

Kent County Athletic Association, Cross Country Leagues

2025-2026 Season Rules and Information

The League competitions will be held under UKA Rules for Competition.

1. Age Categories.

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 1st October to 30th September in the following year.

- (i) Under 13 Boys and Girls: competitors who are aged 11 or 12 on 31st August prior to the commencement of the Competition Year (PCCY) as defined above.
- (ii) Under 15 Boys and Girls: competitors who are aged 13 or 14 on 31st August PCCY.
- (iii) Under 17 Men and Women: competitors who are aged 15 or 16 on 31st August PCCY.
- (iv) Junior Men and Women: competitors who are aged 17, 18 or 19 on 31st August PCCY.
- (v) Senior Men and Women: competitors who are aged at least 20 on 31st August PCCY. 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.
(Seniors who subsequently become Vets after competing in the League during the season will remain Seniors for result purposes.
Vets who subsequently change age category after competing in the League during the season will retain their original age category for result purposes.
The current age category for Vets will be shown against their names in the official results for each meeting).

2. Qualification.

The leagues will be open to clubs and schools affiliated individually to the Kent County A.A., or schools affiliated with the Kent Schools A.A. For insurance purposes, clubs must also be affiliated to England Athletics.

Individual athletes who compete in the leagues must be registered with England Athletics or one of the 4 other Home Countries and their affiliation fee for the competition year must have been paid by their first claim club. This does not apply to young athletes competing for school teams.

Each age group will compete in separate leagues. Athletes may compete for their second claim club provided that their first claim club or any individual athlete from first claim club has not entered the league by the first league meeting. If after the first league meeting an individual first claim athlete entry is received from a second claim's first claim club the individual first claim club athlete entry will be accepted as "Non Scoring" for team scoring purposes.

Athletes may only compete as team scoring for one club during the season. Athletes who change clubs during the season cannot contribute to their new club's team score and will be annotated in the results as "Non Scoring". They will still be eligible for individual awards from the whole season.

3. Fixtures.

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 (except Women Vet 65 and Male Vet 70, Under 17 Women and Under 20 Women), 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. There will be separate competitions for Women over 65 and Males over 70 years. Those athletes will not be permitted to compete in the Seniors' and general Veterans category races, subject to the following exemption. If they reach the W65 and M70 age categories during the season but have competed in a younger age group race at an earlier meeting in the season they will be permitted to continue to compete in the younger age group races. They will race at the same time with the Under 17 Womens' and Under 20 Womens' over 5000m. They will only be eligible to individual athlete awards but not contribute to team scoring.

4. Meeting Details.

<u>Fixture</u>	<u>Date</u>	<u>Venue</u>	<u>Host Club</u>
1	Sat. 11 Oct. 2025	Footscray Meadows, Sidcup	Cambridge Harriers
2	Sat. 18 Oct. 2025	Somerhill School, Tonbridge	Tonbridge AC
3	Sat. 15 Nov. 2025	Danson Park, Bexleyheath	Bexley AC
4	Sat. 6 Dec. 2025	Swanley Park, Swanley	Dartford Harriers AC
5	Sat. 13 Dec. 2025	Norman Park, Bromley	Blackheath & Bromley Harriers AC

5. Race Details and start times.

<u>Age Group</u>	<u>Fixture 1</u>	<u>Fixture 2</u>	<u>Fixture 3</u>	<u>Fixture 4</u>	<u>Fixture 5</u>	<u>Dist.</u>
U13 Girls	1200	1200	1200	1200	No Race	3000m
U13 Boys	1220	1220	1220	1220	No Race	3000m
U15 Girls	1240	1240	1240	1240	No Race	4000m
U15 Boys	1300	1300	1300	1300	No Race	4000m
U17 Women	1320	1320	1320	1320	No Race	5000m
U20 Women	1320	1320	1320	1320	No Race	5000m
Women Veteran 65+	1320	1320	1320	1320	No Race	5000m
Men Veteran 70+	1320	1320	1320	1320	No Race	5000m
U17 & 20 Men	1350	1350	1350	1350	No Race	5000m
Sen. & Vet. Women	1410	1410	No Race	1410	1200	8000m
Sen. & Vet. Men	1500	1500	1410	No Race	1300	8000m

6. Race Numbers.

A set of numbers will be provided at the first fixture only. These must be retained for the season. U20W and U20M 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.

