

**NORTH OF ENGLAND**

**TRACK FIELD LEAGUE**



**CONSTITUTION**

**&**

**COMPETITION**

**RULES**

**2009**

## North of England Track & Field League

### Constitution & Rules

#### **1. NAME**

The name of the League shall be "The North of England Track & Field League" hereafter referred to as "The League". The name of a commercial sponsor may be added without need for a formal change.

#### **2. OBJECTS**

The objects of The League shall be:-

- a) To provide competition for Club teams of athletes, primarily in the form of a divisional league structure and Inter-Club Cup Championship.
- b) To generally foster and encourage the development of Track & Field athletics throughout the North of England and to work in conjunction with other similar organisations.

#### **3. MEMBERSHIP**

Membership of The League shall be confined to Open Clubs who are affiliated to England Athletics for Track & Field athletics.

The total size of membership shall be regulated by the League Management Committee, who will decide on applications for admission to The League and may require clubs which do not satisfactorily fulfil League obligations to withdraw.

#### **4. MANAGEMENT**

Responsibility for the management of The League shall be vested in a Management Committee consisting of:-

- a) Chairperson, Finance Officer, and Secretary. These Officers shall be elected at the Annual General Meeting from nominations made by Member Clubs.
- b) Divisional Secretaries, appointed by the Clubs in each division.
- c) Such other Officers as may be deemed necessary, appointed at the AGM of League Clubs.

#### **5. MEETINGS**

- a) An Annual General Meeting shall be held in the autumn of each year in order to consult Clubs, exchange views on appropriate matters and to facilitate the election of Divisional Secretaries and other Officers. Member Clubs shall receive 28 days notice of the Annual General Meeting. All nominations and proposals must be received in writing, duly proposed and seconded, 14 days before the date of the Annual General Meeting.
  - b) A minimum of ten clubs must be represented at an Annual General Meeting or Extraordinary General Meeting.
  - c) Extraordinary General Meetings may be held when considered necessary by the League Management Committee or when requisitioned by 10 member Clubs.
  - d) Any proposal which fails to get passed by the majority of members at an Annual General Meeting cannot be re-proposed at the following year's Annual General Meeting
- The League Management Committee will meet formally on not more than four occasions each year.

#### **6. VOTING**

- a) Each team represented at a General Meeting shall be entitled to ONE vote. Each delegate may represent one team only. Matters voted on shall be decided by a simple majority.
- b) All members of the elected League Management Committee shall have equal voting rights, but in the event that the majority of Elected Officers appointed under 4a (above) being opposed to a decision, which is considered significant enough to warrant it, they may refer the matter to the Northern Athletics Track & Field Committee for a decision prior to implementation.

#### **7. FINANCE**

- a) All funds relating to the operation of the League shall be maintained within the accounts of Northern Athletics with appropriate records being maintained by the Association's Honorary Treasurer and the League's Finance Officer. Such funds will be identifiable within the Association's accounts and include provision for balances to be carried forward.
- b) Clubs shall be required to pay an annual entry fee to the League, payable by the 31st December preceding the year of competition.
- c) It shall be within the aims of the League to obtain sponsorship, either on a regional basis for the whole League or on a local basis for individual matches, but any such local sponsors shall have the approval of the League's Management Committee.

#### **8. DUTIES OF OFFICERS**

- a) Chairperson  
The chairperson will chair all General and Management Committee meetings and will undertake other appropriate duties as required.
- b) Secretary  
The secretary will co-ordinate all arrangements for the running of the League, convene all meetings and prepare minutes, prepare a basic fixtures plan each year in consultation with other appropriate bodies and maintain communications with all member clubs.
- c) Finance Officer  
The Finance Officer shall maintain financial records relating to the League, receive all entry fees and initiate all payments from the League funds, working in conjunction with the Association's Honorary Treasurer as necessary. A financial statement shall be prepared for the Annual General Meeting.
- d) Divisional Secretaries  
Divisional Secretaries will:-
  - 1) Ensure all the arrangements for matches are satisfactory, deal with changes and other problems which occur after preparation of a basic seasonal plan.
  - 2) Check Eligibility of Athletes.
  - 3) Ensure all results are forwarded, after scrutiny, as soon as possible after the match and ensure the results are communicated to Press contacts to meet publishing deadlines.
  - 4) Present trophy at last match to divisional winners.

#### **9. RULES OF COMPETITION**

All competition shall be held in accordance with U.K.A. rules.  
Specific rules governing the Divisional League competition shall be determined at a General Meeting of League Clubs.

## COMPETITION RULES

### 1. MATCHES / EVENTS

The league will comprise of 4 matches, ideally with 2 on a Saturday & 2 on a Sunday.

The composition of each division shall consist of 6 teams with the exception of the lowest division, where a higher number will be permitted to allow new clubs to join the league.

In any match where sufficient lanes are not available, separate races shall be held as 'time trials' and match points allocated accordingly. Competitors attaining equal times shall be accorded the same place for scoring purposes regardless of the finishing order of the trial.

#### Men

100m	200m	400m	800m	1500m	5000m	110 Hurdles
400 Hurdles	High Jump	Long Jump	Pole Vault	Triple Jump	Discus	Hammer
Shot	Javelin	4x100	4x400	3000 S/Chase	Non Scoring 100m	

#### Women

100m	200m	400m	800m	1500m	3000m	100 Hurdles
400 Hurdles	High Jump	Long Jump	Pole Vault	Triple Jump	Discus	Hammer
Shot	Javelin	4x100	4x400	Non Scoring 100m		

### Non Scoring 1500m Steeplechase for Women (Division One Only)

### 2. ORDER & TIME OF EVENTS

11:45		Hammer Men	Long Jump Women	<i>Pole Vault Women Div 1 Only</i>
				<i>Pole Vault ALL Div 2, 3 &amp; 4</i>
12:45			Hammer Women	
13:00	400m H Women	Long Jump Men		
13:10	400m H Men			
13:25	800m Women			
13:35	800m Men			
13:40		Discus Men	Shot Women	
13:45	100m Women			
13:55	100m Men			
14:00	Non Scoring 100m (Men and Women)	High Jump Men	Triple Jump Women	
14:05	3000m S/C Men			
14:25	100mH Women			
14:30		Shot Men	Discus Women	<i>Pole Vault MEN Div 1 Only</i>
14:35	3000m Women			
14:55	110m H Men			
15:05	400m Women			
15:15	400m Men			
15:20	1500m Men	Javelin Men		
15:35	1500m Women	Triple Jump Men	High Jump Women	
15:45	200m Women			
15:55	200m Men			
16:05	5000m men			
16:10			Javelin Women	
16:30	4 x 100m Women			
16:40	4 x 100m Men			
16:50	4 x 400m Women			
17:00	4 x 400m Men			

Variation in the timetabling of events may be allowed to suit local conditions and Health and Safety issues.

