

# Cambridge & Coleridge Athletic Club



## Track & Field Competition handbook 2010



## **C&C Track and Field Competition Handbook 2010**

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## 1. The competition opportunities

There are 4 main types of Track and Field events in which athletes can participate:

Championship events  
Cambridgeshire evening Development meetings  
Open meetings  
League matches

- 1.1 **Championship events** – Championship events are organised annually by County associations (e.g. Cambridgeshire), Eastern Counties AA, South of England AA, UK Athletics and England Athletics. The entrants are required to be eligible by birth or residence in that specific area.

**1<sup>st</sup> level - County Championships (e.g. Cambridgeshire AA Championships)** - are open to all athletes who were born in the county or who have been resident for at least 9 months. Most C&C athletes are likely to be eligible for Cambridgeshire, but a few may qualify for one of the surrounding Counties by reason of where they live, if they were not born in Cambridgeshire.

There are normally medals for the first three athletes in all County championship events, as well as an inter-club team trophy competition for each age-group. Any C&C athlete entering the championships is also automatically part of the C&C teams, where the top six athletes in each event score team points. There are also a few selected county championship events taking place as part of the Cambridgeshire Athlete Development events (see 1.2 below) in order to ease the program on the main championship day.

### **Who can/should enter?**

Cambridgeshire AA championships are open to athletes in all the UKA competition age-groups listed below and offer a full range of events. Only the under 11's are not eligible, because that is not an official age-group under UKA rules.

### **Guidance - Most C&C athletes should consider entering their County Championships.**

Athletes can enter as few, or as many, events as they wish subject to the maximum limitations for age-groups in the UKA rules (three events maximum for all young athletes, four for Under 20's and unlimited for Seniors).

### **How do you enter?**

They are normally on the 2<sup>nd</sup> Saturday of May. Entry to County championships is made by the individual athlete, and an entry fee has to be paid. The club will circulate entry forms, and collect and collate entries and entry fees on behalf of the County. (The current County Championships Secretary is a member of C&C). Cambridgeshire County AA has a website where information and entry forms can also be located at [www.cambsaa.org.uk](http://www.cambsaa.org.uk). Entry confirmation is normally by e-mail unless you send a self-addressed stamped envelope.

**2<sup>nd</sup> level - The Eastern Counties AA championships** – are open to all athletes from Cambridgeshire, Norfolk, Suffolk, Bedfordshire, Hertfordshire and Essex.

### **Who can/should enter?**

There is a full range of events, over one day, for all age-groups except under 13's, for whom there is a limited selection of events. They are the next level up from the County championships.

There are normally medals for the first three athletes in all Eastern championship events.

**As a rough guide, athletes who finished in the top four of their County Championships, or who are finishing first or second in league matches, should consider entering the Eastern Championships.**

Athletes can enter as few, or as many, events as they wish subject to the maximum limitations for age-groups in the UKA rules (three events maximum for all young athletes, four for Under 20's and unlimited for Seniors).

### **How do you enter?**

Entry to Eastern championships is made by the individual athlete, and an entry fee has to be paid. The club will circulate entry forms, which have to be returned directly to the event secretary. Send a self-addressed stamped envelope for confirmation and timetable.

**3<sup>rd</sup> level – The Southern Counties (SEAA) Championships** - are open to all athletes from the South of England. The championships normally take place over two days of a weekend. These are of higher standard than the Eastern Championships.

There are normally medals for the first three athletes in all Southern championship events.

### **Who can/should enter?**

There is a full range of events for all UKA age-groups except for under 13's.

***As a rough guide, athletes who won gold or silver medals in their County Championships, or who are ranked in the National top 40 in their event, should consider entering the Southern Championships, but if in any doubt should seek advice from their coach or a club official.***

Athletes can enter as few, or as many, events as they wish subject to the maximum limitations for age-groups in the UKA rules (three events maximum for all young athletes, four for Under 20's and unlimited for Seniors).

**How do you enter?**

Entry to Southern championships is made by the individual athlete, and an entry fee has to be paid. The club will circulate entry forms, which have to be returned directly to the event secretary. Information will also be posted on the website [www.seaa.org.uk](http://www.seaa.org.uk).

**Top level - National Championships** - are open to all athletes born or resident in England. There is a full range of events for all UKA age-groups except for under 13's, and the championships normally take place over two days of a weekend. There are normally medals for the first three athletes in all National championship events.

**Who can/should enter?**

These are of high standard, suitable only for Entry to National championships is made by the individual athlete, and an entry fee has to be paid. Entry standards usually apply to National events.

***Only athletes who have achieved the entry standard in their event should enter National Championships, but if in any doubt should seek advice from their coach.***

Athletes can enter as few, or as many, events as they wish subject to the maximum limitations for age-groups in the UKA rules (three events maximum for all young athletes, four for Under 20's and unlimited for Seniors).

**How do you enter?**

If you have recorded a performance during the past 12 months which meets the entry standard ask your coach for entry details. Entry forms will also be circulated to potential athletes, or are available by e-mailing [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com). Entries have to be returned directly to the event secretary.

**The 2010 Dates**

**Cambs AA championships** – 8<sup>th</sup> May at St Ives. Enter via the club (form with spring newsletter), from Noel Moss, or there are entry forms on [www.cambsaa.org.uk](http://www.cambsaa.org.uk)

**Eastern AA championships** – 17<sup>th</sup> July at Cambridge. Forms available from the club, or by e-mailing [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com)

**South of England championships** – Senior and under 20's – 12<sup>th</sup>/13<sup>th</sup> June at Crystal Palace, Under 15/Under 17's May 29/30<sup>th</sup> at Ashford - entry forms from [www.seaa.org.uk](http://www.seaa.org.uk) or by e-mailing [noelmoss@btinternet.com](mailto:noelmoss@btinternet.com)

**England athletics championships** – Senior 17/18<sup>th</sup> July at Gateshead, Under 20/Under 23 June 27<sup>th</sup>/28<sup>th</sup> at Bedford, Under 15/Under 17 8<sup>th</sup>/9<sup>th</sup> August at Stoke on Trent, Seniors 11/12<sup>th</sup> July. Entry standards apply. Entry forms from [www.englandathletics.org](http://www.englandathletics.org) or by e-mailing Noel Moss.

