



1. All Member Clubs must be affiliated with England Athletics.
2. The member Clubs are currently: Barnet & District AC, Cookham RC, Ealing Eagles, Ealing, Southall & Middlesex; Enfield & Haringey, Eton Manor AC, Good Gym Race Team, Harlow RC, Harrow AC, Herts Phoenix, Highgate Harriers, Hillingdon, London City AC, London Frontrunners, London Heathside, Metropolitan Police, Mornington Chasers; Newham & Essex Beagles, Serpentine, Shaftesbury Barnet Harriers, St Mary's Richmond, Thames Valley Harriers, Trent Park RC, Victoria Park Harriers & Tower Hamlets, Woodford Green with Essex Ladies.
3. The management of the League is vested in a League Administrator and one representative from each member Club.
4. Any new club wishing to join the League should apply to the League Administrator before 31st March for the forthcoming season and agrees to the League's Rules and fees.
5. Affiliation fees, which are agreed upon at the Annual General Meeting. These are currently:
  - £135 Tier A (Under 30 competitors during the previous season)
  - £190 Tier B (Under 80 but 30 or over competitors during the previous season)
  - £245 Tier C (80 or over competitors during the previous season)
6. Fees are payable to the League Administrator or Honorary Treasurer 14 days before the first fixture.
7. The League has its own website, run by an appointed League Website Administrator.
8. The League Administrator and Website Administrator will manage and oversee any League official social media channels.
9. The Annual General Meeting (AGM) should meet after the close of each season to discuss relevant matters from the preceding season and decide changes for the following season.

No amendment or alteration to the Rules shall be made except at an AGM, or SGM, and requires a minimum of a two-thirds majority of the members present.

Members who want to propose an amendment to the rules must give notice in writing to the Honorary Secretary together with particulars of the proposed amendment (duly proposed and seconded) at least 14 days before the AGM.

10. Special General Meeting.  
The Honorary League Administrator must call a Special General Meeting (SGM) within fourteen days of the receipt by them of a requisition in writing signed by a minimum of 1/3 clubs in the league.



The requisition should state the exact business to be discussed. The Honorary League Administrator will display the Special General Meeting Agenda on the League's normal communication channels at least seven days prior to the meeting.

Voting at a Special General Meeting requires a minimum of a two-thirds majority of the members present.

11. Proxy Voting. Members need to be present to vote, Proxy voting is not permitted.

12. The season will be made up of 5 meetings between September and March.

13. A Meeting Manager shall be appointed for each fixture (normally the League Administrator)

14. Host clubs are requested to notify the League and Website Administrator of fixture details along with a local map of the venue and course maps at least 14 days prior to their fixture.

These details will then be displayed on the League Website. This must be in the format provided by the website administrator to ensure uniformity.

Host clubs are responsible for the accuracy of this information and must inform the League Administrator and Website Administrator of any changes as soon as possible, i.e. changes to the course, parking/travel arrangements.

15. The host club shall arrange for Officials, Marshals and a Welfare Officer for each race.

Host clubs may contact other local League clubs to request help with officiating and marshalling.

It is the responsibility of each host club to obtain a race permit, seek landowners' permission and complete a course risk assessment, to ensure the fixture complies with all rules and regulations that cover the event.

16. Each club with a minimum of 30 runners must provide at least one official to assist at the start-finish area for the duration of the races.

17. All clubs are responsible for the welfare of their own athletes attending any fixture.

Anyone with concerns for the welfare of athletes should immediately raise this with the present welfare office or meeting manager.

18. The timetable, race distances and age groups are:

12:00 UP TO 2 km Under 11's Boys

12:05 UP TO 2km Under 11's Girls

12:15 3Km Under 13 Boys



12:30 3Km Under 13 Girls  
12:45 4Km Under 17 Men/Under 15 Boys  
13:00 4Km Under 17 Women/Under 15 Girls  
13:15 7-8Km Women/Veteran Women  
14:00 7-8 km Men/Veteran Men

Race Start times may vary should the host club or Meeting Manager need to alter them. They may also combine the junior races by sex if required.

