



FRANK ELFORD SPORTS WESTWARD LEAGUE – 2016/17

www.city-runs.co.uk/westward

Dear Club Contact

Welcome to the 2016/17 Westward Cross Country League. We held the AGM on Sat 16th July and notes are enclosed.

You will find attached a list of fixtures and venues which are now confirmed. We are very grateful to the clubs who organise events and please remind everyone of the need to respect the facilities at each of the venues.

There is a change this year in athlete registration following the changes to the UKA rules. We need all clubs to send us a list of all their competing members with dates of birth and registration numbers. This does not apply to U11's. Could all clubs use the attached spreadsheet please as it makes our admin much easier.

We also need the registration fee plus your best estimate of athlete fees. This needs to be back with us by September 30th latest please.

Can you also complete the registration form so that we can be sure we have your details correct unless you have already done so.

We are pleased to announce that Frank Elford Sports in Plymouth are continuing as our sponsor. Please make sure you publicise their name in any press reports. We are also being assisted once again this year by City Runs. They are hosting the website where all details of fixtures and results can be seen.

Following the AGM the fees are the same and there are no changes to age groups. I would like to remind clubs that all athletes who compete must be affiliated to England Athletics as a competitive athlete.

We hope that it will be a successful season for all of us and we look forward to seeing everyone at the first fixture.

Keith Reed