### 3. HOSTING OF MATCHES

#### All clubs shall host a fixture once every two years

#### a) Host Clubs

Host Clubs shall be responsible for the provision of adequate officials to run the meeting. In the event of a meeting being hosted by more than one club, the responsibility for providing officials shall be divided equally.

The host club shall be responsible for the provision of at least:-

- ◆ All Match Fees
- ◆ Chief Starter
- ◆ Marksman / Starter's Assistant
- ◆ Chief Timekeeper
- ◆ Track Referee
- ◆ Field Referee
- ◆ Match Recorders (Two per match)
- ◆ Announcer
- ◆ First Aid Cover
- ◆ Officials refreshments
- ◆ Preparing the Field Cards

New for 2009

**The host club should inform all visiting clubs before the day of the match or, if this is not practicable, half an hour before the match is due to start, if the equipment does not comply with the minimum height requirement.**

b) Participating Clubs

All participating clubs, including the host club, shall provide **AT LEAST** the following officials (and where possible graded):-

- ◆ One Track Judge
- ◆ One Timekeeper
- ◆ Four Field Judges (At least one field judge must be graded)
- ◆ Each club should be allocated field event(s) in advance. It shall be the responsibility of the Field Referee, in co-ordination with the divisional secretary, to ensure that competent, graded officials shall be in charge

c) Clubs providing the requisite number of officials will be awarded points as follows:-

Track Judge	=	5 Points	
Time Keeper	=	5 Points	
4 Field Judges (5 Pts each)	=	20 Points	TOTAL = <u>30 Points</u> (Max)

Divisional secretaries will count towards clubs' officials.

Host clubs must write to those officials who have offered their services to ensure availability.

All visitors to the meeting must be made aware of the location of the First Aid facility before the meeting commences.

Host clubs must provide visiting clubs with travel directions 14 days in advance to the venue & a telephone number to make contact with the host club up to 30 minutes before the start of the meeting in case of transport difficulties, etc.

4. ELIGIBILITY OF ATHLETES

- a) All competitors must be first claim members or registered for higher competition with the league and be eligible to compete for the club in Open Team competition on the day of the meeting.
- b) All athletes must be registered with England Athletics.
- c) Athletes cannot compete in a match until their TEAM MANAGER has signed a Team Declaration Form, on which any alterations must be made before the event concerned commences.
- d) There shall be no restriction on the use of athletes by clubs with two teams or with one or more teams in the national league structure.
- e) To compete in the division two promotion match, all athletes should have competed for their club in the league during that current season.

THE USE OF INELIGIBLE ATHLETES MAY RESULT IN THE LOSS OF THE WHOLE TEAM POINTS TOTAL FOR THE MEETING UNLESS THE MANAGEMENT COMMITTEE ACCEPTS THAT MITIGATING CIRCUMSTANCES JUSTIFY A LESSER PENALTY

5. DECLARATIONS

Team declarations must be made on the official sheets, which must include the athlete's registration number. Declaration sheets, fully completed, must be handed in to the Recorders, at least 15 minutes before the start of the first event.

6. PARTICULAR AGE GROUPS

- a) An under 20 athlete may only compete in a maximum of 5 events.
- b) A senior athlete may compete in a maximum of 7 events.
- c) An under 17 athlete can only compete in a max of 4 events, and if so doing one must be a relay. They shall not be allowed to compete in the 3000m Steeplechase and the 5000m.

7. NUMBERS

The League will provide numbers for each club in the league. Each club will be allocated their numbers by the league.

Two numbers shall be worn by all athletes in all events, except the High Jump and Pole Vault, when one number may be worn on the front.

8. CLUB COLOURS

Club colours must be worn at all times.

9. TRIALS

In all field events (except High Jump and Pole Vault) all competitors shall be entitled to three trials. The first six placed competitors having achieved a valid distance/height shall be entitled to a further three trials, if they have attained the required standard as listed below

	Discus	Javelin	Hammer.	Shot	Long Jump	Triple Jump
Men Div. 1	35.00	45.00	35.00	10.50	6.00	11.50
Women Div. 1	30.00	30.00	30.00	9.00	5.00	9.50
Men Div. 2	30.00	40.00	30.00	10.00	6.00	11.00
Women Div. 2	30.00	30.00	25.00	9.00	4.50	9.00
Men Div. 3 & 4	25.00	35.00	25.00	9.00	5.50	10.00
Women Div. 3 & 4	25.00	25.00	20.00	8.00	4.00	8.00

10. LANE / FIELD DRAW

The draw for all track and field events shall be pre-drawn. In field events, A & B strings appear next to one another on the judge's card.

A different draw shall be made for each match.

11. HIGH JUMP and POLE VAULT

- a) The Women's high jump will start at 1.10m and progress in 5cms up to 1.40m. The Men's High Jump shall start at 1.40m and progress in 5cms up to 1.70m.  
Subsequent heights shall be at the discretion of the Field Referee.
- b) The Women's Pole Vault will start at 1.70m and progress in 10cms up to 2.10m. The Men's Pole Vault will start at 2.10m.  
Subsequent heights shall be at the discretion of the Field Referee.
- c) If the stadium equipment is not capable of going to these heights, the opening height shall be the lowest that the equipment can reach, including drop bars.
- d) In an event of a tie for first place, NO JUMP OFF SHALL TAKE PLACE and the points for those competitors tying for first place shall be divided equally between those competitors.

