

East Yorkshire Cross Country League

League Rules

As revised and agreed by Committee Members on 23 August 2018

1. Eligibility

Runners must be paid up members of an athletic club affiliated to England Athletics

Runners should be first claim members, other than exceptionally 2nd claim provided that;

- a. Their 1st Claim Club is not in the region
- b. They live, work or study in the area
- c. They are 2nd Claim and participating members of a League Club

Guest runners are not permitted

2. Ages

The minimum age is 17 years on 1 September

The age group will be the age as at the date of the first race of the season.

The Age Groups are; M, M40, M45, M50, M55, M60, M65, M70, M75
L, L35, L40, L45, L50, L55, L60, L65, L70, L75

3. Club Vests

Club Vests should be worn

4. Time Limits

Runners should be capable of completing the races in no more than 90 minutes, i.e. approximate minimum of around 15 minute per mile over cross-country courses.

5. Points Scoring and Awards

Team Awards will be decided on the results of all season's races. The first six men and first three women will score points for each team. The points scored will equate to the gender finishing position, The team with the lowest accumulated score is the winner.

Individual Awards will be decided on the best 5 results of season. In the event of a meeting being lost, then 4 out of 5 races will count. The individual with the lowest accumulated score of their age group will be the winner.

A minimum of 5 races, (or 4 if a meeting is lost), must be completed to be eligible for any award

6. Races

All races will start at 10.00 hours unless otherwise advised.

7. Fees

League Fees will be payable by clubs based on the total entry of their club members at all the races in the season.