

# KENT COUNTY ATHLETIC ASSOCIATION CROSS COUNTRY LEAGUES

## 2010/2011

- All Competitors must be Under 13, Under 15, Under 17, Under 20, or Over 20, as stated in the UKA Rules for Competition for the event in which the athlete competes, summarised below. The Competition Year extends from 1<sup>st</sup> October to 30<sup>th</sup> September in the following year.

(i) Under 13 Boys and Girls: competitors who are aged 11 on the day of competition, or 12 on 31st August prior to the commencement of the Competition Year as defined above.

(ii) Under 15 Boys and Girls: competitors who are aged 13 or 14 on 31st August prior to the commencement of the Competition Year.

(iii) Under 17 Men and Women: competitors who are aged 15 or 16 on 31st August prior to the commencement of the Competition Year.

(iv) Junior Men and Women: competitors who are aged 17, 18 or 19 on 31st August prior to the commencement of the Competition Year.

(v) Senior Men and Women: competitors who are aged at least 20 on 31st August prior to the commencement of the Competition Year. **Junior Men and Women may compete in Senior events as appropriate and subject to the maximum distances for their age group not being exceeded.**

(vi) Veteran Men: competitors who are at least 40 years of age on the date of the competition.

(vii) Veteran Women: competitors who are at least 35 years of age on the date of the competition.

- The leagues will be open to clubs and schools affiliated individually to the Kent County AA. Each age group will compete in separate leagues. Athletes may compete for their second claim club within Kent, provided that their first claim club has not entered the league. Athletes cannot compete for more than one club in any one season.
- There will be five meetings with each age group having separate competitions. At the Referee's discretion, and in order to allow the smooth running of the programme age groups, but not sexes, may be merged and/or times of races altered. It is up to Team Managers to ensure that their athletes are made aware of any changes.

#### 4. Meeting Details.

Date	Venue	Host Club	Details
Saturday 9 Oct. 2010	Sparrow's Den, W. Wickham	Blackheath & Bromley AC	<b>Men, Women all age groups</b>
Saturday 23 Oct. 2010	Somerhill School, Tonbridge	Tonbridge AC	<b>Men, Women all age groups</b>
Saturday 13 Nov. 2010	Danson Park, Bexley	Bexley AC	<b>All except Senior Men</b>
Saturday 4 Dec. 2010	New Barn Park, Swanley	Cambridge H +Dartford RR	<b>All except Senior Women</b>
Saturday 12 Feb. 2011	New Barn Park, Swanley	Swanley & District AC	<b>Senior Men &amp; Women only</b>

#### 5. Race Details and start times.

Age Group	9 & 23 Oct	13 Nov	4 Dec	12 Feb.	Distance
Under 13 Girls	1200 hrs	1200 hrs	1200 hrs	<b>No Race</b>	2500m
Under 13 Boys	1220	1220	1220	<b>No Race</b>	3000m
Under 15 Girls	1240	1240	1240	<b>No Race</b>	3000m
Under 15 Boys	1300	1300	1300	<b>No Race</b>	4000m
Under 17 & 20 Women	1320	1320	1320	<b>No Race</b>	3500m
Under 17 & 20 Men	1340	1340	1340	<b>No Race</b>	5000m
Senior & Vet Women	1400	1400	<b>No Race</b>	1200 hrs	5000m
Senior & Vet Men	1430	<b>No Race</b>	1400	1230	10000m

- A set of numbers will be provided at the first fixture only. These must be retained for the season. U20 runners will wear a 'J' letter on their back to assist identification. A list of potential competitors must be entered on the Entry Form and returned to the Entry Secretary, together with fees at least two weeks before the first meeting, in order that numbers can be allocated. See below for address details.

Additional runners can be entered at any time during the season.

Replacement numbers must be clear and in black to assist Officials.

7. Scoring – **Women’s & Young Athletes League**- Any number may enter with the first three runners to finish scoring. Senior and Veteran Women will combine for team results.

**Senior Men’s League** – Any number may enter with the first four runners to finish scoring towards the Kent Messenger Cup, and twelve to score for the Duodeck Trophy. Senior and Veteran Men will combine for team results.

**There will be no ‘B’ teams in any League.**

If there is a tie for first team place the winner team will be decided on the number of team points.

If there is a tie for any of the first three individual places the position will be decided on the number of runners each athlete has beaten over the season’s League fixtures, the athlete who has beaten the most will be awarded the higher placing.

The Awards for both First Team and First Individual will be over all four matches. If no team/individual completes all four fixtures, then the best team/individual over three fixtures (but not less than three), will win. This rule concerns first places only and does not apply to the Senior Men’s League whose awards will continue to be over all four matches. In the event of a tie in the Senior Men’s Competition, the winner will be decided by firstly the athlete who has more wins over the other tied athlete(s), and then if necessary by the athlete who has the highest number of 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> etc.

To win the most improved Club award a Club must have competed in at least three age groups within that season. Senior Men & Senior Women are not involved in this award.