## 12. SCORING

- a) Each club shall be entitled to an "A" and "B" string competitor in all events except the relays, when each club will be entitled to one team only.
- b) Separate "A" and "B" races shall be held for each event other than events of 1500m or more.  
If however, there are so few competitors as to warrant separate "A" and "B" races then all competitors may, at the Track Referee's discretion, compete together with the "A" and "B" races being scored separately.

In all events where "A" and "B" competitors compete together, the highest placed athlete will be considered the "A" athlete for scoring purposes.

If a club has only one competitor in any event that competitor shall compete in the "A" event.

In all field events "A" and "B" competitors will compete together.

<u>Scoring in a 8 Club Match</u>	A String= 11 / 9 / 8 / 7 / 6 / 5 / 4 / 3	B String= 9 / 7 / 6 / 5 / 4 / 3 / 2 / 1
<u>Scoring in a 7 Club Match</u>	A String= 10 / 8 / 7 / 6 / 5 / 4 / 3	B String= 8 / 6 / 5 / 4 / 3 / 2 / 1
<u>Scoring in a 6 Club Match</u>	A String= 9 / 7 / 6 / 5 / 4 / 3	B String= 7 / 5 / 4 / 3 / 2 / 1

If a match is abandoned after 24 events (both A & B strings) have been completed, the result stands. In such cases, throws & jumps shall be regarded as complete if three rounds have been completed. If less than 24 events have been completed, the match will be declared null and void.

## 13. PROMOTION / RELEGATION

Promotion to Division 1 will be via a playoff of the top 2 in each Division 2. Promotion / Relegation will be based on 2 clubs promoted and 2 clubs relegated.

The winner of each division will be presented with a trophy at the conclusion of the final match.

Composite teams will only be eligible for promotion to Division 1 provided they are registered with UK Athletics in accordance with rule 3.15.

League Points will be awarded as follows:-

8 Club Division=8 / 7 / 6 / 5 / 4 / 3 / 2 / 1      7 Club Division=7 / 6 / 5 / 4 / 3 / 2 / 1      6 Club Division=6 / 5 / 4 / 3 / 2 / 1

At the end of the season, match positions will be determined by the total number of League Points and, if equal, by the total number of match points.

If a tie remains, the number of A string winners will determine the positions, then B string winners, then 2nd places etc.

In the event of there being insufficient teams automatically promoted / relegated, then the League Secretary may conduct a paper match to determine the outcome.

*"In the event of the division 2 promotion match being abandoned before the requisite number of events has been completed, the match shall be decided on a paper match. The paper match will take the best two individual performances by different athletes per event for each club. These performances shall be taken from the four league matches of the current season."*

**When a team is relegated from a National League, it shall take its place, where possible, at the level at which it currently has a team in the league**

## 14. FAILURE TO ATTEND MATCHES

If a club is unable to attend a match, the divisional secretary and the host club must be informed beforehand.

The failure of a club to attend two or more matches may result in the expulsion of such club from the League for the ensuing season.

## 15. RESULTS

- a) The host club is responsible for the provision of two recorders for each match. It is desirable that the recorders be experienced in the recording and collating of results.
- b) The original declaration sheets and recording sheets, along with the track slips and field cards, must be given to the Divisional Secretary immediately after the match, or by the first post following a meeting.
- c) A copy of the results sheets must be forwarded to the League Secretary as soon as possible after the meeting. Every attempt should be made to provide visiting clubs with a copy of the results on the day or, in every case, within 5 days of the meeting.
- d) The Divisional Secretaries shall be empowered to alter an event or a match score if a mistake or infringement of the rules is discovered.
- e) The Divisional Secretary is responsible for ensuring that the results are forwarded to the official press contact.

## 16. TEAM MANAGERS

Team Managers are allowed in the competition area for the sole purpose of carrying out their duties as Team Manager. Before speaking to an athlete competing in any event, he/she must obtain the permission of the appropriate official in charge before doing so.

When within the competition area, they **MUST NOT** coach, convey advice or in any way give assistance to athletes.

Team managers should be aware that the rule regarding the wearing of numbers will be strictly applied.

## 17. QUALIFICATION FOR TRAVEL GRANT

To qualify for a travel grant, at any match, a Club must declare, and have recorded on the results sheet, a minimum of 15 different athletes and have provided their full quota of officials.

## 18. APPEALS

Appeals must be sent to the League Secretary within 48 hours of the competition and must be accompanied by a £10.00 fee, which shall be refunded if the Management Committee considers the appeal reasonable. The Management Committee shall consider such appeals within 14 days.

**LANE DRAW**

EVENT	MATCH 1	MATCH 2	MATCH 3	MATCH 4
100M	2-7-8-4-3-1-6-5	1-5-6-4-2-7-8-3	6-1-7-8-3-5-4-2	5-2-7-8-4-3-1-6
200M	3-1-6-5-2-7-8-4	4-2-7-8-3-1-5-6	8-3-5-4-2-6-1-7	4-3-1-6-5-2-7-8
400m	4-2-7-8-3-1-5-6	8-3-5-4-2-6-1-7	4-3-1-6-5-2-7-8	3-1-6-5-2-7-8-4
800M	8-3-5-4-2-6-1-7	4-3-1-6-5-2-7-8	3-1-6-5-2-7-8-4	4-2-7-8-3-1-5-6
1500M	7-8-4-3-1-6-5-2	5-6-4-2-7-8-3-1	1-7-8-3-5-4-2-6	6-4-2-7-8-3-1-5
3000m / 5000m	6-5-2-7-8-4-3-1	7-8-3-1-5-6-4-2	4-2-6-1-7-8-3-5	1-6-5-2-7-8-4-3
3000m S/Chase	4-3-1-6-5-2-7-8	6-4-2-7-8-3-1-5	7-8-3-5-4-2-6-1	5-2-7-8-4-3-1-6
100h / 110h	8-4-3-1-6-5-2-7	6-4-2-7-8-3-1-5	7-8-3-5-4-2-6-1	5-2-7-8-4-3-1-6
400H	2-7-8-4-3-1-6-5	1-5-6-4-2-7-8-3	6-1-7-8-3-5-4-2	5-2-7-8-4-3-1-6
4 X 100	5-2-7-8-4-3-1-6	3-1-5-6-4-2-7-8	2-6-1-7-8-3-5-4	7-8-3-5-4-2-6-1
4 X 400	3-1-6-5-2-7-8-4	4-2-7-8-3-1-5-6	8-3-5-4-2-6-1-7	5-6-4-2-7-8-3-1

