURE

Birstall is an equal opportunities club and strives to make the experience for all members as enjoyable and productive as possible. In some cases members may raise a concern or discuss an issue which requires further attention. Below is the correct procedure to follow in this instance.

1. Complaints against another club member should be made in writing to a member of the committee or the Club Welfare Officer. It is then the committee's decision on an appropriate course of action for this grievance. Initially this may be a verbal interaction, at which point the committee should make a written record of this.
2. If the complaint is about a member of the committee, then it should go directly to the Club Welfare Officer.
3. If the complaint is against the Club Welfare Officer, it should go directly to another committee member.
4. Each case is different and may be treated slightly differently, however the following may assist this procedure:
5. Sanctions - the committee reserve the right to modify the following at any time and without prior notice. The 3 stage system includes:

VERBAL WARNING → WRITTEN WARNING → TERMINATION OF MEMBERSHIP

Any stage can be skipped if deemed appropriate and agreed by committee. Some cases may require more severe action than others. Any complaint made officially to a committee member should be reviewed and decided upon accordingly.

Examples of inappropriate or unacceptable behaviour could include (please note that this list is non-exhaustive):

- Verbal or physical abuse of members or non-members.
- Failure to follow guidelines set out in code of conduct.
- Lack of respect for own or others property including theft or damage.
- Foul, sexist, racist or otherwise abusive language directed towards individuals.
- Persistent use of foul or inappropriate language
- Failure to follow race etiquette/rules.
- Inappropriate use of social media/forum.
- Failure to pay fees within a time scale deemed reasonable.
- Behaving in a way which could damage the club's reputation.
- Sharing or sending of indecent or inappropriate images/content.
- Persistent disregard for own or others safety.
- Failure to report an incident or dangerous occurrence.
- Threatening or aggressive behaviour
- Deliberately causing offence or discomfort to other club users/members.
- Any other offence deemed to warrant a sanction by the committee.

All cases of grievance MUST be logged by the committee and a record should be available. As mentioned each case is individual and should be treated as such. The committee reserve the right to escalate the sanctions if the prior stage has had little or no impact.

The committee will endeavour to inform all interested parties of the outcome of any complaint or concern raised.

Appeals procedure.

In some cases, the accused may wish to appeal against their sanction. This must be done formally, in writing, within 7 days of the sanction being imposed. This appeal must be received by a committee member or Club Welfare Officer, formally and within the timeframe permitted.

In the case of an appeal, the accused should provide just cause as to why their sanction is unjust and this will then be reviewed by the committee. The committee will then make a decision as to the validity of the argument and if any changes to the sanction need to be made.

5 CODE OF CONDUCT FOR CLUB COACHES/SESSION LEADERS

1. Respect the rights, dignity and worth of every athlete and others involved in athletics and treat everyone equally.
2. Place the welfare and safety of the athlete above the development of performance.
3. Ensure that activities you direct or guide are appropriate for the age, maturity, experience and ability of the individual athlete
4. Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances.
5. Encourage and guide athletes to accept responsibility for their own performance and behaviour.
6. Develop appropriate working relationships with athletes based on mutual trust and respect, especially with those athletes under 18 years or vulnerable adults.
7. Act with dignity and display courtesy and good manners towards others.
8. Avoid critical language or actions such as sarcasm which could undermine an athlete's self-esteem.
9. Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse.
10. Challenge inappropriate behaviour and language by others

11. Be aware that your attitude and behaviour directly affects the behaviour of athletes under your supervision.
12. Never engage in any inappropriate or illegal behaviour.
13. Report any accidental injury, distress, misunderstanding or misinterpretation to the Committee and/or club Welfare officer as soon as possible.
14. Ensure that any equipment is appropriate for use and safe
15. When working with junior athletes, appropriate DRS/CRB checks should be in place.
16. Share good practice with others within the club
17. Share session aims and outcomes with the group. Encourage and correct technique to improve performance and maintain safety.

6 CODE OF CONDUCT FOR JUNIOR ATHLETES

1. Compete within the rules and respect officials/marshals and their decisions. Consistently promote positive aspects of the sport such as fair play and never condone rule violations.
2. Never engage in any inappropriate or illegal behaviour. Avoid swearing and abusive language and irresponsible behaviour including behaviour that is dangerous to yourself or others, acts of violence, bullying, harassment and physical and sexual abuse.
3. Respect the rights, dignity and worth of all members regardless of age, ability, ethnicity, culture, religion or gender. Act with dignity at all times and treat others with the same respect and fairness that you wish to receive.
4. Wear suitable kit at each event/race and it is advisable to bring a bottle of water.
5. Notify a responsible adult if you have to go somewhere during an event or race.
6. Use safe transport or travel arrangements. Never accept a lift in cars or invitations into homes on your own or without the prior knowledge and consent of your parent / guardian
7. Speak out immediately if anything makes you concerned or uncomfortable. Tell your parents / guardian and / or the Club Welfare Officer if you suspect that you or a club mate has suffered from misconduct by someone else.
8. Be honest - if you feel ill or are injured tell someone.