8. Awards

Ladies

Kent Women’s CC League Trophy will be awarded to the Under 13 League Champions. Holders: Invicta East Kent AC

Kent Women’s CC League Trophy will be awarded to the Under 15 League Champions. Holders: Tonbridge AC

Kent Women’s CC League Trophy will be awarded to the Under 17 League Champions. Holders: Tonbridge AC

Kent Women’s CC League Trophy will be awarded to the Under 20 League Champions. Holders: Not awarded in 2009-10

Kent Women’s CC League Trophy will be awarded to the Senior Ladies League Champions. Holders: Tonbridge AC

A Shield will be awarded to the most improved Club (not including Seniors). Holders: Invicta East Kent AC

Royal Bank of Scotland Silver Salver will be awarded to the Overall Winning Club (not including Seniors). Holders: Tonbridge AC

The Cliff Temple Memorial Trophy will be awarded to the best Overall Senior Individual. Holder: Deirdre McDermot (Tonbridge AC)

The Ron Hale Trophy will be awarded to the best Overall Veteran Individual. Holder: Melanie Burdett (Beckenham RRC)

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> individuals in each age group, including Veterans, based on performances over all the League meetings will receive a commemorative plaque.

Men

The Cove Memorial Cup will be awarded to the Under 13 League Champions. Holders: Tonbridge AC

The Medway Cup will be awarded to the Under 15 League Champions. Holders: Tonbridge AC

The Youth Cup will be awarded to the Under 17 League Champions. Holders: Tonbridge AC

The Alan Brent Shield will be awarded to the Under 20 League Champions. Holders: Invicta East Kent AC

The Neil Smith Trophy will be awarded to the Most Improved Club (not including Seniors). Holders: Bexley AC

The Doris Lucas Trophy will be awarded to the Overall Winning Club (not including Seniors). Holders: Tonbridge AC

The Kent Messenger Cup will be awarded to the four-to-score Senior Men's League Champions. Holders: Tonbridge AC

The Duodec Trophy will be awarded to the twelve-to-score Senior Men's League Champions. Holders: Medway & Maidstone AC

The Kent Cross Country League Individual Trophy will be awarded to the best Overall Senior Individual. Holder: Dean Lacy (Cambridge Harriers)

The Dartford Harriers Trophy will be awarded to the best Overall Veteran Individual. Holder: N/A.

1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> individuals in each age group, including Veterans, based on performances over all the League meetings will receive a commemorative plaque.

9. Entry fee will be £2.00 per individual per season. There is no team fee. Cheques must be made payable to Kent County AA.
10. The host Club will be responsible for course measuring & marking, changing accommodation, toilet, refreshment facilities and first aid. It is recognised that sometimes we may have to accept courses without some of these facilities. **A qualified first aider, and wherever possible, an ambulance will be present.**  
The host Club will be reimbursed by the County for the cost of the first aid facilities plus £50. If the Club has costs above this figure they may claim up to a total of an extra £50 by writing to the County either before or after the event. **Any expected costs above £100 plus first aid must be requested in writing to the County Executive Committee through the League Secretary before any commitment is made.**
11. Results by email: please state the email address on your entry form.  
Results on Internet: will be published on the Dartford Harriers website, as soon as practicable after each meeting.
12. Clubs will be responsible for all trophies awarded to their teams and/or individuals, and for ensuring that they are returned, cleaned and engraved, for re-presenting at the final fixture.
13. Race numbers are strictly non-transferable. Unregistered competitors who compete using another person's race number will be disqualified.
14. There will be a meeting of Team Managers following the final fixture to discuss any aspect of the League's structure for the following season.
15. Clubs competing in the Leagues are deemed to have agreed to the above Rules.

**Organisers on behalf of the Kent County Athletic Association:**

Paul Hills (League Co-ordinator) Tel. 01322 663669 email [daddy\\_hills@hotmail.com](mailto:daddy_hills@hotmail.com)  
Tony Durey (Officials Co-ordinator) Tel. 07778 747972 email [tony.dhac@hotmail.co.uk](mailto:tony.dhac@hotmail.co.uk)  
Peter Butler  
Jason Marchant  
Gill Skellon  
David Kitcher (Entry Secretary) Tel 01322 662992 email [david@kitcher.eclipse.co.uk](mailto:david@kitcher.eclipse.co.uk)

Cheques and printed copies of Entry Forms to:

David Kitcher  
Flat 3, Kingsnorth Court  
Main Road  
Crockenhill  
Swanley  
Kent BR8 8JL

The completed Entry Form spreadsheet may be emailed to the Entry Secretary

This document and the Entry Form spreadsheet can be downloaded from :

<http://www.dartfordharriersac.co.uk/KXCL/index.html>

Any changes to venues, dates etc will be posted on this web page.

**Your attention is drawn to Rules 6 & 9 regarding using the forms provided for entries and to whom the cheques should be made payable.**