**1.2 Cambridgeshire Athlete Development events**

Cambridgeshire normally run three Development competitions on Wednesday evenings during May – July, which each feature a limited range of events, with good quality timekeeping and officiating, giving athletes of all abilities the chance to compete. The events are open to athletes from inside and outside of Cambridgeshire.

The track events are normally "Graded". This means that instead of competing against all athletes from your own age-group, each entrant declares their personal best or target time, and the athletes are then seeded into races of similar ability. The result is closer races, and consequently usually athletes get faster times. The objective for athletes at these events is to beat their own personal targets rather than to beat other athletes.

Field event athletes all get 6 attempts at these meetings and entry numbers are limited to allow time for this.

The meetings are normally held at the St Ives track starting at 7pm and run until ca 9.15pm.

There are sometimes also special events featured at these meetings, such as British Milers club races, and sprints challenge events.

**Who can/should enter?**

The main events are open to all ages from 11 upwards, and there are also special events for under 11's.

***Guidance - Most C&C athletes should consider entering one or more of these meetings.***

Athletes can enter as few, or as many, events as they wish subject to the maximum limitations for age-groups in the UKA rules (three events maximum for all young athletes, four for Under 20's and unlimited for Seniors).

**How do you enter?**

You can either enter in advance of the meeting or on the night. A small entry fee is charged for each event. Entry forms and details will be circulated with the club newsletter, and additional forms will be available on training nights.

Field event athletes are advised to register in advance, if possible, to avoid disappointment in case the that the number of athletes exceeds the limit. Confirmation is normally by e-mail unless you send a self-addressed stamped envelope.

### **Cambridgeshire open throws development meeting**

This is a throws specific meeting run by Cambridgeshire, but open to athletes from other counties, during Mid/late March at Cambridge. The event normally features all four throws events and is open to all ages except under 13's. The events are run as mixed ability and age-groups, with the objective that the athletes can learn from and help each other. Six attempts are normally allowed for all entrants. Performances are measured by good quality officials.

#### **Who can/should enter?**

All throwers aged 13 and above.

#### **Guidance - Most C&C throwers should consider entering meeting.**

Athletes can enter as few, or as many, events as they wish subject to the maximum limitations for age-groups in the UKA rules (three events maximum for all young athletes, four for Under 20's and Seniors).

#### **How do you enter?**

Entry is in advance by individual athletes. The entry form must be returned with the entry fee to the event secretary. There are numbers limits because of the timetable, and therefore entries are accepted on a first come – first served basis. Confirmation is normally by e-mail unless you send a self-addressed stamped envelope.

### **The 2010 dates**

Evening meetings on May 26<sup>th</sup>, June 9<sup>th</sup>, July 21<sup>st</sup> all at St Ives starting at 7pm. Details of events and entry information will be circulated with the club Spring newsletter, or can be found at [www.cambsaa.org.uk](http://www.cambsaa.org.uk)

This year the Cambs AA 3000m championships is included in the May 26<sup>th</sup> event, and the Cambs AA steeplechase and 1 Mile championships are included in the July 21<sup>st</sup> event.

The event on June 9<sup>th</sup> includes BMC (British Milers Club) regional races at 800m and 1500m. (All the championship and BMC races require entry in advance).

1.3

### **Open meetings**

During spring and late summer in particular there are a number of Open meetings run by Athletics clubs around the region, which are open to anyone who wishes to enter. Some are run on age-group basis and some on "graded" basis, and some, but not all, give medals. These are a chance to set a new personal best, or just try out another event.

#### **Who can enter?**

Age-groups will vary according to the meeting and will be detailed on the publicity.

**Guidance - Most C&C athletes should consider entering one or more of these meetings, especially those run "pre-season" (before or around Easter as a "warm-up" before the main T&F season), and the late season events such as the Peterborough Games and Biggleswade AC open.**

Athletes can enter as few, or as many, events as they wish subject to the maximum limitations for age-groups in the UKA rules (three events maximum for all young athletes, four for Under 20's and unlimited for Seniors).

#### **How do you enter?**

Entry is in advance by individual athletes. The entry form must be returned with the entry fee to the event secretary. Coaches will normally know of what events are taking place and details will be circulated within the club where available. Always include a self-addressed, stamped envelope for confirmation, timetable and directions with your entry or specifically ask for an e-mail confirmation.

#### 1.4 **League matches**

The club competes in six leagues in total but most are specific to particular age ranges. The main purpose of C&C competing in leagues is to provide competition suitable for all club athletes, so that all athletes are able to perform against a variety of opposition, and are able to measure their improvement. It is important that the league teams do well, in order to ensure an adequate standard of competition in the following year (there can be promotions and relegations or league position may affect the draw for matches in the following year).

League teams can only be successful if the majority of the events are filled. Too many gaps in the team results in loss of points so **athlete turn-out is important for the club**.

The club participates in several Track and Field leagues, each of which caters for specific age-groups. The following list gives a short overview. More detailed information is given on subsequent pages about each league.

##### **Eastern Young athletes league**

for young athletes aged 11 to 16 for the current competition year (see section 2 for definitions)

##### **East Anglian League**

for all club members, aged 9 upwards, competing in one of eight age groups.

##### **Southern Mens league**

Senior Men's age-group events only, but Under 20's and outstanding Under 17's may participate.

##### **Southern Womens league**

Senior Women's and Under 15's age-groups, but Under 20's and Under 17's may compete as Seniors.

##### **National Junior League**

C&C and three other Cambridgeshire T&F clubs have formed a composite club team in this high standard league for the Under 20 age-group – male and female. Outstanding Under 17's are allowed to compete.

This team is known as Team Cambridgeshire.

