CUMBERLAND FELL RUNNERS
THE CONSTITUTION

1. NAME

1.1 The name of the club will be “Cumberland Fell Runners” (CFR).

2. OBJECTIVES

The objectives of the club are as follows:

2.1 To improve and support the sport of fell running, and promote the Fell Runners Association (FRA) principles of Fellrunning

2.2 To provide members with social runs, training, and opportunities for competitive running.

3. MEMBERSHIP

3.1 Membership of the club shall be open to all, but may be subject to the approval of the Committee.

3.2 Members are entitled to one vote each at the Annual General Meeting (A.G.M) and Extraordinary General Meetings (E.G.M). The vote can be made in advance on any motions by writing to the secretary no later than one week before the meeting.

3.3 Members are entitled to receive notification of General Meetings and the minutes thereof.

3.4 Members are entitled to receive a copy of the constitution and the club’s website will provide details of the club’s programme.

3.5 Membership may be First Claim or Second Claim, as defined in UK Athletics (U.K.A.) Rules.

3.6 Members are entitled to compete in the club’s colours and under the club’s name in any athletic event held under F.R.A. and/or U.K.A. Rules.

3.7 Membership categories and benefits are defined in the most current CFR Membership document which will be managed by the committee.

3.8 Points shall only be awarded in all the CFR Club Championships to those who register for the race under the club’s name (CFR) – it is highly recommend that all also who wish to receive points wear club colours but this is not a mandatory requirement.

4. AFFILIATION

4.1 The club will be affiliated to the England Athletics (E.A.) and will comply with the regulations of that body.

5. OFFICERS AND COMMITTEE

5.1 The club will be managed through the management committee made up of the club officers and further committee members.

5.2 Four officers will be elected for a three year post, these roles must be filled for the operations of the club:

1. Chairman
2. Treasurer
3. Secretary
4. Welfare Officer

5.3 Up to twelve further committee members will be elected to support the operation of the club

1. Vice Chair
2. Team Manager (2 posts)
3. Statistician
4. Membership secretary
5. Newsletter Secretary
6. Publicity Officer
7. Equipment Officer
8. Lead Junior coach
9. Lead Senior coach
10. Junior Chair/ Co-ordinator
11. Additional Welfare Officer

In addition, two DBS verifiers will be assigned from the committee.

5.5 Multiple positions in the committee (including officers subject to 5.6) may be held by one person

5.6 At least three members of the club's officers should be unrelated nor co-habiting

5.7 No person shall occupy a particular role for longer than three consecutive years. That person must stand down but may be re-elected if unopposed.

5.8 Election to the committee will take place at the A.G.M. as covered by 8.3

6. OPERATION OF THE COMMITTEE

6.1 Committee meetings shall be open to all members of the club, and be called members' meetings

6.2 During members' meetings the views of members will be obtained, and the committee will take the views into account in the operation of the club.

6.3 The officers of the club are responsible for all decisions made on behalf of the club.

6.4 Outside of the members' meetings the officers of the club will consult with the committee members for advice on decisions relating to the running of the club.

7. FEES

7.1 Membership fees shall be fixed by the membership at the A.G.M. one year in advance

7.2 Membership shall open on 1st October for the following year

7.4 Fees are payable for one year from the first January.

7.4 Any member who hasn't renewed membership by 1st April will be forfeit all membership benefits, and will be removed from the E.A. database if entered on the system.

8. ANNUAL GENERAL MEETING

8.1 The A.G.M. will be held each year in December at a place and time to be fixed by the committee.

8.2 Proposals for consideration by the A.G.M. must be made in writing with a seconder to the Secretary at least 21 days before the date of the A.G.M.

8.3 Proposals for Officers and Committee members of the club may be made at the time of the A.G.M., or in writing to the Secretary provided a seconder and the nominee's compliance is obtained.

8.4 The Committee will report on the year's activities to the A.G.M.

8.5 The A.G.M. will decide the constitution and any changes thereto.

9. FINANCE

9.1 The finances of the club will be managed by the Treasurer.

9.2 The direction of the expenditure will be under the control of the Officers of the Committee.

9.3 Designated account signatories shall be the Chair, the Secretary and the Treasurer. Any expenditure from the Club Account requires the approval of at least two of the designated signatories.

9.4 The annual balance sheet shall be prepared by the Treasurer, approved by an auditor selected by the committee, and presented to the A.G.M. for approval.

9.5 The financial year will be from 1st October to 30th September

10. PERSONAL RISK

10.1 Members acknowledge and accept that participating in running can be dangerous and may result in injury and damage to property. Members shall take personal responsibility for their own actions and participate in the Club's sporting activities at their own risk.

10.2 The liability of the Club and its Officers to any Member is limited to the net assets of the Club.

10.3 Nothing in these Rules shall limit or exclude liability:

- for death or personal injury caused by negligence;
- for any loss or damage caused by criminal or fraudulent conduct; or
- for any other liability which cannot lawfully be limited or excluded;

11. ADOPTION OF EA POLICIES

11.1 CFR will adopt and follow the Policies of EA below

- Grievance and disciplinary policy
- UK Athletics and HCAF Club Safeguarding Code of Conduct
- Inclusion Policy

12. DISSOLUTION

12.1 A resolution to dissolve the club can only be passed at an A.G.M. or E.G.M. through a majority vote of the membership.

12.2 In the event of dissolution, any assets of the club that remain will become the property of EA.

13. DECLARATION

Cumberland Fell Runners hereby adopts and accepts this constitution as a current operating guide regulating the actions of members.

Signed:

Date:

Original Constitution drafted by the Committee
Proposed by H Jarrett. Seconded by B Hillon

Dated 7.1.87

Amendments made post decisions voted uponat the 2025 A.G.M.
Proposed by D Austin (Secretary)
Seconded by M Wise – Chair