**FIELD EVENT DRAW**

Javelin	4-3-1-6-5-2-7-8	6-4-2-7-8-3-1-5	7-8-3-5-4-2-6-1	5-2-7-8-4-3-1-6
Hammer	6-4-2-7-8-3-1-5	7-8-3-5-4-2-6-1	3-1-5-6-4-2-7-8	4-3-1-6-5-2-7-8
High Jump	7-8-4-3-1-6-5-2	5-6-4-2-7-8-3-1	1-7-8-3-5-4-2-6	4-2-7-8-3-1-5-6
Pole Vault	2-7-8-4-3-1-6-5	1-5-6-4-2-7-8-3	6-1-7-8-3-5-4-2	7-8-4-3-1-6-5-2
Long Jump	3-1-6-5-2-7-8-4	4-2-7-8-3-1-5-6	3-5-4-2-6-1-7-8	5-2-7-8-4-3-1-6
Triple Jump	8-4-3-1-6-5-2-7	6-4-2-7-8-3-1-5	7-8-3-5-4-2-6-1	1-6-5-2-7-8-4-3
Shot	7-8-4-3-1-6-5-2	5-6-4-2-7-8-3-1	1-7-8-3-5-4-2-6	4-3-1-6-5-2-7-8
Discus	3-1-6-5-2-7-8-4	4-2-7-8-3-1-5-6	3-5-4-2-6-1-7-8	8-3-5-4-2-6-1-7

**FIELD EVENT DUTIES**

8 Team Divisions

MATCH	TJ	HAMMER	SHOT	H.J.	P.V.	JAVELIN	L.J.	DISCUS
1	8	7	6	5	4	3	2	1
2	3	4	1	2	7	8	6	5
3	5	6	7	8	2	1	3	4
4	1	2	3	4	5	6	7	8

7 Team Divisions

MATCH	TJ	HAMMER	SHOT	H.J.	P.V.	JAVELIN	L.J.	DISCUS
1	7	1	2	3	4	5	5	6
2	3	7	6	4	5	2	2	1
3	4	4	3	2	1	5	7	6
4	2	2	5	7	6	4	3	1

6 Team Divisions

MATCH	HAMMER M / W	L.J. Women	L.J. Men	P.V. M / W	Discus M / W	SHOT M / W	H.J. M / W	T.J. M / W	JAVELIN M / W
1	1	6	5	2	3	4	1	6	5
2	4	2	3	5	6	1	4	2	3
3	5	1	4	3	2	6	5	1	4
4	6	5	2	4	1	3	6	5	2

<u>Division 1</u>	<u>Division 2W</u>	<u>Division 2WC</u>	<u>Division 2EC</u>	<u>Division 2E</u>	<u>Division 3W</u>	
<b>(Andy Parker)</b>	<b>(Maureen Wood)</b>		<b>(Frank Gorman)</b>	<b>(Andy Ward)</b>	<b>(Margaret Grayston)</b>	
Blackburn Harriers	Blackpool, Wyre & Fylde	Bingley Harriers & AC	Boston & District AC	Border Harriers & AC	Barrow & Furness Striders	
City of Manchester	Liverpool Pemb. Sefton	Bolton United Harriers	Chesterfield & District	Durham City Harriers	Lancaster & Morecambe/Kendal	
City of York AC	Manx Harriers	Bury AC	City of Sheffield AC	Gateshead Harriers	Liverpool Harriers & AC	
Leeds City AC	Southport Waterloo AC	East Cheshire Harriers	Kingston upon Hull AC	Heaton Harriers & AC	Seaton AC	
Preston Harriers	St. Helens Sutton AC	Holmfirth Harriers & AC	Lincoln Wellington AC	Middlesbrough AC (Mandale)	Warrington AC	
Trafford AC	West Cheshire AC	Leigh Harriers & AC	Rotherham Harriers	Wakefield District Harriers & AC	Wigan / Horwich	
<u>Division 3WC</u>	<u>Division 3EC</u>	<u>Division 3E</u>	<u>Division 4W</u>	<u>Division 4WC</u>	<u>Division 4EC</u>	<u>Division 4E</u>
<b>(Grace Hall)</b>	<b>(Terry Bailey)</b>		<b>(Norman Waterson)</b>	<b>(Mike Welford)</b>	<b>( Jackie Gibbons)</b>	<b>(Stuart Pailor)</b>
Manchester Harriers	Barnsley AC	City of York B	Burnley / Pendle	Altrincham & District	Derby AC	Birtley/South Shields
Pudsey & Bramley AC	Cleethorpes & District	Jarrow & Hebburn AC	Chorley AC	Bradford Airedale AC	Grimsby Harriers & AC	Blaydon Harriers
Rosendale Harriers	Doncaster AC	Morpeth Harriers	Hyndburn AC	Halifax Harriers & AC	Hull Achilles / Goole	Hartlepool Burn Road
Skyrac AC	Grantham & District AC	New Marske Harriers	Macclesfield Harriers	Leeds City AC "B"	Longwood Harriers	Houghton Harriers &
Spenborough & District	Hallamshire Harriers	Richmond & Zetland AC	Western / Northern	Oldham & Royton Harriers	Newark AC	Mi'sbrough & Cleveland
Trafford AC "C"	Scunthorpe & District	Scarborough AC	Wirral AC	Salford Metropolitan AC	Wombwell Sporting AC	North Shields Poly AC
			Wrexham AAC	Stockport Harriers & AC		Tynedale Harriers & AC
						Wallsend / Blyth

