



# Delamere Spartans

## Constitution

1. The name of the club is Delamere Spartans
2. The club colours are a white vest with black lettering and green logo
3. All members must wear club colours when competing in races held under UKA rules
4. The purposes of the club are:
  - a. to encourage, promote and develop running, especially off-road, for people of all abilities
  - b. to introduce people to the physical and social benefits of running
  - c. to compete in local, regional and national events
  - d. fun, friendship and fitness (in that order)
5. Membership is open to anyone aged 18 or over who pays their annual subscription fee at the commencement of the club year on 1 April. The level of fees shall be agreed at an annual Speedback session (Spartan Feedback). New members wishing to join during the course of a year only need to pay a monthly pro rata fee
6. Because we run off-road and in the dark, everyone must register before one of our regular runs and be familiar with Spartan Law!
7. The affairs and business of the club are supervised by a small committee. Standing members of the committee are the three founders of Sparta: James Hack, Dave Douglas and Steve Mee (aka Heracles, Agis and Eurypon)<sup>1</sup>.
8. The rest of the committee members are elected at the Speedback session. The committee is made up of
  - a. A chairperson, who runs meetings and keeps or delegates meetings minutes
  - b. A club secretary, who keeps club membership records and liaises with UKA

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<sup>1</sup> Sparta was an important [Greek city-state](#) in the [Peloponnesus](#). It was unusual among Greek city-states in that it had [two kings simultaneously](#), called *Arkhagetai* coming from two separate lines. According to tradition, the two lines, the **Agiads** and **Eurypontids**, were respectively descended from the twins [Eurysthenes](#) and [Procles](#), the descendants of [Heracles](#) who supposedly conquered Sparta two generations after the [Trojan War](#). The dynasties themselves, however, were named after the twins' grandsons, the kings Agis I and Eurypon, respectively.

- c. A treasurer who controls and records income and outgoings
- 9. A group of leaders contributes to the day to day organisation and running of the club through the 'Spartan HQ' on the Forum. Anyone is welcome to join 'Spartan HQ' simply by taking an active role/responsibility and asking or being invited to join. The ethos of the club is involvement and people are encouraged to contribute to club activities in other ways throughout the year
- 10. The club also encourages experienced members to lead runs, following an induction and training session
- 11. Speedback shall be held once a year and will cover:
  - a. Report of last year's activities
  - b. Statement of accounts
  - c. Election of the committee
  - d. Any amendments to the Constitution suggested by club members
- 12. At least 14 days notice will be given to club members of the date, time and call for agenda items for the Speedback, with no more than 15 months between each Speedback
- 13. Every club member present at the Speedback has one vote, and at least 15% of members must be present for any decision to be carried
- 14. 'Spartan HQ' can spend up to £500 of club funds, but anything above this must go to a vote
- 15. An extraordinary Speedback session can be called by the Chairperson if requested by a member and seconded by 10% of club members
- 16. Any changes to the Constitution must be agreed by committee and at least 15% of members

**FOR SPARTA!**