

1. CONSTITUTION

1.1. Name

The league shall be called **SURREY LADIES CROSS COUNTRY LEAGUE.**

1.2. Object

To encourage women and girls to compete in cross country races by organising suitable competition in accordance with the UK Athletics Laws and Rules of Competition except as amended hereunder.

1.3. Membership

Is open to any OPEN athletic club either based in the Ancient Geographical County of Surrey or affiliated to Surrey County A.A., automatically on payment of an Affiliation Fee to the League each year. (This fee is primarily for the purchase of end of season awards and any other costs approved at the League's AGM or EGM).

Affiliation Fee.

Shall be an amount to be agreed at the League's Annual General Meeting each year and paid to the Secretary/Treasurer by 1st September immediately following the Annual General Meeting.

1.5. Annual General Meeting.

An Annual General Meeting shall be held at the latest in the month of July each year. Notice of such meeting should be given by the Secretary/Treasurer of the League in writing to all affiliated Clubs at least 3 months in advance of the proposed date.

1.6. Extraordinary General Meeting

An Extraordinary General Meeting shall be called by the Secretary/Treasurer of the League as soon as possible after receiving a request for one in writing by a minimum of 5 member Clubs. Reason(s) for request for such a meeting must be given by the 5 Clubs concerned to the Secretary/Treasurer at the same time so that he/she can advise all member Clubs.

1.7. Rules

These may only be changed at an AGM or EGM and any proposals for such must be (a) notified in writing to the Secretary/Treasurer at least 2 months in advance of the date of the AGM notified to member Clubs by the Secretary/Treasurer at least 1 month in advance of the AGM, supported by proposing Club(s) at AGM or EGM (i.e. they must speak and give reasons for the proposal). agreed by at least 2/3rds of member Clubs present, each member Club being allowed one vote each.

1.8 Management

The League shall be managed by the Secretary/Treasurer, who will be elected each year at the Annual General Meeting, and one representative from each of the 'Host' Clubs of each fixture for the season concerned. (The latter will not be known until after the dates and venues, etc., for the season concerned have been agreed at the AGM under Rule 2.1.).

2. COMPETITION RULES

2.1. Fixtures

4 fixtures shall be held each season, weather and other circumstances permitting, at different venues hosted by different Clubs. Dates and venues shall be agreed at the AGM.

2.2. Events

There shall be 3 separate races at each fixture as follows:-

(1) UNDER 13s GIRLS (11 & 12 yrs old) **between 2.8kms and 3.2kms**
UNDER 15s GIRLS & UNDER 17s GIRLS (13 - 16yrs old) **between 4kms and 4.5kms**
SENIORS (incl. Under 20s & Veterans) Divisions 1 & 2 combined (17yrs old & over) for matches 1 and 2 between 5kms & 6kms and for matches 3 and 4 between 6kms and 8kms.

N.B.1. Ages are as at midnight 31st August/1st September preceding the season except Veterans who shall be those aged 35 years on or before the fourth/last fixture.

Distances may be varied slightly to take into account local conditions, i.e. terrain, area of land available,

Under 17s (15 & 16 yr old only) may compete in the Seniors race if they wish

Although U15s and U17s run together there will be separate league tables for each of these age groups. The same applies to Snr/Vets Div 1 and 2.

Competitors

all clubs may run as many competitors and teams as they wish with all teams scoring in their particular division (see 2.5 Team Scoring) with the Under 13s, Under 15s and Under 17s consisting of one division each and the Seniors/Veterans consisting of a Division 1 of 15 Clubs and Division 2 consisting of the remaining clubs.

bona-fide Second Claim members may run for their Second Claim Club providing (i) their First Claim club is not a member of the League (ii) they have been registered by their Second Claim Club in writing to the League Secretary by 1st September following the AGM or in writing to the League Secretary at least 2 weeks before matches 2, 3 or 4. The Secretary will circulate to all Clubs prior to match 1 all those declared Second Claim members and for matches 2, 3 & 4 will put notices up at the RACE HQ of those matches of additional declared Second Claim Members, no runner may compete for more than one club in the league in any one season, and such Club must be her first claim within the League, no guest runners will be allowed except for special reasons, e.g., a visiting athlete from outside the League's area. Permission to compete may only be given by the League Secretary or organiser of fixture of the 'host' club.

2.4. Club Colours

Not compulsory but Clubs should encourage wearing of Club Vests.