#### VENUES 2009

<u>Division</u>	<u>Match 1</u> <i>Saturday, 2 May 2009</i>	<u>Match 2</u> <i>Saturday, 6 June 2009</i>	<u>Match 3</u> <i>Sunday, 5 July 2009</i>	<u>Match 4</u> <i>Sunday, 2 August 2009</i>
1	City of Manchester @ Sports City	Blackburn Harriers @ Blackburn	Trafford AC @ Stretford	Preston Harriers @ Preston
2E	Middlesbrough AC @ Middlesbrough	Durham City Harriers @ Middlesbrough	Gateshead Harriers @ Gateshead	Middlesbrough AC @ Middlesbrough
2EC	Chesterfield & District AC @ Derby	Lincoln Wellington AC @ Doncaster	Boston & District AC @ Mansfield	City of Sheffield AC @ Sheffield
2WC	Bingley Harriers @ Wakefield	Leigh Harriers & AC @ Leigh	East Cheshire Harriers @ Ashton (No PV)	Bolton United Harriers @ Bolton
2W	St. Helens Sutton AC @ Warrington	Southport Waterloo @ Litherland	West Cheshire AC @ Ellesmere Port	Blackpool, Wyre & Fylde @ Blackpool
3E	City of York "B" @ York	Jarrow & Hebburn @ Jarrow	Scarborough AC @ York	Richmond & Zetland AC @ York
3EC	Doncaster AC @ Doncaster	Hallamshire Harriers @ Sheffield	Cleethorpes @ Scunthorpe	Scunthorpe & District AC @ Scunthorpe
3WC	Trafford "B" @ Stretford	Skyrac AC @ Becketts Park	Pudsey & Bramley AC @ Becketts Park	Spenborough & District @ Cleckheaton
3W	Wigan / Horwich @ Wigan	Liverpool Harriers @ Wavertree	Seaton AC @ Carlisle	Wigan / Lancaster/Morecambe @ Wigan
4E	Houghton Harriers @ Jarrow	Tynedale Harriers @ Hexham	South Shields / Birtley @ Chester-le-Street	North Shields Poly @ Whitley Bay
4EC	Hull Achilles / Goole @ Hull	Grimsby Harriers @ Hull	Wombwell Sporting AC @ Doncaster	Newark AC @ Mansfield
4WC	Stockport Harriers @ Stockport	Bradford Airedale AC @ Halifax	Halifax Harriers & AC @ Halifax	Altrincham & District @ Stretford
4W	Wirral AC @ Bebington	Macclesfield Harriers @ Macclesfield	Burnley / Pendle @ Clayton le Moor	Hyndburn AC @ Clayton le Moor

## Guide to Organising a League Meeting.

### Action to be taken when asked to promote – October – December.

- Check the availability of track and whether it has a current and valid certificate.
- Confirm track booking in writing – keep copy of correspondence; copy to League Secretary.
- Appoint your chief officials for the meeting (Starter, Marksman, Field Ref, Track Ref & Chief Timekeeper).
- If you are having difficulty in finding suitable officials, contact your County Officials' Secretary.

### Action to be taken – January – February.

- Recruit helpers from all areas of the Club. Qualified officials, committee members, coaches, parents and maybe senior athletes. All help should be gratefully accepted.
- Jobs should include:
  - Result recorders (a minimum of two) or Computer Operators for the results program.
  - Announcer.
  - Someone to welcome officials and check everyone in.
- Confirm your track booking is intact – you may need to complete a form.
- Give the stadium manager or ground staff a copy of the programme or timetable.
- If there are any problems at this stage contact the Div. Sec and/or League Administrator.
- Contact your local First Aid groups and ask if they are able to provide First Aid cover.
- Confirm any arrangements in writing.
- If unable to provide such cover, then find out if some other group such as paramedics can help or maybe a nurse or doctor who is a member of your Club.

### Final preparations – about three weeks before the meeting.

- Send a letter to all competing Clubs detailing:-
  - a. Travel Directions.
  - b. Advise on any changes to the Field Event timetable due to local conditions.
  - c. Name and contact number of the match organiser & the stadium telephone number.

### Last minute preparations.

- Contact your helpers and replace where necessary.
- Assign all duties and make sure that everyone is aware of the reporting time.
- Prepare Field event cards using competition order from Handbook. Using the results program, you can print off Field cards with Club names already in competition order.
- Check the following are ready and available:
  - a. Rules and Constitution.
  - b. Scoring sheets (or computer programme and computer).
  - c. Track pads and Field cards.
  - d. Officials' signing-in sheets and signing-in sheet for camera users.

### On the Day.

- If your role is to be Meeting Organiser then keep yourself free to deal with issues that may arise and ensure that every duty is being carried out.
- Check that all declaration sheets are handed in as soon as possible before the first event.
- Together with the Chief Officials, check the Officials' signing-in sheets.
- If possible, have a full copy of the results for teams to take away.
- Ensure the divisional secretary takes away all the paperwork.

### Final duties.

Within 3 or 4 days of the meeting:-

- Using the two envelopes provided send a copy of the results to the secretary and Tony Miller (for statistical information). If the results have been computerised these can be emailed to the secretary
- Send a copy of the complete results to all competing Clubs, if they were not available on the day.

