



CONSTITUTION

OF

STALLIONS TRAINING GROUP

2024/25

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1. DEFINITIONS AND TERMS

"Constitution" means this constitution and appendices hereto.

"Stallions Training Group" refers to a group of runners who train together for personal goals.

"The Stallions" means Stallions Training Group West Rand, Stallions Training Group South and any other athletic Training Group with the name 'Stallions Training Group' approved by the Committee.

"The Training Group" means an Association or Organisation of runners who are members of The Stallions Training Group.

"Members" means any member of the Stallions Training Group.

"Chairperson" means the chairperson of the Stallion Training Group from time to time.

"Secretary" means the secretary of the Stallions Training Group from time to time.

"Treasurer" means the treasurer of the Stallions Training Group from time to time.

"Vice Chairperson" means the vice-chairperson of the Training Group from time to time.

"Executive Committee" means the Chairperson, Secretary, Treasurer, Vice Chairperson and any other additional member/s.

"Exco Members" means the Executive Committee Members.

"Financial year" means 30 June each year.

Wherever the following terms and expressions are used in the text of this Constitution, they shall have the meaning which is hereby ascribed to them.



2. THE NAME

- 2.1. The name of the Running Training Group shall be Stallions Training Group.
- 2.2. Its shortened name will be **THE STALLIONS** (hereinafter referred to as the **Training Group**).

3. COLOURS

- 3.1. The colours of the Stallions will be decided on from time to time by the Executive Committee and endorsed by the members.

4. AIMS AND OBJECTIVES

- 4.1. The Stallions strives to:
 - i. Provide a safe and inspiring environment in which like-minded individuals train together for the love of sport.
 - ii. Provide a consistent and balanced program for its members that will prepare them well for all running competitions.
 - iii. Provide safe and scientific training programs that will improve members' health and fitness while minimising injuries.
 - iv. Provide a platform where members can walk together and encourage each other in their weight management endeavors.
 - v. Our programs are meant to help members improve their overall fitness levels while maintaining healthy lifestyles.

5. MEMBERSHIP

- 5.1. Membership is open to all people.
- 5.2. Application for membership to the Stallions must be done in writing and will be



accepted upon upfront payment of the annual membership fee.

6. GOVERNING STRUCTURE AND MECHANISM OF GOVERNANCE

6.1 EXECUTIVE COMMITTEE

The Executive Committee (Exco) shall control the management of the Stallions' affairs.

6.1.1 Committee Composition

The Committee shall consist of:

- (a) Chairperson, Vice Chairperson, Secretary, Treasurer and any other two (2) additional member/s.
- (b) The Chair and Vice Chair are elected at the Annual General Meeting.
- (c) The Exco Committee shall appoint the Treasurer, Secretary and other portfolios.
- (d) The committee will be made up of not less than six (6) members and not more than eight (8) members.
- (e) Members of the Committee, as set out above, shall also be elected annually at the Annual General Meeting of the Stallions.
- (f) The names of the nominated Members, as set out above, must be submitted to the Secretary within 14 days after the date of the notice of the annual general meeting.
- (g) Should any vacancies occur in the Committee, the remaining members shall have the power to fill such vacancies except that of the Chairperson, who must be elected by a general meeting and to appoint, whenever necessary, an acting Chairperson pending the election of such member.
- (h) The Committee must comprise a minimum of 50% female.
- (i) To be a member of the Committee, a nominee must have been a Member of the Stallions for a minimum period of one (1) financial year.



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- (j) Exco Members will serve for one (1) year, but they can stand for re-election for another term in the committee for a maximum of one (1) year.
- (k) An Exco member may resign anytime from the committee in writing.
- (l) The Exco members shall not be remunerated for their services as such but may be reimbursed for travel and other expenses incurred carrying out their duties in accordance with the policy and guidelines of the Training Group set from time to time.

6.1.2 Powers and Duties of the Committee

The powers and the duties of the Committee shall be:

- (a) administer the Training Group on behalf of and in consultation with the members;
- (b) formulate plans and strategies for the carrying out of the objects and set short and long-term goals for the Training Group;
- (c) meet to review the work and progress of the Training Group;
- (d) receive and evaluate reports and financial statements relating to the work and finances of the Training Group;
- (e) set up sub-committees which may be needed and to delegate powers to these committees;
- (f) raise funds or invite and receive contributions solely for the activities of the Training Group;
- (g) buy, hire, or exchange for any property that it needs to achieve its objectives; and
- (h) develop, implement and amend policies and procedures for proper governance and management of the Training Group.

6.2 DELEGATION OF AUTHORITY



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The Exco Members may delegate any of its powers or functions to a sub-committee provided that:

- (a) such delegation and conditions are reflected in the minutes of a meeting and
- (b) at least one (1) Exco member is a member of the sub-committee.