##### **Eastern veterans league**

any athlete aged 35 and over can compete. The league is subdivided into three age categories each for males and females.

**Who can compete in which league? – a tabulated summary.**

League	Under 11's	Under 13's	Under 15's	Under 17's	Under 20's	Seniors	Veterans
Eastern Young Athletes League							
East Anglian league				(3)	(1)		(1)
Southern mens League				(1)	(1)		(1)
Southern Womens League				(1A)	(1)		(1)
National Junior League				(2)			
Eastern veterans League							

■ Actual age-groups in the league

(1) ■ May compete as Seniors using Senior equipment

(1A) ■ May compete as Seniors using Senior equipment, but specific Under 17 hurdle races are also included

(2) ■ May compete as Under 20's using Under 20 equipment

(3) ■ Under 17 Men have separate age-group, Under 17 Women compete as Seniors.

## 2. The Leagues – detailed information

### 2.1 Eastern Young athletes league (EYAL)

A series of five league matches of good quality each involving six or seven teams. The major clubs in the league only meet each other once during the season, so the opposition is different at each match. The clubs vary from very strong, to quite small, and C&C is normally in the upper half of the league table. The majority of the clubs in the league are from Essex, Hertfordshire, Bedfordshire, Cambridgeshire and Suffolk. It is normal for C&C to have one home fixture and four away league fixtures, the away fixtures being normally up to 1¼ hours journey time.

There are also Cup and Plate finals in September. (see below)

The club runs a coach to most away fixtures unless they are very close (eg St Ives) because for some members this is the only way they can get to matches, and a modest charge is made to users. All Athletes and parents are encouraged to use the coaches whenever possible, in order to help minimise the losses on hire costs, to create better team spirit amongst the athletes, and to help the club be as environmentally friendly as possible.

#### **How does the league work?**

The league is specifically for athletes in the age range 11 – 16, and athletes compete in their own age-group, with the scores for all age-groups totalled to give the overall match result.

Each club can enter two scoring athletes into each event in an age-group (except hammer and polevault which are limited to one per club). The athletes are designated “A” and “B” competitors according to their ability – “A” should be your best athlete – and track races are run as “A” and “B” races. Field events are run all together with “A” and “B” results separated afterwards. All “A” and “B” competitors score points for their team (normally 7, 6, 5, 4, 3, 2, 1 in a 7 team match).

Non-scoring athletes are also permitted in most events, and these provide the opportunity for new athletes to get a registered performance for future team selection, or for athletes who are already in a scoring event, to do additional events.

The normal range of events are 100m, 200m, 3/400m (not U13's), 800m, 1500m, Hurdles, Long-jump, High-jump, Triple-jump (U17's only), Pole-vault (not U13's), Shot, Discus, Javelin (not U13's), Hammer (not U13's), 4 x 100m relays.

#### **How do the Cup and Plate finals work:**

The top 6 clubs from the overall league contest the Cup final and the 7<sup>th</sup>-12<sup>th</sup> placed clubs contest the Plate final. The club qualifies for the finals as a whole rather than by individual age-groups i.e. based on the seasons aggregate club points score.

No non-scorers in finals but otherwise the same range of events with “A” and “B” string competitors. The finals provide a match where the clubs can be very evenly matched and give good competition, which normally helps athletes achieve their best.

#### **The Timetable,**

EYAL matches currently commence at 11.45am and aim to finish before 5.30pm, and are always on Sundays.

#### **Who can compete?**

All club athletes who are aged between 11 and 16 on 31<sup>st</sup> August of the competition year. (see age-group information).

The club expects athletes to compete in order to be able to assess the progress of their training and guide their progress accordingly. This league should be the first priority for most of the eligible young athletes in the club.

#### **How many events can each athlete compete in during the match?**

All matches are run under UK Athletics rules, which permit any athlete in the age range 11 – 16 to compete in a maximum of three individual events plus a relay on any day. In this league athletes can do a mixture of scoring and non-scoring events, and team managers will always try to give athletes as many events as they would like within the maximum limit.

We recommend that athletes should try different events as non-scorers, but especially for longer distance runners it is suggested that these should be after their main event, or separated by a significant time period. The full range of events in this league is shown above, but there are some restrictions on particular age-groups.

Under 13's and Under 15's are not allowed under UKA rules to contest more than 1 event of greater than 600m on any one day.

Under 13 athletes are not allowed to run 300m or 400m events at all.

Under 15 Girls and Under 17 Women race over 300m instead of 400m.

#### **How do you get involved?**

Basically you let the team managers know that you want to participate. At the start of each season and before each league match, the team managers circulate information letters to the athletes, for them to take home to their parents, and this includes a reply slip. Athletes are asked to complete and return the



reply slips for each match, regardless of whether they are available or not. This saves a lot of phone calls. The responsibility is with athletes/parents to reply, not for the team managers to chase you. If for some reason you have not received the information, please ask the ladies in the Monday evening reception and they will get the information for you, or direct you to a team manager. There is normally a notice detailing all the young athlete league fixtures on the notice board in the registration room. If you say you will compete, you will then be expected to be at the match, unless you contact the team manager to let them know that you have a problem. When athletes who are expected fail to show up it can give team managers a major problem, and lose the team points. Fixture lists are also published in every club newsletter, which all members receive at the start of each quarter. If you join after the start of a quarter you will not receive a newsletter until the next quarter, unless there are some spare copies available on the registration desk, so please ask about the league match fixtures. Please don't be shy, or feel that you are being "pushy" – we really do want you/your child to be involved – please ask for information.

