

NESS (North Essex and South Suffolk) Cross-Country League

RULES 2023/2024 SEASON

EVENTS

The league will host a minimum of three events of around 8K over a multi-terrain course. Host clubs should avoid pure road courses.

Each event must have a permit issued by the South of England Athletic Association or the Association of Running Clubs.

A junior fun run over a shorter distance can be organised in conjunction with the main permitted event. The events should take place between October and March.

Note - Dates will be arranged at the Annual General Meeting to be held before the start of each season. The programme should include a reserve date, in case an event has to be rearranged. For guidance, host clubs should avoid clashes with championship events or other events organised by member clubs.

JUNIOR AGE GROUPS

The minimum age for the junior run is 8 years old and the maximum age is 17. The age groups are now based on school years as follows:

School Years 3, 4, 5 and 6 (Under 11's)

School Years 7 and 8 (Under 13's)

School Years 9 and 10 (Under 15's)

School Years 11 and 12 (Under 17's)

Boys and girls in School year 12 may run in main adult race or the junior run, however they cannot take part in both events, therefore year 12's must choose which event to run in at the start of the season

SENIOR AGE GROUPS

Host clubs will publish results that include runners' age group categories in five year bands. For men and women, veteran categories start at 40 based on age at the date of the first race. Any underage runner taking part in the Senior race will not be included in the results.

POOLS

There are two pools, A & B. The top club in Pool B at the end of the season is promoted to Pool A. The bottom club in Pool A is relegated.

ENTRIES

All competing clubs must be affiliated to England Athletics or the Association of Running Clubs, for both men and women. No guest runners will be allowed to take part. A runner will only be permitted to run for one club during the season.

TEAMS

Clubs can enter any number of runners in a league event, provided that they are first or second claim cross-country members of that club.

CLUB COLOURS

Competitors must wear club colours in league events. Runners who don't will be disqualified and will not score.

ENTRY FEES

The entry fee for each event is £4 per runner. Entry to the junior fun run is free. Events should be self-financing, but non-profit making for the host clubs. This means that host clubs should be able to lay on a free hot or cold drink for all runners from the entry fees.

Clubs must pay in full either by:-

- Club or personal cheque on the day of the event. Cash will be not accepted.
- By Bank electronic funds transfer (host clubs to provide bank details with pre – race information that is sent to clubs)

A club that fails to provide funds, within seven days of the event for the correct amount will lose their points for that event.

SCORING

Scoring is on the basis of first man or woman to finish scoring one point, second two points, third three points and so on through to the last finisher. A scoring team consists of 8 men and 4 women in Pool A and 6 men and 3 women in Pool B. Scoring runners' points are added together to give each club a separate team total for men and women - the lowest aggregate is 1st and so on. The men's position will be aggregated to the ladies position to give an overall team score. If the aggregated scores are tied then the league point(s) will be shared between the clubs. Clubs failing to field a complete team will incur penalty points. The total number of male or female runners will be added to their points as appropriate, plus 1 point for 1 missing runner. Any men's or women's team with one missing runner will automatically be placed after all complete teams. Any men's or women's team with two missing runners will automatically be placed after teams with one missing runner and so on. This rule also applies when the overall team score is calculated. In the event of a points tie between clubs at the end of the season, the overall league position will be decided by the result of the final event:

- If two clubs tie at the top of pool A or B, the club finishing highest in the final event wins the pool.
- If two clubs tie at the bottom of pool A, the club finishing lowest in the final event is relegated.

REVENUE SHARE

At the end of the season, the gross costs and revenue for each event will be aggregated and the residual balance will be split evenly between the host clubs.

ADVERTISING

Only the sponsor of the league and the participating clubs may be permitted to advertise or issue publicity material at events.

COMPETITOR CONDUCT

All participants should treat members of the public, including other road users, marshals, other competitors, event officials and venue staff with respect. Any use of profanity or aggression towards any other parties will result in immediate disqualification from the event.

Clubs should remind competitors and spectators that they share the various XC venues, including parks , footpaths and roads with other pedestrians and car users who may not be fully aware of the event.

Updated July 2023