

Thames Valley Cross Country League 2008-2009

League Rules

1. The TVXC Cross Country League will embrace but not endorse UKA rules 1 to 25. Participating club runners will be fully paid up members of their representative club.
2. The minimum age for participation in the league is 16.
3. All participating club runners must wear club colours. Anybody not wearing club colours will be excluded from the scoring team.
4. All events will start at 11:00 am.
5. Vets age status will be fixed from 1st Nov prior to the first event of the new season.
6. A scoring team will consist of 7 male runners (including a minimum of 2 vets) and 3 female runners (including at least 1 vet). Each scoring member will contribute a point score equal to their position within their gender.
7. If a club is unable to field a full team, the missing competitors will score as the last position in the race plus 1; this will be split by gender.
8. Male and female results will be calculated as separate races but the overall club score will be determined by the addition of male and female scores.
9. The club position for each event will be determined by the total points of the scoring team. League points will be awarded to each team according to their position within the fixture. Any team failing to compete in a fixture will receive no points.
10. The final overall league position will be decided by taking the total of the league points for all the fixtures. A club's total league score will be defined by its total score minus the worst score for the season, i.e. best 7 from 8 events.
11. All results should be mailed to John Newport, newpee@btinternet.com. Please mail these ASAP after each event.

October 27, 2008