**The 2010 EYAL fixtures are:**

April 25<sup>th</sup> at Peterborough No coach to this one  
June 6<sup>th</sup> at Cambridge Home fixture  
June 27<sup>th</sup> at St Albans Coach leaves at 09.15 – Fare £6  
July 11<sup>th</sup> at Thurrock Coach leaves at 09.15 – Fare £6  
August 15<sup>th</sup> at Lee Valley Coach leaves at 09.15 – Fare £6  
League finals (if we get into the top 12 clubs) September 12<sup>th</sup>

**The team managers for 2010 are:**

Martin Crabb - Under 17 Women - 01954 203187 - martin.crabb@ntlworld.com  
Suzanne Marriott - Under 15 Girls - 01223 813188 - suzmarriott@btinternet.com  
Marian Rehakova - Under 13 Girls - 01223 241973 - rehak@btinternet.com  
Claire Vane – Under 17 men - 07801 982334 - clare.vane@ntlworld.com  
Harriet Cox – Under 15 Boys - 01223 264889 - david.cox@tesco.net  
Susan King - Under 13 Boys - 01353 666851 - susanking@doctors.org.uk

## 2.2 **East Anglian league (EAL)**

A series of four league matches of varying quality each involving six or seven teams. Because there are an odd number of teams in this league, we may meet some clubs more than once during the season. The clubs vary from very strong, to quite small, and C&C is normally in the upper part of the league table. The majority of the clubs in the league are from Essex, Bedfordshire, Cambridgeshire, Norfolk and Suffolk. It is normal for C&C to have one home fixture and three away league fixtures, the away fixtures being normally up to 1½ hours journey time.

There is also a league top 8 final in September. The top 8 clubs in each age-group contest the Trophy final and so it is possible for some age-groups to qualify even if not all do so. C&C normally reach the finals in most age-groups

The club runs a coach to most away fixtures unless they are very close (eg St Ives) because for some members this is the only way they can get to matches, and a modest charge is made to users. All Athletes and parents are encouraged to use the coaches whenever possible, in order to help minimise the losses on hire costs, to create better team spirit amongst the athletes, and to help the club be as environmentally friendly as possible.

### **How does the league work?**

The league is for all athletes in the club, aged 10 up to Seniors, and athletes compete in their own age-group, with each age-group scored separately as a "mini-league" and also the overall totals aggregated to give an overall match result.

There are eight age-groups in each match.

Under 11 Boys and Girls (this is for fun only and is not a scoring age-group)

Under 13 Girls, Under 13 Boys, Under 15 Girls, Under 15 Boys, Under 17 Men, Senior Women and Senior Men. (Under 17 Women compete with the Seniors but there are special hurdles and 300m races for them. Under 20 Women and men compete as Seniors)

Each club can enter two scoring athletes into each event in an age-group (except Under 13's javelin and Discus which are limited to one per club). The athletes are designated "A" and "B" competitors according to their ability – "A" should be your best athlete – and track races are run as "A" and "B" races. Field events are run all together with "A" and "B" results separated afterwards. All "A" and "B" competitors score points for their team (normally 7, 6, 5, 4, 3, 2, 1 )

Non-scoring athletes are also permitted in most events, and these provide the opportunity for new athletes to get a registered performance for future team selection, or for athletes who are already in a scoring event, to do additional events.

The normal range of events are 80m (U11's only), 100m, 200m, 3/400m (not U13's and U15 Girls), 600m (U11's only), 800m, 1500m, Hurdles, Long-jump, High-jump, Triple-jump (Seniors, U17 men and U15 Boys only), Shot, Discus, Javelin, Hammer (Senior Men, U17 men, U15 boys only), 4 x 100m relays. Under 11's may only do 80m, 600m and Longjump.

#### **How do the Trophy finals work:**

The top 8 clubs from each age-group contest the final. The club qualifies for the final by individual age-groups aggregate points score. Therefore the club can qualify for any one or more age-groups. Normally C&C will qualify for several age-groups.

No non-scorers in the final but otherwise the same range of events with "A" and "B" string competitors. The finals provide a match where the teams can be very evenly matched and give good competition, which normally helps athletes achieve their best.

#### **The Timetable,**

EAL matches currently commence at 11.45am and aim to finish at around 5.30pm, and are always on Sundays.

#### **Who can compete?**

All club athletes who are aged over 9 on 31<sup>st</sup> August of the competition year. (see age-group information).

The club expects athletes to compete in order to be able to assess the progress of their training and guide their progress accordingly. This league should be the second priority league for most athletes in the club.

#### **How many events can each athlete compete in during the match?**

All matches are run under UK Athletics rules, which permit any athlete age 11 - 16 to compete in a maximum of three individual events plus a relay on any day, athletes aged 17 – 19 to compete in 4 individual events plus a relay on any day, and Senior athletes to compete in as many events as they wish. In this league athletes can do a mixture of scoring and non-scoring events, and team managers will always try to give athletes as many events as they would like within the maximum limit.

We recommend that athletes should try different events as non-scorers, but especially for longer distance runners it is suggested that these should be after their main event, or separated by a significant time period. The full range of events in this league is shown above, but there are some restrictions on particular age-groups.

Under 13's and Under 15's are not allowed under UKA rules to contest more than 1 event of greater than 600m on any one day.

Under 13 athletes are not allowed to run 300m or 400m events at all.

Under 15 Girls and Under 17 Women race over 300m instead of 400m.

#### **How do you get involved?**

Basically you let the team managers know that you want to participate. At the start of each season and before each league match, the team managers circulate information letters to the athletes, for them to take home to their parents, and this includes a reply slip. Athletes are asked to complete and return the reply slips for each match, regardless of whether they are available or not. This saves a lot of phone calls. The responsibility is with athletes/parents to reply, not for the team managers to chase you.

If for some reason you have not received the information, please ask the ladies in the Monday evening reception and they will get the information for you, or direct you to a team manager. There is normally a notice detailing all the young athlete league fixtures on the notice board in the registration room.

If you say you will compete, you will then be expected to be at the match, unless you contact the team manager to let them know that you have a problem. When athletes who are expected fail to show up it can give team managers a major problem, and lose the team points.

Fixture lists are also published in every club newsletter, which all members receive at the start of each quarter. If you join after the start of a quarter you will not receive a newsletter until the next quarter, unless there are some spare copies available on the registration desk, so please ask about the league match fixtures.