## League Best Performances as at 31/10/08

### WOMEN

<u>Event</u>	<u>Name</u>	<u>Club</u>	<u>Perf.</u>	<u>Date</u>
100m	L. Stuart	Middlesbrough	11.60	1998
	L. Stuart	Middlesbrough	11.60	1991
200m	L. Stuart	Middlesbrough	23.30	1991
400m	J. Hoyte-Smith	D.H.T.C.	53.70	1976
	J. Hoyte-Smith	D.H.T.C.	53.70	1980
800m	C. Cahill	Gateshead	2.04.3	1988
1500m	J. Scott	Darlington	4.07.6	1987
3000m	A. Hulley	Leeds	9.25.0	1990
100m Hurdles	H. Platt	Warrington	12.50	1985
400m Hurdles	V. Boden	Hallamshire	58.80	1987
Long Jump	S. Hearnshaw	Hull Spartan	6.39m	1984
High Jump	J. Little	Border	1.86m	1986
Triple Jump	C. Miller	Preston	12.05m	1994
Pole Vault	J. Whitlock	Trafford	4.01m	1997
Shot	Y. Hanson-Nortey	Hallamshire	16.16m	1987
Discus	Kara Nwidobie	Blackpool & Fylde	54.96m	2007
Javelin	C. White	Border	49.50m	1987
Hammer	L Douglas	Sale Harriers	60.89m	2008
4x100m Relay		N.S.P.	48.20	1986
		Rotherham	48.20	1994
4x400m Relay		Wigan	3.52.0	1987

### MEN

<u>Event</u>	<u>Name</u>	<u>Club</u>	<u>Perf.</u>	<u>Date</u>	
100m	Philip Cooke	City of Hull AC	10.6	1979	
	Derek Brown	Longwood Harriers	10.6	1987	
	Peter Chambers	Copeland AC	10.6	1987	
	Jonathan Edwards	Gateshead H & AC	10.6	1989	
	Stephen Gookey	Rowntree AC	10.6	1989/91	
	Stephen Fletcher	Derby & County AC	10.6	1989/93	
	David Jackson	Rotherham H & AC	10.6	1991	
	Paul Campbell	Mandale H & AC	10.6	1998	
	Chris Tomlinson	Mandale H & AC	10.6	2001	
	200m	Stephen Fletcher	Derby & County	21.5	1989
	400m	Mark Sesay	Leeds City	46.7	1997
	800m	Andrew Carter	Stretford AC	1.46.1	1971
	1500m	Steve Cram	Jarrow & Hepburn	3.42.0	1991
5000m	Steve Kenyon	Bolton United H.	13.45.8	1979	
3000m S/Ch	Denis Coates	Gateshead H & AC	8.32.7	1980	
110m Hurdles	Anthony Brannen	Middlesbrough & C. AC	14.4	1991	
	Kevin Lumsdon	Morpeth H & AC	14.4	1994	
400m Hurdles	Peter Crampton	Spensborough & Dist.	50.5	1995	
High Jump	Brian Hall	Bolton United Harriers	2.20	2007	
Pole Vault	Luke Cutts	City of Sheffield AC	5.30	2008	
Long Jump	Chris Kirk	Wakefield & District	7.60	2003	
Triple Jump	Jonathan Edwards	Gateshead H & AC	17.43	1991	
Shot	Carl Myerscough	Blackpool & Fylde	18.86	2007	
Discus	Carl Myerscough	Blackpool & Fylde	60.19	1998	
Hammer	David Smith	Hull Spartan AC	72.94	1988	
Javelin	Mick Hill	Leeds City AC	74.72m	2004	
4x100m Relay		Wigan & District H	42.3	1995	
4x400m Relay		Wigan & District H	3.13.4	1995	

North of England Track & Field League.

Finance Officer.    Grace Hall  
                              4 Russell Close  
                              Heckmondwike  
                              West Yorkshire  
                              WF16 0EG.  
Tel/Fax                 01924 503215

COSTS INCURRED IN PROMOTING LEAGUE MATCHES.

This year's financial position will enable us to reimburse up to £300.00 towards the costs for each match. We know that this leaves some clubs having to meet excess costs, but it is the best compromise we can offer. Please note however, that the claim must be made within a month of the fixture date, this allows clubs to claim without waiting to receive an invoice for the track hire costs.

All claims not received by the due date, will be taken as a donation to the League.

Those clubs involved in the promotion of Inter-Club Championship events are subject to different arrangements.

**NORTH OF ENGLAND TRACK & FIELD LEAGUE.**

Request for reimbursement of League fixture costs.

Division \_\_\_\_\_ Round \_\_\_\_\_

Club  
\_\_\_\_\_

Match Venue  
\_\_\_\_\_

We can confirm that we successfully hosted the above fixture.