Due to timing chips, "home made" replacement numbers are not acceptable. Replacements must be purchased from Race HQ

Race numbers are strictly non-transferable. Unregistered competitors who compete using another person's race number will be disqualified. Teams who include unregistered competitors will be disqualified.

7. Scoring.

Team Scoring:

Team scores for each race are based on the sum of the finish positions of the qualifying team members.

Match points are awarded by giving one match point to the last placed team, then incrementing by one for each remaining team, with the winning team receiving the maximum points. If two (or more) teams tie on finish positions, the relative position of the last placed finisher in each team will determine the order for awarding match points.

Young Athletes Leagues : Any number may enter with the first three runners to finish scoring.

Senior Womens' League : Any number may enter with the first three runners to finish scoring towards the League Trophy and the first six to finish scoring towards the Six-to-Score Trophy. Senior and Veteran Women will combine for team results.

Senior Mens' League : Any number may enter with the first four runners to finish scoring towards the Kent Messenger Cup and the first twelve to finish scoring towards the Duodec Trophy. Senior and Veteran Men (but not including Male Veteran 70+ category) will combine for team results.

There will be no "B" teams in any League.

Team League Scoring.

Team League placings will be determined using the following rules of precedence:

1. The number of team finishes throughout the season.
2. The total match points.
3. The total team score (lowest is best).

If there is a tie for first team place, the award will be made jointly and each club will hold the trophy for 6 months.

To qualify for the Most Improved Club award a Club must have scored match points in at least four of the eight Male and Female Young Athlete team categories, within that season.

Individual Scoring.

Individual league placings will be determined using the following rules of precedence:

1. The number of league finishes.
2. The sum of finish positions from all races (race score), lowest is best.
3. The best individual performance * compared to other athletes who are tied on race score.
4. The aggregate finish time for all races compared to other tied athletes, lowest is best.

* If two athletes share the same best individual performance, then the next best individual performance will be considered, and so on.

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 Mens' League whose awards will continue to be over all four matches.

Awards

Ladies:

Kent Womens' CC League Trophy will be awarded to the Under 13 League Champions.

Kent Womens' CC League Trophy will be awarded to the Under 15 League Champions.

Kent Womens' CC League Trophy will be awarded to the Under 17 League Champions.

Kent Womens' CC League Trophy will be awarded to the Under 20 League Champions.

Kent Womens' CC League Trophy will be awarded to the three-to-score Senior Womens' League Champions.

Kent Womens' CC League Six to Score Trophy will be awarded to the six-to-score Senior Womens' League Champions.

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

The Cliff Temple Memorial Trophy will be awarded to the best Overall Senior Individual. The

Ron Hale Trophy will be awarded to the best Overall Veteran Individual.

1st, 2nd & 3rd 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.

The Medway Cup will be awarded to the Under 15 League Champions.

The Youth Cup will be awarded to the Under 17 League Champions.

The Alan Brent Shield will be awarded to the Under 20 League Champions.

The Kent Messenger Cup will be awarded to the four-to-score Senior Mens' League Champions.

The Duodec Trophy will be awarded to the twelve-to-score Senior Mens' League Champions.

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

The Kent Cross Country League Individual Trophy will be awarded to the best Overall Senior Individual. The

Dartford Harriers Shield will be awarded to the best Overall Veteran Individual.

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

Young Athletes Categories, Male and Female:

The Neil Smith Trophy will be awarded to the Most Improved Club.