19. The rules of the ECCA and UK Athletics rules for competition shall apply. Club colours should be worn.

As per the current rules for competitions, listening devices are not permitted on safety grounds.

The Referee can disqualify any athlete who does not comply with this rule.

20. Guest runners (i.e. with no affiliation to any of the member clubs) can only be given numbers by the Meeting Manager for a charge of £5 for Seniors, and £3 for Juniors.

Guest runners should be affiliated with a UK Club and have a current EA/URN number for the forthcoming season.

Guest runners are not eligible for prizes at the end of the season and will be declared as non-scoring.

21. All athletes, including guest runners, must have a current and valid URN number.

22. Numbers are to be supplied by the League and can be collected at the first race a club attends from the League Administrator or collected prior to any fixture by special arrangement with the League Administrator.

Each Club must have at least one person at each fixture to distribute race numbers and record these.

Safety pins are not provided by the League for athletes' numbers.

23. Should a fixture need to be cancelled for any reason, then the host club must inform the League Administrator as soon as practicable. Where possible an alternative date and/or venue should be sort.

The alternative date and/or venue should be agreed upon with the League Administrator.

Should an alternative date and/or venue not be available or agreed then this fixture will be removed from the season and the season will be formed of the remaining fixtures.

24. Currently, the League uses an online portal, managed by the Website Administrator, for the declaration of athletes.

Each club is issued with 1 login for this portal, and they are responsible for ensuring the accuracy of the information they record via this portal and that this information is submitted on time.

All declarations must be updated to the portal by 19.30 on race day, with the exception of the last race of the season, race 5, where these should be submitted by 14:30 to allow for final results.

The League reserves the right to make changes to the portal without notice (for technical reasons for example). It also reserves the right to change the times for submission of declaration and the method of submission where necessary. However, will give notice on the latter points.

25. Young Athletes' age groups are taken as under the mentioned age at midnight 31st August/1st September preceding the season.

Age groups in the Under 11 Boys and Girls, Under 13 Boys and Girls, Under 17 Men/Under 15 Boys, Under 17 Women/Under 15 Girls races, plus five-year categories for senior athletes will be marked in the results.

Juniors must be a minimum age of 9 on the day of the race.

Veterans must have reached their age category on the day of the race. To be eligible to score, competitors should only compete in the correct race for their age group. For example, an Under 17 Man can only score in the Under 17 Men's Team competition.

26. Any athlete running in the incorrect age or sex race will be declared as a non-score in terms of both individual and team points.

The meeting manager can use their discretion where the distances are the same, for example, a female athlete running the men's race as they arrived late.

Any athlete wishing to run up an age race should seek permission from the meeting manager, who, if approved, will issue them a guest number free of charge. They will be declared in the results as a guest runner.

27. Any athlete who has resigned from their former first claim club and has switched to first claim membership of a member League club is eligible to compete and score once their transfer has been completed by the governing body. Any points awarded whilst a member of their former club are not transferred to the new club.

28. Second claim athletes are permitted to score.

29. In terms of results, the Men's race and the Women's races are both run as one race, but their League Tables will be split into three divisions (12 teams in Divisions One & Two) in the results for Senior Men, Veteran Men, Senior Women and Veteran Women.

At the end of the season, a two-up, two-down promotion and relegation system will operate.

30. The number of competitors scoring for each club's "A" team is:

- Under 11 Boys: 4 to score
- Under 11 Girls: 4 to score
- Under 13 Boys: 4 to score
- Under 13 Girls: 4 to score
- Under 17 Men/Under 15 Boys: 4 to score
- Under 17 Women/Under 15 Girls: 4 to score
- Senior Women
  - i. Division 1: 6-to-score
  - ii. Division 2: 5-to-score
  - iii. Division 3: 4-to-score
- Veteran Women
  - i. Division 1, 2 & 3: 4-to-score
- Senior Men
  - i. Division 1: 12-to-score
  - ii. Division 2: 10-to-score
  - iii. Division 3: 8-to-score
- Veteran Men
  - i. Division 1: 6-to-score
  - ii. Division 2: 5-to-score
  - iii. Division 3: 4-to-score

Any Club finishing more than the required number to complete a team shall be scored a B team. C teams will join the lowest division for seniors and veterans if, on at least two occasions the previous season, the club would have completed one. Thereafter, they will compete in their rightful division within the League structure.