6.3 SUB-COMMITTEES

- (a) The Exco Members may appoint sub-committees as and when it may deem necessary to further the aims and objectives of the Training Group and have the power to receive, consider and deal with all reports of such Sub-Committees.
- (b) The composition of the Sub-Committees shall be:
 - At least three (3) Stallion's members in good standing, but not more than five (5);
 - The Chairperson of the Sub-Committee must be an Exco Member;
 - The Sub-Committee must regularly report back to the Exco Members on its activities.
- (c) The Exco Members must approve all expenditures incurred by the Sub-Committee in advance and may revoke the delegation or amend its conditions.

6.4 MEETINGS

Meetings of the Committee:

- (a) The Committee shall meet at least once every quarter and may hold any special meetings as may be required to execute the objectives of the Training Group.



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- (b) All meetings of the Committee shall be convened by written or verbal notice to be addressed to all members of the Committee at least (7) seven days before the date of such meeting.
- (c) In cases of extreme urgency, the time allowed for the convening of a meeting may be reduced at the discretion of the Chairperson and Secretary, in which case members of the Committee may be summoned verbally in person or by telephone to such a meeting.
- (d) The quorum at the Committee meeting shall be 50% plus one, except in the case of an emergency meeting.
- (e) A meeting consisting of the Chairperson and two (2) members of the Committee (3 in all) shall be delegated to deal with matters of urgency; such matters are to be confirmed at the next Committee meeting.
- (f) Minutes shall be kept of the proceedings at all meetings of the Committee, and copies of all such minutes shall be circulated to all members of the Committee within seven (7) days after the meeting.
- (g) Exco members are encouraged to attend all committee and applicable Sub-Committee meetings. If circumstances beyond an Exco member's control make it impossible to attend, he/she should inform the Secretary as soon as possible to ensure the proper constitution of meetings.
- (h) If an Exco Member does not attend two (2) meetings in a year, the other Exco Members have the right to discuss and deliberate on his/her non-attendance.
- (i) Any member of the Committee who is absent from (3) consecutive meetings of the Committee without apologies shall be deemed to have vacated his/her seat.
- (j) The minimum time to give notice of absence for any Committee meetings is 24 hours.
- (k) There shall be two kinds of General Meetings:
 - i. Annual General Meeting
 - ii. Special General Meeting



6.4.1 Annual General Meetings

- (a) The Stallions' Annual General Meeting (AGM) shall be held in August each year.
- (b) Notice of the AGM must be sent in writing to all Members at least (14) fourteen days before the date of such meeting. The notice must include the venue, date, time and the agenda of the meeting.
- (c) The purpose of an Annual General Meeting is to:
 - i. Elect Exco Members for the ensuing year;
 - ii. Appoint the Chairperson and Vice Chairperson;
 - iii. Consider the Chairperson's report;
 - iv. Consider the Treasure's report;
 - v. Approve the Annual Financial Statements;
 - vi. Review the budget forecast;
 - vii. Approve the amendments to the Constitution; and
 - viii. Transact any other business necessary at or associated with an annual general meeting.

6.4.2 Special General Meetings

- (a) Special General meetings (SGM) shall be held as often as necessary.
- (b) SGM shall be called upon a resolution to that effect by the Committee and/or upon a receipt of the requisition for such a special general meeting, signed on behalf of at least 25% of the Members, and giving reasons for holding such a special general meeting.



- (c) The Secretary shall send out notices in writing to all Stallions Members within seven (7) days of receipt of such requisition, giving venue, date and time and clearly stating the business of such a special general meeting.
- (d) The date of such a special general meeting shall not be less than (14) fourteen days and not more than twenty-one (21) days from the date of dispatch of the notice convening such a special general meeting.

6.4.3 Quorums

- (a) At least 30% of the Members must be represented at the general meeting to form a quorum. Should there be no quorum within half an hour after the time for which the general meeting has been called, the meeting shall stand adjourned for seven (7) days as per the immediate notice by the Secretary to all Members.
- (b) Those Members represented at the adjourned meeting shall be deemed to be a quorum, and the business for which the meeting was originally called shall be proceeded with.
- (c) However, for the purpose of considering changes to this constitution or the dissolution of the Stallions, then two-thirds ($\frac{2}{3}$) (or at least 67%) of the members shall be present at a meeting to make a quorum before a decision to change the constitution is taken.
- (d) All meetings of the Training Group must reach a quorum before they can start.

6.4.4 Procedures at Meetings

- (a) The Exco may regulate its meetings and proceedings as it deems fit, subject to the following:
 - The Chairperson shall preside at all general meetings of the Stallions.
 - If the Chairperson is not present, the Vice-Chairperson shall chair such meeting. In the event both are absent, the Exco members present at the meeting shall elect a chairperson for that meeting.