Please don't be shy, or feel that you are being "pushy" – we really do want you/your child to be involved – please ask for information.

**The 2010 EAL fixtures are:**

May 16<sup>th</sup> at Cambridge Home fixture

June 20<sup>th</sup> at Braintree Coach leaves 09.15 - fare £6

July 4<sup>th</sup> at Colchester Coach leaves 09.15 - fare £6

August 8<sup>th</sup> at Norwich Coach leaves 09.15 - fare £6

September 20<sup>th</sup> - league finals at Bury St Edmunds - No Coach

**The team managers for 2010 are:**

All Under 11's, 13's and under 15's - Noel Moss (01223 833470 - noelmoss@btinternet.com)

Senior/U17 Women, Senior men, Under 17 men - Ben Davies (01223 720673 - benjaminluke@hotmail.com)

2.3 **Southern Mens League (SML)**

A league competition for men using Senior equipment only, but under 20 Men, under 17 Men and Veterans, of adequate standard can compete for the team.

There is a full range of track and field events, and the league has effectively 8 divisions, and covers the whole South of England, basically south of a line from the Wash to the Severn Estuary.

Divisions 1 and 2 have 25 clubs in each whilst Divisions 3 and 4 are regionalised into 3 subdivisions each having 16 clubs.

The club usually runs a minibus to most away fixtures unless they are very close (eg St Ives) , or the athletes arrange a car sharing pool.

C&C are in Division 2 which has 25 clubs all meeting each other over 6 dates with 5 clubs at each match.

**How does the league work?**

Each club can enter two scoring athletes into each event in an age-group. The athletes are designated "A" and "B" competitors according to their ability – "A" should be the best athlete – and track races are run as "A" and "B" races with the exception of 1500m, 5000m and steeplechase. Field events are run all together with "A" and "B" results separated afterwards. All "A" and "B" competitors score points for their team (normally 5, 4, 3, 2, 1 in a 5 team match).

Field event athletes get 3 attempts and the best 6 get 3 additional attempts.

Events comprise 100m, 200m, 400m, 800m, 1500m, 5000m, 110m hurdles, 400m hurdles, 3000m steeplechase, hammer, shot, discus, javelin, Long jump, triple jump, pole vault, high jump.

Scoring is 5, 4, 3, 2, 1 in both "A" and "B" strings.

League points are allocated based on match position, and totalled for the seasons places. The top teams in each Division are promoted and the bottom teams are relegated. In Div 1 5 are relegated, in Division 2 6 relegated and 5 promoted, and in regional divisions 3 and 4, 2 teams from each are promoted and 2 are relegated.

Non-scorers are permitted in all events subject to the Referee's agreement, but are limited so that the program remains to schedule.

There is no league final.

**The Timetable,**

Matches are sometimes Double fixtures (2 matches running concurrently) starting at 1pm and sometimes single fixtures starting at 2pm, and occasionally are joint matches with the Southern Womens League.

**Who can compete?**

All club athletes who are aged 15 and over can be selected, but priority is given to Senior and under 20 athletes. (see age-group information).

The club expects athletes to compete in order to be able to assess the progress of their training and guide their progress accordingly.

This league should be the first priority league for most Senior and under 20 athletes in the club.

### **How many events can each athlete compete in during the match?**

All matches are run under UK Athletics rules, which permit any athlete age 15 or 16 to compete in a maximum of three individual events plus a relay on any day, athletes aged 17 – 19 to compete in 4 individual events plus a relay on any day, and Senior athletes to compete in as many events as they wish. The full range of events in this league is shown above, but there are some restrictions on Under 17's who are not permitted to run the 5000m or the steeplechase.

Under 17's would also not normally be physically able to contest the 110m high hurdles or the hammer due to the equipment specifications, unless they have trained specially for those Senior specifications.

### **How do you get involved?**

The team is normally selected on performance. The team manager(s) will contact the athletes who are selected for the team, about two weeks before each match to check availability. Fixture dates will be published in the club newsletters issued at Christmas, Easter and in June.

### **The 2010 SML fixtures are:**

May 1 <sup>st</sup> at Cambridge	Double fixture	Home fixture
May 16 <sup>th</sup> at Stevenage	Double fixture	Travel by cars
June 5 <sup>th</sup> at Swindon	Double fixture	Possibly minibus – depart ca 09.00
June 26 <sup>th</sup> at Guildford	Joint fixture	Probably travel by cars
July 10 <sup>th</sup> at Ipswich	Double fixture	Possibly minibus – depart ca 10.30
July 31 <sup>st</sup> at Cambridge	Double fixture	Home fixture

Note that departure times may change if any fixtures change from singles to doubles or have modified start times due to field event layout – check with the team managers.

### **The team managers for 2010 are:**

Noel Moss and Sam Richards

Noel Moss (01223 833470 – noelmoss@btinternet.com)

Sam Richards (samrichards@btinternet.com)

## **2.4 Southern Womens League**

There is a full range of track and field events, and the league covers the whole South of England, basically south of a line from the Wash to the Severn Estuary.

The Southern Womens league currently operates two separate competitions (see below)

C&C is in the "Mixed league" Division 1 North this year which has 10 clubs all meeting each other on 5 dates. All matches are within 75 minutes travelling time.

The athletes arrange a car sharing pool to get to matches.

**The "Seniors only League"** is a single age-group Senior competition

Using Senior equipment only. Under 20 women, under 17 women and Veterans, of adequate standard can compete for the team as Seniors. There are also under 17's specification hurdles races for that age-group, who may also compete as Seniors in other events. This league has two divisions (1 and 2).

**The "Mixed league"** is a competition for Senior women and Under 15 girls age-groups.

Using Senior and Under 15 equipment only. Under 20 women, under 17 women and Veterans, of adequate standard can compete for the team as Seniors. There are also under 17's specification hurdles races for that age-group, who may also compete as Seniors in other events.

This league has four divisions, the Premier, and a regionalised Division 1 (North, South and West).

