

These proposed Rules and Regulations were agreed by the Committee on November 25th 2003 and will be put to the Annual General Meeting on January 27th 2004 for approval.

RULES

1. The Club shall be called The Stock Exchange Athletic Club ("the Club") and its objectives are to arrange and participate in athletic sports events.
2. Events shall be open to anyone who is or has worked for firms loosely connected with the securities industry and, at the discretion of the Committee, anyone else.
3. Competitors shall be required to pay an entry fee at a rate determined by the Committee.
4. The officers ("the Officers") of the Club shall be: the Chairman, Honorary Treasurer, Honorary Secretary and such other honorary secretaries as are appointed at an Annual General Meeting ("AGM").
5. The Committee shall be the Officers, up to twelve Ordinary members, and any person co-opted.
6. The Committee shall be responsible for the management of the Club, including, where appropriate, the rules and regulations for any event.
7. The financial year end shall be December 31st and an AGM shall be held within three months of that date. An income and expenditure account, together with a balance sheet, shall be circulated for approval at the AGM.

REGULATIONS

1. Delegation

Regulations 2 to 5 require that Committee proposals are approved at an Annual General Meeting ("AGM"), or a Special General Meeting ("SGM").

Regulations 6 to 10 are under the direct control of the Committee.

2. AGM

An AGM shall be called on ten day's notice and be quorate with six or more present.

The Committee shall annually propose the names of Officers, Ordinary members and Co-opted members for election or re-election by the AGM.

3. Special General Meeting

A SGM may be called on three weeks' notice and be quorate with six or more present.

4. Merger of interests

Subject to approval at an AGM or SGM, the Club may merge its interests and, if thought fit, its assets with another club or clubs.

5. **Winding up of the Club**

In the event of the Committee proposing the winding up of the Club, such proposal shall be approved by an AGM or SGM.

6. **Disposal of assets**

In the event of an AGM or SGM approving the winding up of the Club, it shall be the responsibility of the Committee to determine how the assets (whether cash, trophies or other items) should be disbursed, with no individual person or persons receiving any benefit.

7. **Committee meetings**

Regular meetings shall be properly convened on seven days' notice and be quorate with three or more members present. The Chairman, or anyone appointed by the Committee, shall chair meetings.

In exceptional circumstances a special meeting may be called by any two Officers on seven day's notice and be quorate with three or more members present.

The Committee may appoint a sub-committee to investigate, advise and report on any topic.

8. **Finances**

The Honorary Treasurer and up to two others shall be signatories with one required to sign.

Cash may only be deposited with a bank or building society with a credit rating of AA or above.

Unless exceptional circumstances prevail, investments shall be held in the name of a regulated nominee company.

9. **Duality**

A person may occupy more than one office or position at the same time.

10. **Rules and regulations for events**

The rules and regulations for all events shall, where appropriate, be dictated by the regulations of UK Athletics, precedent and commonsense.

RULES

1. The Club shall be called The Stock Exchange Athletic Club ("the Club") and its objectives are to arrange athletic sports events.
2. Events shall be open to anyone currently or recently working in the securities industry and, at the discretion of the Committee, anyone else.
3. Competitors shall be required to pay an entry fee at a rate determined by the Committee.
4. The officers ("the Officers") of the Club shall be: the Chairman, Deputy Chairman, Honorary Treasurer, Honorary General Secretary and such other honorary secretaries as are appointed at an Annual General Meeting ("AGM").
5. The Committee shall be the Officers, honorary secretaries, up to twelve Ordinary members, and any person co-opted.
6. Life Members, the President and Vice-Presidents are ex officio members of the Committee.
7. The Committee shall be responsible for the management of the Club, including the rules and regulations for any event.
8. The financial year end shall be October 31st and an AGM shall be held within three months of that date. An income and expenditure account, together with a balance sheet, shall be circulated for approval at the AGM.

REGULATIONS

1. Delegation

Regulations 2 to 5 require that Committee proposals are approved at an Annual General Meeting ("AGM"), or a Special General Meeting ("SGM").

Regulations 6 to 10 are under the direct control of the Committee.

2. AGM

An AGM shall be called on ten day's notice and be quorate with ten or more present.

The Committee will annually propose the names of Officers, Ordinary members and co-opted members for election or re-election by the AGM. The President and Vice-Presidents shall be re-appointed or otherwise at every AGM.

3. Special General Meeting

A SGM may be called on three weeks' notice and be quorate with ten or more present.

4. **Merger of interests**

Subject to approval at an AGM or SGM, the Club may merge its interests and, if thought fit, its assets with another club or clubs.

5. **Winding up of the Club**

In the event of the Committee proposing the winding up of the Club, such proposal must be approved by an AGM or SGM.

6. **Disposal of assets**

In the event of an AGM or SGM approving the winding up of the Club, it will be the responsibility of the Committee to determine how the assets (whether cash, trophies or other items) should be disbursed, with no individual person or persons receiving any benefit.

7. **Committee meetings**

Regular meetings shall be properly convened on ten days' notice and be quorate with five or more members present.

The Chairman, or anyone appointed by the Committee, will chair meetings.

In exceptional circumstances a special meeting can be called by any two Officers on one week's notice and be quorate with five or more members present.

8. **Finances**

The Honorary Treasurer and up to two others shall be signatories with one required to sign.

Cash may only be deposited with a bank or building society with a credit rating of AA or above.

Unless exceptional circumstances prevail, investments shall be held in the name of a regulated nominee company.

9. **Duality**

A person may occupy more than one office or position at the same time.

10. **Rules and regulations for events**

The rules and regulations for all events shall, where appropriate, be dictated by the regulations of UK Athletics, the Race Walking Association, precedent and commonsense.