7 CODE OF CONDUCT FOR PARENTS / GUARDIANS

1. Ensure that your child is equipped with proper running shoes and suitable clothing. This includes high-visibility tops during dark evenings, long sleeved tops / long bottoms for cold weather and a jacket for wet weather.
2. Please provide a bottle of water for your child for each competition attended.
3. Encourage your child to learn the rules and play within them showing good sportsman/womanship.
4. Discourage unfair play and arguing with officials. Publicly accept officials' judgements.
5. Help your child to recognise good performance, not just results.
6. Support your child's involvement and help them to enjoy their sport. Never force your child to take part in sport. Only enter competitions and events within your child's capabilities and suitable for the age group they fall within.
7. Set a good example by recognising fair play and applauding the good performances of all.
8. Use correct and proper language at all times.
9. Immediately report any concerns that you may have about the events associated activities to any Club Committee Member.
10. Do not bring your child to any events or races if he / she is unwell, injured or receiving any medication.

APPENDIX TWO
MEMBERSHIP FEES

All membership fees are payable on 1st November or immediately after the AGM whichever is the later.

- Adult Membership £16
- Junior members (under 20 on 1st November) £0
- Life members: £0
- Family membership: £32
- New members joining on or after 1st June will only pay £8.00 plus EA affiliation fee if competing.

ALL MEMBERS COMPETING IN RACES WILL NEED TO PAY THE APPROPRIATE ENGLAND ATHLETICS AFFILIATION FEE IN ADDITION TO THE MEMBERSHIP FEE UNLESS THEY ARE SECOND CLAIM AND PAY THROUGH THEIR FIRST CLAIM CLUB.

EACH FAMILY MEMBER COMPETING IN RACES WILL ALSO NEED TO PAY THE ADDITIONAL EA AFFILIATION FEE.

New members joining on or after 1st October will pay the full annual membership fee but this will include the following year's annual membership.

APENDIX THREE

ANNUAL CLUB AWARDS

1. ROAD RUNNING

Based on the highest number of points achieved in the winter and summer leagues combined as published by the LRRL individual points tables (minimum races to apply).

MALE CHAMPION

MALE VETERAN CHAMPION

1st MALE SENIOR

1st MALE VET 40

1st MALE VET 45

1st MALE VET 50

1st MALE VET 55

1st MALE VET 60

1st MALE VET 65

FEMALE CHAMPION

FEMALE VETERAN CHAMPION

1st FEMALE SENIOR

1st FEMALE VET 40

1st FEMALE VET 45

1st FEMALE VET 50

1st FEMALE VET 55

1st FEMALE VET 60

1st FEMALE VET 65

No member shall receive more than one road running award at the presentation for each year.

2. CROSS COUNTRY

Based on best 3 races in the Derby Runner Cross Country League for period 1st January to 31st December (but best 4 when 7 or more races are held during the year).

MALE CHAMPION

MALE RUNNER UP

MALE 3rd

FEMALE CHAMPION

FEMALE RUNNER UP

FEMALE 3rd

3. GLEN HILLYER CLUB CHAMPIONSHIP

Members must have achieved the minimum requirements of

1. Road Racing as LRRL requirements, Winter plus Summer Leagues.
2. Cross Country best 3 races from the calendar year of the Derby Runner League.
3. Member must have competed in any official relay for Birstall Running Club.
4. Member must have completed any official race of half marathon distance or above, while competing for Birstall.

MALE CHAMPION

MALE RUNNER UP

MALE 3rd

FEMALE CHAMPION

FEMALE RUNNER UP

FEMALE 3rd

Plus an award to all additional qualifiers male and female.

4. ACHIEVEMENT OF THE YEAR

To be voted by the management committee.

5. MOST IMPROVED RUNNER

To be voted by a written ballot of all members from a list submitted by the committee. The reason for the nomination to be based on factors made clear by the committee.

6. CLUB PERSON OF THE YEAR

Candidates for this award should be nominated in advance by members, by written submission to the committee with a short citation. These will be submitted by committee for a written ballot at the presentation evening.

NB. The management committee have the right to amend any of the foregoing awards should circumstances dictate (i.e. races cancelled etc.).

APPENDIX FOUR
CLUB STANDARDS

1. The club standards are designed to give everyone a goal to aim for. It acts as a motivational tool and members can track their own progression from this. Rather than thinking it is all about finishing in the top team counting runners, each individual can set their own targets.
2. To qualify for a standard you must have achieved the standard time for the following:-

3 Category A distances

1 Category B distance.

All times must be achieved at recognised athletic affiliated events with accurately measured courses (no fun runs, cross country or off-road events). All times must be recorded during the calendar year (Jan-Dec). Awards cannot be back dated from previous race times achieved.

To qualify for Distinction Standard you must have achieved a standard time for all 10 distances.

3. The award you get will depend on the times that you have achieved, For example, if you achieve all times within the Silver category, you will receive the Silver award. If you were to run 3 Silver standard times with the 4th time being a bronze or below, you will only qualify for the Bronze award.

The Age Categories and all Standard times can be found on the club website, Information page.

If you change Age category during the season, your times will be based on the age you were on the day of the race.

4. Certificates will be awarded at the Club Presentation night.
5. To apply for your Club Standard you will need to submit an application form, which can be found on the club web site (Information Page). You will need to provide all qualifying times and the races you completed for the standard. This will need to be sent to the Club Captain, or Vice-Captain, to be reviewed and verified.