Date of Claim: \_\_\_\_\_

Amount payable £300.00

Cheques payable to  
\_\_\_\_\_

To be sent to  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_

Position in club \_\_\_\_\_

### North of England Track & Field League - CLUB CORRESPONDENTS

Altrincham & District AC	Andy Norman,33 Seymour Street,Denton,Manchester ,,M34 3RW
Barnsley AC	M Fletcher,142 Aldham House Lane,,Barnsley,South Yorkshire,S73 8RZ
Barrow & Furness Striders	Lynne Walker,31 Darant Avenue,,Barrow in Furness,Cumbria,LA14 3NU
Bingley Harriers	A Oates,84 Langley Lane,Baildon,Shipley,West Yorkshire,BD17 6TB
Birtley AC	Bob Jacques,10 Hopgarth Gardens,Chester-le-Street,Co. Durham,,DH3 3RH
Blackburn Harriers	George Davies,103 Redearth Road,Darwen,Lancashire,,BB3 2AR
Blackpool & Fylde AC	Stan Taylor,6 Lowther Avenue,Blackpool,Lancashire,,FY2 9PA
Blaydon Harriers	Liane Brown,74 Beverley Drive,Winlaton,Tyne and Wear,,NE21 6HQ
Blyth AC	Ralph Dickinson,8 Sheldon Grove,Northburn Lea,Cramlington,Notthumberland,NE23 9LP
Bolton United Harriers	Scott Whittle,107 Templecombe Drive,Horrocks Fold,Bolton,,BL1 7TD
Border Harriers & AC	Carol Thompson,14 Nell Street,Cockermouth,Cumbria,,CA13 0EP
Boston & District AC	Nanette Johnson,Paddock Way,Field Lane,Friskney,Boston,PE22 8RL
Bradford Airedale AC	Martin Green,14 Santa Monica Road,,Bradford,West Yorkshire,BD10 8QU
Burnley AC	Heather Scott,5 Blea Close,Burnley,Lancashire,,BB12 7TP
Bury AC	Ken Smith,18 Glenbeck Road,Whitefield,Manchester,,M45 7WN
Chesterfield & District AC	Jonathan Baker,6 Field View,Park Street,Chesterfield,Derbyshire,S40 2HE
Chorley AC	Pat Keen,3 Caton Drive,Leyland,Lancashire,,
City of Manchester AC	Alison Pye,1 Albert Avenue,Urmston,Manchester,,M41 3BE
City of Sheffield AC	John Howley,54 Stradbroke Drive,,Sheffield,S13 8SD
City of York AC	Paul Wilson,8 Teal Drive,Acomb,York,,YO24 3GL
Cleethorpes & District AC	Heidi Bradley,10 Marcus Street,Grimsby,,N.E.Lincolnshire,DN44 4DS
Derby AC	Alan Domleo,Moorways Athletic Stadium,Allenton,Derby ,,DE24 9HY
Doncaster AC	Terry Bailey,292 Goodison Boulevard,Doncaster,South Yorkshire,,DN4 6RT
Durham City Harriers	Peter Wileman,2 Meldon Way,High Shincliffe,Durham,,DH1 2PZ
East Cheshire Harriers	John Murphy,8 Maurice Close,Dukinfield,Cheshire,,SK16 5JD
East Cheshire Harriers	Jack Dobson,88 Hardfield Road,Alkington,Middleton,Manchester,M24 1JH
Gateshead Harriers	Jeff Sturrock,11 Crindledyke,Fatfield,Washington,Tyne & Wear,NE38 8SA
Goole Youth AC	Jeremy Price,130 Jackson Street,Goole,East Yorkshire,,DN14 6DH
Grantham & District AC	Jackie Bainbridge,46 St.Martins Way,Ancaster,Grantham,Lincs.,NG32 3RA
Grimsby Harriers	Jacky Gibbons,8 Queensway,Grimsby,NE Lincs.,DN37 9BB
Halifax Harriers	Mark Gaughan,7 Briar Hill View,Bradley,Huddersfield,,HD2 1JQ
Hallamshire Harriers Sheffield	.....
Hartlepool Burn Road Harriers & AC	Stuart Pailor,Brookside,Kilburn,York,,YO61 4AG
Heaton Harriers	Ted baty,51 Beatty Avenue,High West Jesmond,Newcastle upon Tyne,,NE2 3QN
Holmfirth Harriers AC	John McFadzean,36 Lydgate Drive,New Mill,Holmfirth,West Yorkshire,HD9 1LW
Houghton Harriers & AC	Peter Dodworth,14 Blamoral Terrac,Grangetown,Sunderland,Tyne & Wear,SR2 9QG
Hull Achilles AC	Dave Lightfoot,5 Acland Street,,Hull,East Yorkshire,HU3 6QQ
Hyndebum AC	Mike Grimes,19 Bryers Croft,Wilpshire,Blackburn,Lancashire,BB1 9JE
Jarrow & Hebburn AC	Alan Wears,479 John Williams Street,South Shields,Tyne & Wear,,NE33 5HP
Kendal AC	Peter Acland,9 Hlemside Gardens,Oxenholme,Kendal,Cumbria,LA9 7HN
Kingston upon Hull AC	Steve Wymark,18 Alured Garth,Hedon,Hull,East Yorkshire,HU12 8LZ
Lancaster & Morcambe AC	Heather Watts,6 Clougha Avenue,Holton-on-Lune,Nr. Lancaster,Lancashire,LA2 6NP
Leeds City AC	Alistair Atkin,3 Carisbrooke Lane,Leeds,West Yorkshire,,LS25 2LE
Leigh Harriers & AC	John Howarth,3 Beechwood Avenue,Ashton-in-Makerfield,Wigan,,WN4 9LZ
Lincoln Wellington	Denise Timmis,Woodend Cotage,Ferry Road,Fiskerton,Lincoln,LN3 4HU
Liverpool Harriers	Arwel Williams,9 Egbaston Close,Roby,Liverpool,,L36 4QR
Liverpool Pembroke & Sefton H AC	Wally Bridson,31 Netherton Green,Bootle,Merseyside,,L30 7PA
Longwood Harriers	David Owen,63 Mountfield Avenue,Waterloo,Huddersfield,West Yorks.,HD5 8RH
Macclesfield Harriers	Ashley Pritchard,98 Lord Street,Macclesfield,Cheshire,,SK11 6TB
Manchester Harriers & AC	George Lawson,29 Hylton Drive,Cheadle Hulme,Cheadle,Cheshire,SK8 7DH
Manx Harriers	Sarah Dowling,2 Ballabridson Park,Ballasalla,Isle of Man,,IM9 2ES