31. All races are scored on a reverse scoring basis, i.e. if there are 50 athletes in a race, the first finisher shall score 50 points, the 50th finisher 1 point.

A club does not have to have the full number of athletes to score a team. In the senior races, athletes can count in both the senior and veteran team scoring. Scoring in the Senior, Veteran and Divisional races will be scored as if run as a separate race. Points from each fixture in each team competition are added together to create a League table.

*Note: A club non-scorers count as finishers in the club's bottom team's division. Eg A club has an A team in Div 1 (12-to-score), B team in Div 2 (10-to-score), C team in Div 3 (8-to-score). If they finish 34 runners, 12 score in Div 1, 10 in Div 2, 8 scores in*



*Div 3, plus the other 4 counts as finishers in Div 3, effectively pushing other finishers in Div 3 further down. If a club has only two teams, both in Div 1, all club finishers would count as finishers in Div 1, effectively pushing other finishers in Div 1 further down, but only 24 would score (12 for A, 12 for B).*

32. In the event of a tie, the scorers shall, in order, use the following criteria to find a clear winner: Most team race wins, most team race seconds, most team race thirds, the position of leading runner in the last race.
33. The Howard Williams Trophies are awarded to reward the strongest overall club in the League for (a) Senior's (b) Juniors.

Discounting "B" Teams, the winning club in each team competition is awarded the number of points commensurate with the number of member clubs, the second-place club in each age group is awarded the number of points commensurate with the number of member clubs less one. i.e. if there are 23 member clubs, the winner gets 23 points, runner up 22 points, down to one point for the 23rd placed club. The totals for each team competition are then added together for (a) Senior's (Senior Men & Senior Women) (b) Juniors (Under 13 Boys, Under 13 Girls, Under 17 Men/Under 15 Boys and Under 17 Women/Under 15 Girls).

34. Runners must race at least 4 races to be eligible for prizes. In the event, a fixture is cancelled the four remaining fixtures shall all count. In the event fewer than 4 fixtures are held then runners will need to have completed all of the fixtures. In the event of a tie, the scorers shall, in order, use the following criteria to find a clear winner: most individual race wins, most individual race seconds, most individual race thirds, the highest position in the final race.
35. Any clubs who are awarded trophies following the last fixture of the season must return them to the League Administrator in time for the Presentation of Trophies the following season. The responsibility for the up to date engraving of the Leagues Trophies is that of the holding Club.
36. Final results for teams are based on the total number of races for that season.
37. The League Administrator and Honorary Treasurer shall decide on how any prize money, in whatever form, is allocated.
38. The League does not tolerate abuse of any kind.

Any athlete, anyone associated with an athlete (parent, family members, etc), or club members that are found to be responsible for the abuse, by the meeting manager or the present welfare officer may be requested to leave the venue without recourse.

This incident will be logged with the Disputes Resolution Panel.

39. Any disputes concerning the League should be adjudicated by a Disputes Resolution Panel made up of three people, taken from a pool including the League Administrator and three elected representatives at the AGM.

Disputes should be made via email in the first instance to the League Administrator and are only accepted via the club nominated representative. No submissions will be accepted from individuals unless the dispute is against their club or nominated representative.

The Disputes Resolution Panel should not be members of any club involved in the dispute. The League Administrator has the casting vote should there be an equality of votes or tie.

Once the panel has reached a verdict and delivered the outcome, the clubs involved can only mount one appeal, and only if new evidence or information has come to light. They can not submit further appeals.

All disputes should be made within 1 week (7 days) of the affected fixture. Any appeal should be logged within 1 week (7 days) of the outcome.