

John H Collins Gwent Cross Country League

Rules of Competition

Updated June 2025

1. General Rules for Competition

All events are subject to the overall rules of competition as set down by UK Athletics. Only first claim members of a Club, College or School may take part in team competition in the Gwent Cross Country League.

All athletes (including guests) must be registered with their National Association (UK Athletics or Welsh Athletics) before the day of the race.

Entry fees are decided by the League Treasurer at the AGM and are shown on the Gwent League website.

The registration of athletes competing for affiliated clubs, colleges or schools is performed online by their team manager.
See the link from Information | Declarations on the Gwent League website.
Club entry fees are invoiced in arrears.

Guest runners are welcome, on payment of the requisite fee. Please note however that they must be affiliated to their National Association.
Guest runners can enter through the online system or by paying the requisite fee at Race Registration on the day of the race.

Clubs, Colleges, Schools should register their official kit/colours with the League Secretary. If or when any changes are made, they should also be formally notified. Where teams have more than one style of recognised kit, all members of teams should wear the same version unless approved to the contrary by the Race Referee. All competitors over the age of 11 years must wear the registered colours of the Club, College or School being represented.

2. Age Groups

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| Novice (Under 11) | Must be at least 9 years old on the day of competition and be under 11 years old on 31st August prior to the fixture. |
| Under 13 | Must be at least 11 years old on the day of competition and be under 13 years old on 31st August prior to the fixture. |
| Under 15 | Must be at least 13 years old on the day of competition and be under 15 years old on 31st August prior to the fixture. |
| Under 17 | Must be at least 15 years old on the day of competition |

and be under 17 years old on 31st August prior to the fixture.

Under 20 Must be at least 17 years old on the day of competition and be under 20 years old on 31st August prior to the fixture.

Under 23 Must be under 23 years old on 31st August prior to the fixture.

Seniors Must be at least 17 years old on the day of competition.

Masters

Over 35, Over 45, Over 55, Over 65 etc.

Must be at least the age indicated on the day of competition.

3. Recommended Race Distances

Every effort will be made to ensure that race distances at any fixture are as indicated in the table below. However, local circumstances at a fixture may have to be considered.

Age Group	Male	Female
Novice (Under 11)	1400m - 1800m	1400m - 1800m
Under 13	2500m	2500m
Under 15	3500m	3500m
Under 17	5000m	4300m
Under 20	5000m	4300m
Seniors & Masters	9500m - 12000m (Over 65 5800m-7000m)	5800m - 7000m

4. Teams

The table below indicates the team size for each age group.

In each case the first finishers for the team will be the A team. B teams and other teams will be made up from subsequent finishers.

Incomplete teams are allowed but see the rule regarding team awards.

	Team Size
All Junior Teams	4 athletes
All Senior Teams	5 athletes
Masters Over 35	5 athletes
Masters Over 45	4 athletes
Masters Over 55	3 athletes

Masters Over 65	2 athletes
Athletes Under 23	5 athletes
University Students	5 athletes

5. Scoring for Individuals and Teams

5.1 Seniors including Masters

5.1.1 Individual Scoring: Scoring will be dependent upon the number of finishers in each race. For example, if there are 180 finishers in a race, then the first runner home will score 180 points, the second runner scores 179 points and so on. Within each age group or section, the totals for teams and individuals will be carried forward to the end of the season.

An athlete, having competed for a team in a season, who then changes club, college or school is only eligible to compete as an individual for his/her new team in the league for the remainder of that season. Their individual points will be accumulated accordingly.

The League Champions (Teams or Individuals) will be those gaining the highest aggregate scores from the five fixtures held throughout the season.

5.1.2 Ties and Cancelled fixtures: If there is a tie on points, for Teams or Individuals, the relative finishing positions in the final fixture held will be decisive.

If for any reason one or more fixtures is/are cancelled and not rearranged, the season's awards (individual and team) will be based on the reduced number of fixtures.

Regarding the rule about Awards for Masters and athletes under 23 the qualifying number of races will be reduced accordingly.