2.5. Team scoring

(a) Match Results - Under 13s, Under 15s and Under 17s

Excluding guest and non-scorers (ineligibility due to changing clubs, etc., as per UK Athletics Rules) competitors will score points equal to their finishing positions. The first 4 from each Club to finish will score as that Club's 'A' team by adding their positions together, the next 4 the 'B' team, etc. The team with the lowest total is first, the next lowest is second, etc. Incomplete teams will still score, these being calculated by adding for each missing runner the scoring place of the last competitor to finish plus an additional 10 points. Examples with 39 finishers are:-

Team with 4 finishers $7+12+20+21= 60,$
76,

Team with 3 finishers $1+11+15+39+10=$

Team with 2 finishers $4+13+39+39+10+10= 105$
 $2+39+39+39+10+10+10=149$

Team with 1 finisher

In the event of 2 or more Clubs totalling the same match points then the club with the lowest (best) last placed scorer shall take precedence in the match result. A Club failing to finish any competitors in a race will not score for that race.

Match Results - Seniors (including Under 20s and Veterans)

Scoring will be on the same basis as the U13s, U15s and U17s except teams will be scored 5 per team.

(c) League Table - all age groups

These will be determined after each match by adding each team's scores together and the team with the lowest total will be first, the second lowest will be second and so on. In the Seniors at the end of the season the 3 Clubs in Division 1 with the lowest 'A' teams (plus any additional teams they may have) will be relegated to Division 2 for the following season and the first 3 Clubs in Division 2 with the highest placed 'A' teams (plus any additional teams they may have) will be promoted to Division 1 for the next season.

Individual Championships

An Individual Championship shall be held for 9 age groups even though some of them run together for team purposes. The age groups are **Under 13s, Under 15s, Under 17s, Under 20s (17, 18 & 19 yr olds at midnight 31.8/1.9. preceding start of the season), Seniors (20 - 34 yr olds at midnight 31.8/1.9. preceding the start of the season) and Veterans (35 yrs old and older on the day of the last match)**. There shall be separate Division 1 and 2 Under 20s, Senior and Veterans Championships. Championships shall be decided by adding together the athlete's best 3 places out of a possible 4 for their particular division. The athlete with the lowest total will be the winner, the next lowest will be second, etc. All age groups will be scored as though they had run separate races. In the event of a tie the championship or position will be decided by the runner who was placed highest in the fourth race.

2.7. Awards

At the end of the season awards shall be made for:-

1st team in each division, i.e. Under 13s, Under 15s, Under 17s, Seniors (Division 1) and Seniors (Division 2).

1st, 2nd and 3rd in the individual championships for the 9 age groups - Under 13s, Under 15s, Under 17s, Under 20s (Division 1), Under 20s (Division 2), Seniors (Division 1), Seniors (Division 2), Veterans (Division 1) and Veterans (Division 2).

3. CONDUCT OF FIXTURES, ETC.

'**HOST**' **CLUB** shall be responsible for:-

(a) providing if possible adequate changing facilities and refreshments including hot drinks, marking out a safe course (using flags, markers, etc.,) ensuring a clear passage from start to finish.

providing **Referee, Starter, Clerk of Course, Chief Place Judge, Chief Timekeeper, Competitors' Stewards, Results' Stewards & Course Marshalls**), (other Officials to be provided by visiting Clubs - see 3.2. below),

(d) flags, markers, finishing funnel, starting gun or whistle, spare stopwatches, UK Athletics Laws and Rules and these League Rules & Notes for reference if necessary, calculating team match results and league positions on the day for display to all Clubs before they leave for home, providing the League Secretary with a map showing the location of their fixture, with appropriate travelling directions, and maps of their courses as early as possible.

(g) sending full results plus map/travelling instructions for the next fixture to all League Clubs and the League Secretary a full copy of the results should be sent to 'Athletics Weekly' if a representative of that magazine is not present at the fixture or has made alternative arrangements.

All Clubs shall provide:-

their own safety pins for their competitors to secure the Competitors' Numbers (see 3.3.(d) below) on the front of vests and the age group/division numbers on their backs.

One Official each for each fixture as scheduled by the Secretary at the beginning of the season (i.e. Judges,

Recorders, Timekeepers, Funnel Controllers, etc.,),

(c) 6 large stamped addressed envelopes (9 inches x 4 inches for example) to the Secretary at the beginning of the season for results, etc.

3.3. Secretary/Treasurer to provide:-

(a) confirmation of rules, dates, venues, allocation of numbers and Officials to all member Clubs,
standardised Team Declaration Sheets to all member Clubs,
standardised place record sheets, time sheets, team result calculation sheets, final results sheets and a set of stamped addressed envelopes for results, to the 'Host' Clubs only, at the League's expense each Club with one set of Competitors Numbers to cover all 4 matches and all Competitors must wear the same runner for each race she runs in.

3.4. Timetable

Clubs to submit Team Declarations prior to the start of each race at the Race HQ or at the Start.

SENIORS (incl. VETERANS) - both Divisions start together at 12.00 p.m. (noon)

UNDER 15s/UNDER 17s race to start at 1.00 p.m.

UNDER 13s race to start at 1.30 p.m.

N. B. These may be changed because of local conditions and daylight hours - Clubs will be advised well in advance of any change to the timetable.

SLCCL/S2/19.05.2009

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