Middlesbrough AC (Mandale)	Eve Patton, 15 Grange Drive ,Stokesley,Middlesbrough,Cleveland,TS9 5PQ
Middlesbrough & Cleveland AC	Mike Cotton, 13 Cornfield Road,Linthorpe,Middlesbrough,Cleveland,TS5 5QJ
Morpeth Harriers & AC	Mike Bateman,22 Glenfield Avenue,,Cramlington,Northumberland,NE23 3SZ
New Marske Harriers	Andrew Hart, 14 Staintondale Avenue,Redcar.,Cleveland,TS10 5HU
Newark AC	Sue Beaumont,25 Wellington Road,Newark,Notts.,NG24 1NJ
North Shields Poly	Richard Baker,38 Cateran Way,Collingwood Grange,Cramlington,,NE23 6HE
Northern AC	,,,,,
Oldham & Royton Harriers	Brian Schofield, 105 Kew Road,Failsforth,Manchester,,M35 9LA
Pendle AC	Christine Chotlton, 14 Greystones Drive,Fence,Burnely,,BB12 9PJ
Preston Harriers	Andy Parker, 47 Glenluce Drive,Farringdon Park,Preston,Lancashire,PR1 5TD
Pudsey & Bramley AC	Andrew Cook, 75 Parkwood Gardens,Calverley,Leeds,West Yorkshire,LS28 5PJ
Richmond & Zetland AC	Christopher Peacock, 32 Maison Dieu,Richmond,North Yorkshire,,DL10 7AU
Rosendale Harriers	Steve Duxbury, "Grenville", 114 Haslingden Old Road,Tawtenstall,Lancashire,BB4 8SA
Rotherham Harriers	Elizabeth Guite, 223 Nursery Road,Dinnington,Sheffield,,S25 2QU
Salford Metropolitan AC	Debbie Hulme,,,,,
Scarborough AC	Mike Willis, 6 Sandybed Crescent,Scarborough,North Yorkshire,,YO12 5LS
Scunthorpe & District AC	Mick Hughes, 70 Windsor Way,Broughton,Brigg,Lincolnshire,DN20 0EL
Seaton AC	Terry Hughes, 29 West Croft,Seaton,Workington,Cumbria,CA14 1HL
Skyrac AC	Andrew Medley, Athol House, 30 Carr Lane,Rawdpn,Leeds,LS19 6PF
South Shields Harriers	Owen McGarrell, 7 East Avenue,Harton,South Shields,Tyne & Wear,NE34 6PF
Southport Waterloo AC	Ron Scott, 23 Stanley Avenue,Birkdale,Southport,Merseyside,PR8 2RU
Spennorth & District AC	Grace Hall, 4 Russell Close,,Heckmondwike,West Yorkshire,WF16 0EG
St. Helens Sutton AC	Phil Thomas, 439 Clock Face Road,St. Helens,Merseyside,,WA6 4QL
Stockport Harriers	Alan Dilkes, 23 Poleacre Lane,Woodley,Stockport,Cheshire,SK6 1PH
Trafford AC	Mike Harris, 4 Pasturefield Road,Peel Hall,,Manchester,M22 5JW
Tynedale Harriers & AC	Hugh Bingham, 29 Bishopton Way,Hexham,Northumberland,,NE46 LR
Wakefield Harriers	Michelle Lonsdale, 18 Branstone Grove,Ossett,Wakefield,West Yorkshire,WF8 9ST
Wallsend AC	Chris Robson,,,,,
Warrington AC	Dave Spencer, 57 Cawthorne Avenue,Grappenhall,Warrington,Cheshire,WA4 2LP
West Cheshire AC	Dan Gilroy, 56 Halfiels Road,Tarvin,Chester,Cheshire,CH3 8ET
Western AC	R Morrison, 17 Corrins Way,Glenfarm Park,Peel,Isle of Man,IM5 1DF
Wigan & District Harriers	Stephen Hutchinson, 111 Freen Lane,Horwich,Bolton,,BL6 7RQ
Wirral AC	N Waterson, 96 Heygarth Road,Eastham,Wirral,Merseyside,CH62 8AF
Wombwell Sporting AC	Janette Tomlins, 144 Aldham House Lane,Wombwell,Barnsley,West Yorkshire,S73 8RZ
Wrexham AAC	Bob Frost,,,,,

## **USEFUL TELEPHONE NUMBERS**

**Chairman** Frank Gorman 01246-235651  
Email [frankdukes70@aol.com](mailto:frankdukes70@aol.com)

**Secretary** Alan Johnson Home 0161-304-7098  
Work 0161-480-9678  
Mobile 07920-056-324  
Email [alan@batfl.co.uk](mailto:alan@batfl.co.uk)

**Finance Officer.** Grace Hall 01924- 503215  
Email [grace.hall5@ntlworld.com](mailto:grace.hall5@ntlworld.com)

**Officials Sec.** Malcolm Fletcher 01226-750679  
Email [malcolmf@blueyonder.co.uk](mailto:malcolmf@blueyonder.co.uk)

**Cup Sec.** Brian Craig 01772-635251

**Web Address:** <http://www.northernathletics.org.uk/Pages/Article.aspx?id=150>

## **Divisional Secretaries**

Div 1 Andy Parker [andy.parker@blueyonder.co.uk](mailto:andy.parker@blueyonder.co.uk)

Div 2W Maureen Wood 0151-526-7678

Div 2WC

Div 2 EC Frank Gorman 01246-235651 [frankdukes70@aol.com](mailto:frankdukes70@aol.com)

Div 2E Andy Ward 01642-318466 [award14583@aol.com](mailto:award14583@aol.com)

Div 3 W Margaret Grayston 01695 421563 [margaretgrayston@btinternet.com](mailto:margaretgrayston@btinternet.com)

Div 3 WC Grace Hall 01924-503215 [grace.hall5@ntlworld.com](mailto:grace.hall5@ntlworld.com)

Div 3 EC Terry Bailey 01302-537853 [terry.bailey.292@tesco.net](mailto:terry.bailey.292@tesco.net)

Div 3 E

Div 4W Norman Waterson 0151-327-2571 [tonywaterson@tiscali.co.uk](mailto:tonywaterson@tiscali.co.uk)

Div 4 WC Mike Welford 0161-866-8253 [mike.welford@ntlworld.com](mailto:mike.welford@ntlworld.com)

Div 4 EC Jackie Gibbons 01472-232941 [jackie.gibbons@nlg.nhs.uk](mailto:jackie.gibbons@nlg.nhs.uk)

Div 4E Stuart Pailor 01347-868642 [Stuartpailor@aol.com](mailto:Stuartpailor@aol.com)

Results Co-ordinator Roger Norton 01977 554611

**Northern Athletics Office** 01924 457922

Email [judith@noeaa-athletics.org.uk](mailto:judith@noeaa-athletics.org.uk)

Web <http://www.northernathletics.org.uk>