8. Fees and Entry

Entry fee: The entry fee will be **£10.00** per individual per season. There is no team fee. The fee payment method must be by BACS transfer to Kent County Athletics Association(Kent County A.A) at Barclays Sort Code 20-06-72 Account number: 40546445 Account No.: 40546445 Account Name: Kent County Athletic Association. Please use a payment reference of "KXCL" followed by your club name. Payment by cheque is not permitted.

A fee of **£5.00** will be charged for replacement Race Numbers to cover the cost of timing chips and administration.

9 Entry declaration.

All athlete declarations must provide: Name; Gender; Date-of-Birth; England Athletics

Unique Registration Number * and Affiliated Club name. Pre-season declarations should be sent, with BACS notification or payment, to the Entry Secretary at least two weeks before the first fixture.

* EA URN does not apply to young athletes competing for school teams.

In-Season entries: Additional entries may be submitted throughout the season. Entry declarations should be made in writing (by post or email) to the Entry Secretary, no later than the Wednesday preceding the fixture. Payment for In-Season entries must be made in cash or by cheque on the day of the fixture on receipt of Race Numbers. **No on-the-day entries will be accepted.**

Guests: Guest entries are **not** permitted.

10. Race organization.

The Host Club will be responsible for obtaining England Athletics Race Permit; Course measuring & marking and toilet facilities. Changing facilities (if available) and refreshments may be provided at the discretion of the Host Club.

The League Organising Committee (not the Host Club) will be responsible for booking the First-Aid contractor for all fixtures.

11. Remuneration.

Kent County AA will reimburse each Host Club the **FULL** cost of the hire of facilities, together with the cost of the hire of mobile toilets when required.

Host Clubs **MUST** submit an invoice within **1 MONTH** of the fixture.

Kent County AA will book the First Aid cover for all fixtures and pay the full cost direct to the Company concerned.

12. Results.

Provisional race results will be displayed at each meeting and should be available on <https://www.stuweb.co.uk/results.html>. Confirmed overall individual and team results will be published on the KCAA website, as soon as practicable after each meeting.

13. Trophy responsibilities.

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.

Trophies should be returned by the third fixture in the season at the latest.

14. Volunteer Club Officials

Each participating Club will be expected to provide at least one volunteer per fixture (excluding host clubs) to assist with officiating and marshalling. If asked to assist at the finish, the volunteers will be working with our existing experienced officials to guide them and together with the Chip Timing Team.

As a volunteer asked to assist at the finish, the duties involved are as follows:

- 1 Judge/Recorder. Calling out, or recording, the race numbers.
- 2 Pusher/Funnel Marshal. To ensure that runners keep moving through the finish funnel

3. Assist any runners that may collapse in the finish funnel.
4. Line Judge. Ensure that, in a tight finish, the runners stay in the correct position until their numbers have been recorded.
5. Timekeepers' Recorder when chipped bib timing is not being used. Record the times as called by the official timekeeper as each runner crosses the finish line.
6. Disc Distributor when chipped bib timing is not being used: hand each runner a token indicating their finishing position as they reach the end of the finishing funnel.

Upon arrival, please report to the finish funnel to be introduced to the Referee and to be allocated your duty on the day.

NOTE - This rule does not apply to host Clubs.

15. Manager's meeting

There will be a meeting of Team Managers following the final fixture to discuss any aspect of the League structure for the following season.

16. Acceptance.

Clubs competing in the Leagues are deemed to have agreed to the above Rules.

Organisers on behalf of the Kent County Athletic Association:

Brian Charlton (Entry Secretary) Tel 01795 890200 email brian@kcaa.org.uk

Paul Hills (Fixtures, Venues and Host Liaison Officer) Tel. 01322 663669 email daddy_hills@hotmail.com

Anoushka Johnson (kentxcofficials@gmail.com)

Completed Entry Forms must be submitted by email to the Entry Secretary together with any BACS payment notification.

Copies of this document and the Entry Forms can be downloaded from the KCAA website:

<http://www.kcaa.org.uk>

Any changes to venues, dates etc will be posted on the KCAA Cross Country web page.

Revised 28/08/2025