### **How does the league work?**

Each club can enter two scoring athletes into each event in an age-group. The athletes are designated "A" and "B" competitors according to their ability – "A" should be the best athlete – and track races are run as "A" and "B" races with the exception of 1500m and 3000m. Field events are run all together with "A" and "B" results separated afterwards. All "A" and "B" competitors score points for their team (eg 4, 3, 2, 1).

Field event athletes get 3 attempts and the best 5 get 3 additional attempts.

Senior Events comprise 100m, 200m, 400m, 800m, 1500m, 5000m, 100m hurdles, 400m hurdles, 4 x 100m and 4 x 400m relays, hammer, shot, discus, javelin, Long jump, triple jump, pole vault, high jump, plus Under 17's 80m hurdles and 300m hurdles.

Scoring is 4, 3, 2, 1 in both "A" and "B" strings.

Under 15 Girls events comprise 100m, 200m, 800m, 1500m, 100m hurdles, 2 x 100 relay, shot, discus, javelin, Long jump, triple jump, high jump

League points are allocated based on match position, and totalled for the season's places. The top teams in each Division are promoted and the bottom teams are relegated.

Non-scorers are permitted in events subject to the Referee's agreement, but are limited so that the program remains to schedule.

There is no league final.

#### **The Timetable,**

Matches are sometimes Double fixtures (2 matches running concurrently) starting at midday and sometimes single fixtures starting at 1pm, and occasionally are joint matches with the Southern Mens League.

#### **Who can compete?**

All club athletes who are aged 13 and over. (although the league permits under 13's to compete as under 15's, C&C do not permit this without specific agreement, by the Club committee, for exceptional athletes).

The club expects athletes to compete in order to be able to assess the progress of their training and guide their progress accordingly.

This league should be the first priority league for most Senior and under 20 athletes in the club.

Under 15 athletes should compete in this league on a weekend only if they do not intend to compete in another league match on the following day (ie Eastern Young athletes league or East Anglian League) and should give priority to those leagues.

Under 17 athletes should give priority to the Eastern Young athletes league, and to the National Junior League if they are invited.

#### **How many events can each athlete compete in during the match?**

All matches are run under UK Athletics rules, which permit any athletes aged 13 - 16 to compete in a maximum of three individual events plus a relay on any day, athletes aged 17 - 19 to compete in 4 individual events plus a relay on any day, and Senior athletes to compete in as many events as they wish. The full range of events in this league is shown above, but C&C apply some restrictions on Under 17's competing in the Senior category, namely that Under 17's should not contest the 100m hurdles or 400m hurdles unless advised specifically by their coach, and they have trained specially for those Senior specifications.

#### **How do you get involved?**

The team is normally selected on performance. The team manager(s) will contact the athletes who are selected for the team, about two weeks before each match to check availability. Fixture dates will be published in the club newsletters issued at Christmas, Easter and in June.

#### **The 2010 SWL fixtures are:**

April 24<sup>th</sup> at Walthamstow  
May 22<sup>nd</sup> at Mile End  
June 26<sup>th</sup> at St Ives  
August 7<sup>th</sup> at Lee Valley  
Sept 4<sup>th</sup> at Colchester/Braintree

#### **Team Management (shared)**

Wendy Fox	<a href="mailto:wendyjfox@hotmail.com">wendyjfox@hotmail.com</a>	0772581 2394	01954 782442
Hayley Sayer	<a href="mailto:i.sayer@ntlworld.com">i.sayer@ntlworld.com</a>	01223 474305	
Joan Lasenby	<a href="mailto:jl221@cam.ac.uk">jl221@cam.ac.uk</a>	01223 332639	01954 210534

## **2.5 National Junior league (Team Cambridgeshire)**

The National Junior League is a regionalised national league for Under 20 male and female athletes. The league is subdivided into North, Midlands and South of England each with a Premier Division and a lower tier of regional divisions. In 2006, in order to give competition in their own age-group to the Under 20's, the four major T&F clubs in Cambridgeshire agreed to enter a composite team into the National Junior League as Team Cambridgeshire. Cambridgeshire AA runs the team and it duly won the local division in its first year and then won the promotion match into the Southern Premier division and remained there in 2007 -2009 but was relegated back to the Thames division at the end of 2009. It is really excellent competition for Under 20's and the top Under 17's, and we urge you to compete in it if you possible can.

#### **How does the league work?**

The league is one single age-group with male and female scores combined to give the match result. The equipment specification is for Under 20's only, so any under 17's must be prepared to use the Under 20 specifications for hurdles and field events.

The league is a series of four league matches of high quality each involving eight teams. Usually the fixtures are "away" and normally relatively local, although Team Cambridgeshire will have a home match on alternate years. The away fixtures are normally ca 1 hours journey time, and normally athletes make their own way to the venue.

There are eight teams in each match.

Each club can enter two male or two female scoring athletes into each event. The athletes are designated "A" and "B" competitors according to their ability – "A" should be your best athlete – and track races are run as "A" and "B" races. Field events are run all together with "A" and "B" results separated afterwards. All "A" and "B" competitors score points for their team.

Non-scoring athletes are also permitted in most events, and these provide the opportunity for athletes who are already in a scoring event, to do additional events.

The normal range of events are 100m, 200m, 400m, 800m, 1500m, 3000m, sprint Hurdles, 400m hurdles, steeplechase, Long-jump, High-jump, Triple-jump, Polevault, Shot, Discus, Javelin, Hammer, 4 x 100m relays and 4 x 400m relays, with separate events for males and females. After three trials, the top 6 athletes in each field event get 3 additional trials subject to meeting a standard.

#### **The Timetable,**

Matches normally commence at 11.00am on the field and 1pm on the track, and aim to finish at around 5.30pm, and are always on Sundays.

#### **Who can compete?**

All Under 20 athletes in C&C, PAC, HAC and NVH. Athletes who are in the under 17 age-group may also compete. (see age-group information).

