



Written: October 2021

Reviewed: Feb 2025

Issued: Feb 2025

Document Number – LRR02




Contents

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. Members are expected to wear a Club vest or Club T-Shirt when racing in all competitions, including cross country. The only exception to this is when running for a charity and wearing the charity's vest.
4. The club is affiliated with England Athletics, and the club shall comply with their rules.
5. All members shall conduct themselves in a sportsmanlike manner and be a minimum of 18 years of age.
6. A committee of up to ten members shall be formed to undertake the administration of the club.
7. 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
8. For any EGM that is called a quorum of six members is required for it to be effective.
9. Every member shall pay to the club an annual membership fee, the amount of which shall be decided at the club AGM. This includes the England Athletics annual membership fee for all types of membership. The membership year ceases on 31st March.
10. There shall be three types of membership: -
 1. Concessionary membership (for over 65s) the only fee payable is that of the England Athletics fee.
 2. Lifetime membership (for which the only fee payable is that of the England Athletics fee). Lifetime membership is reserved for members to reward dedication to the club and are agreed by the Committee.
 3. Standard membership fee for all other members (First Claim).
11. Lowestoft Road Runners are eligible to a London Marathon club place or places.

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

1. They must have been a fully paid Standard, Concessionary or Lifetime member for a minimum of 365 days at the time of entering the London Marathon ballot.
2. They must keep the London Marathon rejection 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.
4. The ballot winner must inform the club secretary by the end of November if they are subsequently unable to take the place.



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.