



CLUB RULES

1. Club Colours:

Club colours are either:

- a. Maroon and Gold MRC vest or
- b. Maroon and Gold MRC t-shirt

We kindly request that members wear Club colours in any event where at least one of the following conditions applies, unless the Committee has granted dispensation:

- A discount on the entry fee has been granted because of Club membership and hence affiliation to the national governing body.
- Any event/series/league rules require that Club colours must be worn.

The Committee will automatically grant dispensation that:

- "Representative" league, county, regional or national colours may take precedence over Club colours.
- Second-Claim Members may wear the colours of their first-claim Club, except where this might conflict with rules of the event/series/league.

2. Race numbers:

Runner's are NOT permitted to run in another runner's number unless that race has permitted transfers. Anyone (both donor and recipient) breaking this rule may be subject to disciplinary action.

3. London Marathon Ballot:

- a. The Club anticipates being allocated a stipulated number of Club Entries for the London Marathon each year (this number is generally dependent on the size of the Club), which will be distributed to members via a ballot. It should be noted that such Club Entries cannot be deferred, but they can be transferred to another athlete prior to a deadline set by the London Marathon organisers.
- b. To enter the ballot for a Club Entry to the London Marathon, each applicant member:
 - Needs to have been a full first claim member before the London Ballot closes.
 - Needs to have actively participated/organised/administered at least 10 club activities, for example Wednesday Club Runs, Run Leading, Parkrun League, MRC Running Events, Morley 10k Volunteering, Parkrun Takeover's, Run Buddyup's.
 - Needs to have entered the London Ballot and produce 'decline' correspondence with their name on as identification / evidence.
 - Must submit ballot entries / evidence by the cut-off date (advised by the Committee). Submissions received after the date will not be accepted regardless of the circumstances.
 - Must not have gained a Club Entry in the previous three years.

- Must not have achieved a Good for Age Entry (which can be deferred).
- c. If a member who gains a Club Entry is then unable to run for any reason, the entry cannot be deferred, therefore:
- If withdrawal is prior to the transfer deadline (set by London Marathon), the Club Entry must be transferred to the next reserve in the ballot, providing as early notice as possible.
 - If withdrawal is after the transfer deadline (set by London Marathon), the member must notify the Committee as soon as possible.

4. Types of Member:

- First Claim Member:** An affiliated member via UK Athletics
- Club Member:** A member who is not affiliated to the club via UK Athletics but is a regular attendee of the weekly run sessions.

5. Resignation of Membership:

Any member wishing to resign from the Club must do so in writing or by email to the Membership Secretary who will process the resignation with England Athletics.

6. Membership Fees.

The club is a free to join, not for profit club and will continue to accept members on this basis.

7. Social Media:

When using social media please:

- Treat each other with respect and not engage in actions which would bring members, the Committee or the Club into disrepute.
- Anyone found to be breaking this rule may be removed and banned.
- Avoid making derogatory comments against other Clubs and/or race organisers.

Club Facebook page: Before posting on the page, consider the relevance and benefit of the post to the Club / Members. Posts should be informative and running related. Any unsuitable / ad-hoc posts from members and contributors will be taken down.

Storing of photos: Albums can be established for photographs to avoid overloading the page with photos at the expense of text (race details, training sessions, announcements, etc.).

8. Data Protection:

The Data Protection Act until 24 May 2018 and the General Data Protection Regulations (GDPR) from 25 May 2018 control how personal information is used. Everyone responsible for using data in the Club will follow strict rules called 'data protection principles'. They must make sure the information is:

- used fairly and lawfully
- used for limited, specifically stated purposes
- used in a way that is adequate, relevant, and not excessive
- accurate
- kept for no longer than is necessary
- handled according to people's data protection rights
- kept safe and secure
- not transferred outside the European Union without adequate protection



CODE OF CONDUCT

The Club Constitution requires that we all treat each other with respect and not engage in actions which would bring the Club into disrepute; this includes how we conduct ourselves in all our activities with the Club, including social media and networking. Have fun, share the spirit of the Club but be as respectful online as you would be in person.

Social Media:

The Club has a website, Facebook page, Instagram page and Twitter account. Social media is great for keeping in touch and for awareness of what is going on but there are a few things to keep in mind to ensure that we always apply common sense:

Club Facebook Page:

Is an excellent information resource, but before posting on the page, consider the relevance and benefit of the post to the Club / Members. Posts should be informative and running related. Any ad-hoc posts from members / contributors will be removed by Admin.

Storing of Photos:

Albums should be established for photographs to avoid overloading the page with pictures and taking away from key information (race details, training sessions, announcements etc.).

Do's and Don'ts before posting / interacting on Social Media:

- Think twice before posting, if you wouldn't want your employer, parents, friends, colleagues or future employer to see your post, don't post it.
- Be respectful and positive and treat others the way you would like to be treated.
- Remember many different audiences will see your posts including Club members, potential members, children, members' relatives and friends.
- Avoid topics that may be controversial, like politics and religion. Don't post anything that you wouldn't say openly and avoid posting inflammatory, extraneous, objectionable or off-topic messages that may provoke others into an emotional response.
- Members should also not post anything derogatory about the Club, the Committee and Members on their own personal pages.
- Members should avoid making negative comments about other Clubs / Events / Races that would bring the Club's name into disrepute.
- Be in the right state of mind when you make a post, don't post when you're angry, upset, or your judgment is impaired in any way. Remember, the Internet is permanent.

- Posts should be of relevance to the Club / Members. Admin reserves the right to delete any post or comment without warning or notice. Persistent flouting of this code will result in banning from the site and/ or disciplinary action.

Social Media Complaints:

Please remember that posts are not routinely moderated and we rely on the conduct of the members to enable social media to operate smoothly. If you have any concerns and wish to complain about any post please bring your concerns/complaint to a committee member. The complaint will then be investigated quickly and informally by speaking to the poster and the complainant, or if further action is required through the Club's formal procedures as detailed in the Constitution.