The club expects athletes to compete in order to be able to assess the progress of their training and guide their progress accordingly. This league should be the second priority league for most athletes in the club.

#### **How many events can each athlete compete in during the match?**

All matches are run under UK Athletics rules, which permit any athlete aged 15-16 to compete in a maximum of three individual events plus a relay on any day, and athletes aged 17 – 19 to compete in 4 individual events plus a relay on any day. In this league athletes can do a mixture of scoring and non-scoring events.

#### **How do you get involved?**

Basically you let the team manager know that you want to be considered. At the start of each season and before each league match, the team manager circulates information by e-mail to the selected athletes, for them to confirm availability.

If for some reason you have not received information, please e-mail the team manager.

If you say you will compete, you will then be expected to be at the match, unless you contact the team manager to let them know that you have a problem. When athletes who are expected fail to show up it can give team managers a major problem, and lose the team points.

Fixture lists are also published in every club newsletter, which all members receive at the start of each quarter. If you join after the start of a quarter you will not receive a newsletter until the next quarter, unless there are some spare copies available on the registration desk, so please ask about the league match fixtures.

Please don't be shy, please ask for information.

#### **The 2010 NJL fixtures are:**

April 25<sup>th</sup> at Colchester or Braintree

May 23<sup>rd</sup> at Ware

June 27<sup>th</sup> at Bedford

July 25<sup>th</sup> in Cambridge

August 29<sup>th</sup> – league promotion match (if we finish high enough)

#### **Team manager**

Sarah Kelk (Males) – 01223 830738 – e-mail sarahkelk@btinternet.com

Dave Longman (Females) – e-mail davelongman@ntlworld.com

If you want to be on the list, you can e-mail the appropriate team manager so that they consider you for selection, or you can initially contact Noel Moss (noelmoss@btinternet.com) and he will pass your details on.

## **2.6 Eastern Veterans league**

The league is specifically for veteran or “masters” athletes, and is regionalised with a top 8 clubs final. All scoring athletes must be members of EVAC, and 1<sup>st</sup> or 2<sup>nd</sup> claim members of their “team” club.

### **How does the league work?**

Each club can enter one scoring athlete into each event in an age-group.

There are three female age-groups: 35-44, 45-54 and 55 plus, and three male age-groups: 40-49, 50-59 and 60 plus.

There are selected events for each age-group at each match, although there are less events for women 55 plus and Men 60 plus.

Evening matches are “Half matches” featuring only half the events at each match alternately

Day matches feature a full range of events

### **How do the finals work:**

The top 8 male teams and the top 8 female teams contest the finals

### **The Timetable,**

The league matches all have a different range of events for each age-group. Evening matches start at 7pm.

### **Who can compete?**

All club athletes aged 35 and over on the day of competition, who must also members of EVAC.

Athletes who are not members of EVAC may guest but not score.

### **How many events can each athlete compete in during the match?**

All matches are run under UK Athletics rules, which permit any veteran athlete to compete in as many events as they wish

### **How do you get involved?**

Basically you let the team manager know that you want to participate. At the start of each season and before each league match, the team managers circulate information letters to the athletes.

If you say you will compete, you will then be expected to be at the match, unless you contact the team manager to let them know that you have a problem. When athletes who are expected fail to show up it can give team managers a major problem, and lose the team points.

Fixture lists are also published in every club newsletter, which all members receive at the start of each quarter. If you join after the start of a quarter you will not receive a newsletter until the next quarter, unless there are some spare copies available on the registration desk, so please ask about the league match fixtures.

### **The 2010 EVAC league fixtures are:**

May 5<sup>th</sup> at Bedford (Evening)

June 2<sup>nd</sup> at Cambridge (Evening)

July 7<sup>th</sup> at Sandy (Evening)

Aug 4<sup>th</sup> at Milton Keynes (Evening)

September 5<sup>th</sup> Final (Day) at Bedford (8 best teams male, and 8 best teams female)

### **Team manager for 2010:**

Carole Morris - all age-groups – (01638 742024 - carole.morris2@ntlworld.com)

### **3. Competition age groups**

**The UKA specified age-groups** for Track and Field competition are as follows:

An Under 11 athlete is aged 9 or 10 on 31<sup>st</sup> August in the calendar year of competition (school years 4 and 5).

An Under 13 athlete is aged 11 or 12 on 31<sup>st</sup> August in the calendar year of competition (school years 6 and 7).

An Under 15 athlete is aged 13 or 14 on 31<sup>st</sup> August in the calendar year of competition (school years 8 and 9).

An Under 17 athlete is aged 15 or 16 on 31<sup>st</sup> August in the calendar year of competition (school years 10 and 11).

An Under 20 athlete is aged at least 17 on 31<sup>st</sup> August, but not more than 19 on 31<sup>st</sup> December in the calendar year of competition.

A Senior Athlete is aged 20 or over on 31<sup>st</sup> December in the Calendar year of competition.

A Veteran or "Masters" athlete is aged 35 and over on the day of competition, and Masters age-groups are 5 year intervals.

**The official competition year** for Track and Field athletics runs from 1<sup>st</sup> October until 31<sup>st</sup> September of the following year, so athletes change age-groups for T&F competition from 1<sup>st</sup> October. However there is relatively little T&F competition between October and December so effectively the calendar year of competition is the year from 1<sup>st</sup> January onwards (when the indoor championship season starts).

#### **Rules relating to competing in higher age-groups**

Under 17 and Under 20 athletes may choose to compete as Seniors in any specific league match or championship event, but must then use hurdles and throwing implements of senior specification.

Under 17 athletes may choose to compete as Under 20's, in any specific league match or championship event but must then use hurdles and throwing implements of Under 20's specification.

Under 15 athletes may choose to compete as Under 17's in any specific league match or championship event, but must then use hurdles and throwing implements of Under 17's specification. They may not compete in or against any other age-group, i.e. they may not compete as/against Under 20's or Seniors.