5.2 Juniors

5.2.1 Individual Scoring: Scoring in each age group will be based on the 'adjusted' position (the position with all guest and disqualified athletes removed). Guests and disqualified athletes are marked as such in the results.

The 'non-participant points' will be the highest of; the last adjusted position plus one; or 25 points. For any athlete not competing (or not finishing) in a fixture, and for any disqualified athlete, this is the number of points counting as his or her 'adjusted' position.

For each athlete competing in the league, the lowest 4 of the 5 adjusted positions will give an aggregate for the season.

The Individual League Champions will be those gaining the lowest aggregate scores.

5.2.2 Team Scoring: If an athlete is not eligible to represent his/her team in competition, he/she scores points as an individual only, and does not contribute towards a team. For each fixture, teams (including B teams etc.) will score points according to the sum of the 4 members of the team. If the team has fewer than 4 finishers, then the sum will include a multiple of 'non-participant points' (as defined above) to make up to 4 team members. To be considered for a team award, a club, school or college needs to have more than one scoring member during the season.

For each team, the points from all 5 fixtures will be added to give an aggregate for the season.

The Team League Champions will be those gaining the lowest aggregate score.

5.2.3 Ties and Cancelled Fixtures If there is a tie on points, for Teams or Individuals, the relative positions in the final fixture will be decisive.

If one of the fixtures is cancelled and not rearranged, the season's awards will be based on the best 3 fixtures for Individuals, and all 4 fixtures for Teams.

If two or more fixtures are cancelled and not rearranged, the season's awards (individual and team) will be based on all fixtures held.

5.3 Individuals, Disqualified athletes and Guests

If an athlete is not eligible to score for an affiliated team, they are recorded as (ind) and he/she scores points as an individual only.

If an athlete is disqualified for any reason they are shown as (disq). Seniors do not score any points. Juniors are credited with the 'non-participant points'.

Guest athletes are marked as such and do not score any points.

At the discretion of the Race Referee (in consultation with the Chief Timekeeper and/or First Aid providers), slow competitors exceeding twice the time of the race winner and/or an excessive distance behind the preceding competitor are liable to be asked to withdraw from the race and discounted from the results.

6. Divisional Structure for Senior Teams

All senior teams are placed into divisions. For Men there are three divisions of 12 teams and all remaining teams will be placed in Division 4. For Women there are two divisions of 12 teams and all remaining teams will be placed in Division 3.

There is promotion and demotion of 2-up 2-down between the divisions.

New teams will be placed in the lowest division.

If a team does not compete during the season they will be removed from the divisional structure and will start again as a new team.

For Men there is also a 'B' Team Division and all teams from 'C' onwards will be placed in a Reserve Division.

For Women all teams other than the first team will be placed in a Reserve Division.

There will also be a University Division. All athletes competing for a university team will be placed in this division. In addition, university students whose first claim club (for whom they must compete and whose club colours they must wear) is within the Gwent League catchment area can additionally score for their university team by indicating their university membership on the registration page of the online system.

7. Award Structure for Senior Individuals:

No senior athlete may win more than one award. In the case of an athlete being in the position to win awards in more than one category, the following rules will be applied.

The award made will be for the highest placed position. If these are the same, then the youngest age group award will be made (except in the case of Under 23 where the senior award will be made).

Examples:

The men's league champion is a Male Master over 35. He will be awarded 1st Senior Man, and the second placed Master over 35 moves up.

The women's league champion is also Under 23. She will be awarded 1st Senior Woman and the second placed Under 23 moves up.

Awards for Masters and Under 23: To win an award in a Masters age group or as an athlete under 23, an athlete must complete at least four fixtures.

Team Awards: To be considered for a team award, a club, school or college needs to have more than one scoring member during the season.

In addition, a school needs to compete in at least four fixtures.

JHC/April 2012 (Mod JRA/June 2015/July 2016/September 2018/June 2019)
(Mod NCM July 2023) (Mod JRA June 2025)