



# CLUB RULES

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# LOWESTOFT ROAD RUNNERS - RULES

## Lowestoft Road Runners - Rules

1. The club shall be known as Lowestoft Road Runners.
2. The club colours shall be a blue vest with two horizontal yellow bands on the chest.
3. Legwear shall be shorts, 3/4's, tights or any other suitable attire in black, blue or yellow or any combination thereof.
4. Members are expected to wear a Club vest when racing in all competitions, including cross country and club championships. The only exception to this is when running for a charity and wearing the charity's vest in place of a club vest.
5. The club shall comply with UK Athletics rules.
6. All members shall conduct themselves in a sportsperson like manner and be a minimum of 18 years of age.
7. A committee of up to ten members shall be formed to undertake the administration of the club.
8. An AGM will be held in February each year and shall include the election of the committee. A quorum of 12 members is required for the AGM to be effective
9. For any EGM that is called a quorum of six members is required for it to be effective.
10. Every member shall pay to the club an annual subscription fee, the amount of which shall be decided at the club AGM. The subscription year shall end 31st March each year.
11. There shall be four grades of membership: -
  1. Associate membership (for non competing members) the fee for which shall be 50% of the standard membership fee.
  2. Concessionary membership (for full time students, unemployed, British Armed Forces and over 65's competing members) the fee for which shall be 50% of the standard membership fee.
  3. Honorary membership for which there will be no fee. Any honorary member who wishes to be eligible for affiliated entry to races is at their own discretion.
  4. Standard membership fee for all other members.
12. Lowestoft Road Runners is eligible to a London Marathon club place or places.

Members need to fulfil these following conditions to be eligible for the Lowestoft Road Runners Club draw:

1. They must have been a fully paid member at the time of entering the ballot of the London Marathon
2. They must keep the London Marathon rejection slip or email and provide evidence of it to the club secretary.
3. They must not have received the club place(s) for the previous 5 years".

If successful in the draw and receive the club place for the London Marathon, the member(s) must pay the following years club membership before receiving the place.