6.4.5 Voting at Meetings

- (a) Every member shall be entitled to one vote at meetings.
- (b) The Chairperson, who, in addition, shall also have a casting vote should there be a deadlock.
- (c) All votes shall be counted and the majority votes on an issue shall be regarded as the decision of the meeting.
- (d) However, if opposing votes are equal on an issue, then the chairperson in that meeting has either a second or a deciding vote.
- (e) All members must abide by the majority decision.

6.4.6 Records of Meetings

- (a) Proper minutes and attendance records must be kept for all meetings of the Training Group.
- (b) The minutes shall be confirmed as a true record of proceedings by the next meeting of the Committee or of general members, as the case may be, and shall after that be signed by the chairperson.
- (c) Minutes shall, after that, be kept safely and always on hand for members to consult.

7. FINANCES

7.1 The Training Group shall generate funds in the following manner:

- a) membership fees;
- b) sponsorship, gifts, grants, and donations;



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- c) interest on investments;
 - d) profit on fund-raising activities; and
 - e) any other means as the Committee may deem necessary.
- 7.2 The Exco must open a bank account in the name of the Stallions with a registered Bank.
- 7.3 All money generated by the Training Group shall be deposited in a Stallions bank account.
- 7.4 All funds and other assets belonging to the Stallion shall be under the control of the Executive Committee.
- 7.5 Approvals: Financial documents requiring a signature on behalf of the Training Group shall be signed by at least two persons authorized by the Executive Committee. Whenever funds are taken out of the bank account, the Treasurer and at least one other member of the Committee must sign the withdrawal.
- 7.6 As far as it is practical, all payments made on behalf of the Stallions shall be made via electronic transfer.
- 7.7 The Treasurer shall keep proper books and supporting documents for all transactions.
- 7.8 Financial Statements (Audited if possible) shall be submitted to each annual general meeting, and the Treasurer shall submit regular reports to the Committee on the finances of the Training Group. These reports should include all incomes, expenditures and balances that remain according to the finance policies and procedures of the Stallions.
- 7.9 The Committee may order an audit of the accounts at any time.
- 7.10 The Financial Year shall be the 30 June each year.
- 7.11 **Member contributions:**
- (a) Each member will pay an annual fee at an amount set and agreed upon by the members at an AGM.



- (b) New members who join during the year will pay a pro-rata amount calculated according to Stallions' financial year-end.

8. AMENDMENTS TO THE CONSTITUTION

- 8.1 The constitution can only be amended by a resolution at the Annual General Meeting or Special General Meeting.
- 8.2 The resolution has to be agreed upon and passed by not less than two-thirds ($\frac{2}{3}$) (or at least 67%) of the members who are at the annual general meeting or special general meeting.
- 8.3 A quorum for the Annual General Meeting or Special General Meeting, where amendment of the Constitution is tabled, shall be two-thirds ($\frac{2}{3}$)(or at least 67%) of the members.

9. DISSOLUTION

- 9.1 The Stallion Training Group may dissolve or close down if at least 75% of the members present and voting at a meeting convened to consider such a matter are in favour of dissolving or closing down.
- 9.2 A quorum for the meeting, where the dissolution of the Stallions is tabled, shall be two-thirds ($\frac{2}{3}$)(or at least 67%) of the members.
- 9.3 When the Training Group closes down, it must pay off all its debts. After doing this, any property or money left over should not be paid or given to members of the Training Group.
- 9.4 It should be given in some way to another non-profit organisation that has similar objectives.
- 9.5 The Stallions members at a general meeting can decide what organisation this should be.



10. MISCONDUCT OF MEMBERS

- 10.1 All members should be treated equally and fairly and should know what is expected of them from the Training Group. No misconduct shall be tolerated.
- 10.2 The members are required to comply with the Stallion Code of Conduct, which provides a guideline for Members on how they are expected to conduct themselves as members of the Training Group.
- 10.3 Where a Member is suspected of breaching this Code of Conduct, an internal investigation will be undertaken and depending on the outcome, disciplinary action may be taken against the offending Member.
- 10.4 The Executive Committee shall be responsible for the development of the Code of Conduct, which may be amended by the EXCO at its discretion from time to time.

This constitution was approved and accepted by members of the Stallions Training Group at the Annual General Meeting on 25 August 2024 at Ramkiki in Roodepoort.

11. APPROVAL

This document has been approved by:

NAME	TITLE	DATE	SIGNATURE
Chris Legodi	Chairperson	25 August 2025	
Skhumbuzo Masilela	Secretary	25 August 2025	