



Stornoway Running and Athletics Club Standing Orders

Approved at Management Committee Meeting on 27th July 2015
Effective from August 2015

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1. Finance

- 1.1. There are current fundamental rules relating to Club finance in the constitution, they are in clause, 2, 3b, 5a vii, and all of clause 8 (Finance).
- 1.2. The above clauses, as with any part of the Club constitution, may only be changed or added to at the Club AGM or a specially arranged EGM.

Financial Assistance

- 1.3. Financial assistance will be available only to First Claim members of the Club, in full time education.
- 1.4. Requests should be submitted in writing to the Club Secretary at least one month before the event for which assistance is requested. All requests will be considered by the Management Committee.

Representational Level

- 1.5. Selection for District and National squads is a mark of achievement for the athlete and the Club. Participation in District and National squads at events is encouraged and will be financially supported by the Club in so far as Club finances permit.

- 1.6. The Club will also assist with the cost of the minimum number of adults necessary to provide adequate supervision of the athletes in compliance with the Club's Child Welfare Policy.

Number of athletes	Number of adults
10	2
20	3
30	4

- 1.7. The Club Secretary must be notified immediately (by telephone or email) of a selection for District and National squads.
- 1.8. In cases where it is not possible to comply with clause 1.4, the Office Bearers will make the decision on behalf of the Management Committee. The Management Committee will be informed of the request and decision at the next Management Committee meeting.

Club Level (Mainland)

- 1.9. Athletes, coaches and parent helpers will contribute to the cost of travel, subsistence and accommodation while attending mainland events as follows:

Nights absent	Contribution
1	£30
2	£40
3	£50

- 1.10. The Club will presume that all athletes, coaches and parent helpers attending a mainland event will travel with the squad and stay in accommodation arranged by the Club. Athletes, coaches and parent helpers wishing to make alternative travel or accommodation arrangements must inform the trip organiser. Athletes, coaches and parent helpers not doing so will be liable for non-recoverable costs incurred by the Club.

Club Level (Local)

- 1.11. Club trips to Local Races will have the cost of hiring a vehicle, plus fuel costs and any ferry fares for the vehicle, met from Club funds where the trip is:
- (i) Is approved by the Management Committee;
 - (ii) Is a day trip, i.e. depart and return the same day; or
 - (iii) Is a Heb 3 event and requires a single overnight stay.
- 1.12. Non Club members will not benefit from this arrangement and will pay a pro rata sum of the cost of vehicle hire, fuel and any vehicle ferry fares.

Western Isles International Island Games

- 1.13. Where possible the Club will provide financial support to First Claim Club members selected for the Western Isles Island Games Athletics Team to participate in the Island Games. The eligibility criteria for financial support is as follows:

- (i) An athlete selected for the first time must be a fully paid up First Claim member at the time of selection and must remain a fully paid up First Claim member in the year the Games takes place.
- (ii) An athlete selected for a second time, and subsequent times, must have a record of unbroken membership from the year of their first appearance at an Island Games and the year of the Games for which selection has been made.

2. London Marathon Club Entry.

- 2.1. Each December SRAC applies for guaranteed Club entries for the London Marathon. The qualification criteria for a Club entry is:
 - (i) You **must** be a fully paid up First Claim Club member at the time of applying for a Club entry and at the time of the London Marathon.
- 2.2. Club members may apply for a Club entry by notifying the Club Secretary.
- 2.3. If no applications are received from Club members, the Club may invite other Local Athletes to apply for the entries on condition that they become fully paid up First Claim Club members.
- 2.4. Where the number of applications exceeds the number of Club entries a ballot will take place. The Club Secretary shall be responsible for arranging the Club entry allocation process.
- 2.5. Runners are representing the Club and must run in Club Colours.
- 2.6. Runners **must** advise the Club Secretary if they are unable to run so that a substitution can be arranged. A reserve list of applicants will be maintained for this purpose. The Club Secretary may allow an entry to be deferred till the following year.
- 2.7. If raising money for charity runners must do so for a charity of the Club's choosing.

3. Trophies

- 3.1. All trophies are to be held by the winner for a twelve month period and should be returned to a committee member in time to be re-presented.
- 3.2. The Club will make provision for the engraving of trophies.
- 3.3. Any damage to a trophy must be made good by the holder of the trophy prior to its being returned in time to re-presented. If this is not possible then the Club may make arrangements to repair or replace the trophy and the trophy holder will be liable for the costs incurred.

Club Trophies

- 3.4. Club Trophies are awarded annually to Club members only.
- 3.5. The Club Road Running Trophies are:
 - (i) The Bill Low Trophy, awarded to the best Senior male road runner.
 - (ii) The Ladies Shield, awarded to the best Senior female road runner.

3.6. The Club Junior Trophies are:

- (i) Ross Munro Trophy, awarded to the best male newcomer.
- (ii) Shona Gillies Trophy, awarded to the best female newcomer.
- (iii) Dougie Flett Trophy, awarded to the most improved male athlete.
- (iv) ?, awarded to the most improved female athlete.
- (v) Iain “Bom” Mackay Trophy, awarded for the outstanding male individual performance.
- (vi) ?, awarded for the outstanding female individual performance.
- (vii) Peter Macdonald Trophy, overall athlete of the year.
- (viii) Bell’s Trophy, awarded for enthusiasm and endeavour.

The newcomer awards are determined by performance, enthusiasm and attendance. Outstanding individual performances shall be judged on the performance at a single event.

Club Event Trophies

3.7. The Club Event Trophies are:

- (i) The Stornoway Half Marathon
- (ii) The Pentland Road 10k
 - a. James Rae Trophy, best male Veteran performance
[donated by former member Ronnie Bisset in memory of his father].
 - b. Plate, best female Veteran
 - c. Quaich, best male Senior
 - d. Rose Bowl, best female Senior
 - e. Quaich, best male Junior
 - f. Best female Junior
- (iii) The Christmas Handicap
- (iv) Wacky Races Handicap Series
- (v) The Lewis & Harris Cross Country Series

4. Definitions

4.1. **Local Race.** A Local Race is an event held in the Outer Hebrides or an event that is part of the Heb 3.

4.2. **Local Athlete.** For the purpose of events organised by SRAC (e.g. the Stornoway Half Marathon), a Local Athlete is defined as someone:

- (i) Born on the Isle of Lewis or Harris (or whose parents were residing on the Isle of Lewis or Harris at the time of birth); or,
- (ii) Residing on the Isle of Lewis or Harris for a minimum of twelve months prior to the event.

4.3. **Junior Athlete.** An athlete under 20 years old as per Scottish Athletics rules and definition.

4.4. **Senior Athlete.** An athlete over 20 years old.