Under 13 athletes may choose to compete as Under 15's in any specific league match or championship event, but must then use hurdles and throwing implements of Under 15's specification. They may not compete in or against any other age-group, i.e. they may not compete as/against Under 17's, Under 20's or Seniors.

#### **Rules restricting events for specific age-groups**

Under 13's and Under 15's are not allowed under UKA rules to contest more than 1 event of greater than 600m on any one day, even when competing in a higher age-group as per the rules above.

Under 13 athletes are not allowed to run 300m or 400m events at all, even when competing in a higher age-group as per the rules above.

Under 15 Girls and Under 17 Women race over 300m, and 300m hurdles instead of 400m and 400m hurdles.



#### **4. UKA Anti-Doping Facts (an edited summary)**

Doping in sport is defined as the administration of a prohibited substance and/or method to enhance performance or recovery. Doping is cheating and is against the ethics of sport. For sport to allow the use of prohibited substances or methods would be to allow science to decide who wins or loses, essentially taking the athlete out of athletics.

UK Athletics (UKA) has traditionally taken a strong stand against doping in athletics and we are determined to continue our fight against drugs in sport. Subsequently, UKA runs a program of both in and out-of-competition testing as well as a comprehensive education program.

Whilst the majority of testing is conducted on national and international athletes, participation in **any** athletics event (at any level) carries with it implied consent to be available for in-competition drug testing, if requested. Of course, UKA also runs a full program of out-of-competition testing aimed at national and international standard athletes who are notified in writing of their selection for the out-of-competition testing register.

##### **Prohibited Substances**

There are 3 criteria for inclusion on the World Anti Doping Agency (WADA) prohibited list, with the substance or method fulfilling at least 2 of the criteria in order to be included.

- that the substance or method is performance enhancing
- that the substance or method represents an actual or potential health risk .
- that use of the substance or method violates the spirit of sport

UKA adopts as its list the IAAF's list of prohibited substances and methods, which is based on the WADA list but specific to athletics.

A link to the current list of prohibited substances and methods can be found on the UKA website.

Anti-doping regulations are based on the principle of strict liability, which means that athletes are responsible for what is found in their sample (blood and/or urine samples are currently collected for analysis. Strict liability means that the only issues in a doping matter are whether the prohibited substance or its derivatives were found in the sample and that the sample is the athlete's sample. There is no need to prove intention or negligence on the part of the athlete.

If an athlete is asked to give a sample he or she must always do so. Athletes can be banned for up to two years (for a first offence) if they refuse. If the athlete is under the age of 18 he or she should always insist that a parent or guardian is present. A UKA Anti-Doping Representative may also be present and if so will be able to advise as to how the testing procedure should be carried out.

##### **Therapeutic Use Exemptions (TUE)**

In certain situations there is a medical requirement for an athlete to use prescribed medication containing a prohibited substance. Registration of prescribed use must be done and accepted by UKA before the medication is used or immediately its use begins.

A common example of this is the use of inhalers to control asthma. Some inhalers contain Beta2 agonists which are included in the prohibited list. However, it would be inappropriate to prevent the use of these products where there is a clear medical indication. If an athlete uses a Beta-2 agonist, the athlete must register its use by completing a simple inhaler registration form (obtainable from the UKA website at [www.ukathletics.net/anti-doping/medical-advice--information](http://www.ukathletics.net/anti-doping/medical-advice--information) .

Once the form is received by UKA, the details of the athlete are placed on a register held by UKA so that in the event of a positive finding for that substance during drug testing, there will already be evidence of the prescribed use of that substance. As a result, no further action will be taken. Acknowledgment of the registration is sent out by UKA to the athlete. Registration of use must be renewed every four years and also every time the prescription changes.

The same principle for registration of inhalers applies to the use of other medication prescribed by the athlete's doctor where the medication contains a prohibited substance. Should there be no alternative to this course of treatment UKA should be advised immediately (before the treatment takes place, although in emergencies this is not always possible) so that this can be checked, appropriate action taken, if necessary, to allow continuing participation, and a record kept for reference should an adverse finding arise.

The most important thing to remember is that athletes are responsible for anything found in their system no matter how it got there. It is no defence that it is medication that a Doctor or even a team Doctor prescribed. Athletes should also beware of products that are sold over the counter as they can contain prohibited substances. Information on how to check if your medication contains a prohibited substance can be found at the end of this sheet.

##### **Information Sources**

There are many sources of information available for athletes to access (a list of which is found on the UKA website [www.ukathletics.net](http://www.ukathletics.net)) but the most important include the Anti-Doping department of UKA (which is supported by a qualified Medical Officer), and the Drug Information Database (DID) [www.didglobal.com](http://www.didglobal.com) which is

an online database, run by UK Sport.

The DID provides immediate information on the status of medication and I would strongly recommend that every athlete has this resource saved as a "favourite" on their computer!

The Drug Free Sport section of the UK Sport website [www.uk sport.gov.uk](http://www.uk sport.gov.uk) is also full of useful information about drugs and AD procedures. Athletes and support personnel should regularly visit both the UKA and UKS websites to keep up-to-date with developments within anti-doping.

Not everyone has access to the website so all information/ forms/ leaflets mentioned in this fact sheet can also be provided by the AD department of UKA. Full contact details are:

**David Herbert, Anti Doping Manager**

UK Athletics, Athletics House, Central Boulevard, Blythe Valley Park, Solihull, B90 8AJ

Office phone: 0121 7138 432

Mobile phone: 07803 671978

Email: - [dherbert@ukathletics.org.uk](mailto:dherbert@ukathletics.org.uk)

**Sharon Morris, Anti-Doping Administrator**

Office phone: 0121 7138 466

Fax: 0121 7138 451

Email: [smorris@ukathletics.org.uk](mailto:smorris@ukathletics.org.uk)

There is also a separate anti doping email address, which is [antidoping@ukathletics.org.uk](mailto:antidoping@ukathletics.org.uk) which can be used for enquiries.

If you require any further information about registration of any medications please contact UKA.