

CHARLES STANLEY WESTWARD LEAGUE – 2023/24

www.city-runs.co.uk/westward

Dear Club Contact

Welcome to the 2023/24 Westward Cross Country League. We held the AGM on Sat 15th July and notes have been circulated.

We will continue to allow the older male categories (M65 and M70) athletes to run in the ladies race if they wish to but this would be non-scoring.

Also please note the UKA rule on U11 taking part in U13 races. Athletes must be 11 by 31st August 2023 to take part in the U13 races.

You will find attached a list of fixtures and venues which are now confirmed.

Unfortunately we have had to change the Exeter fixture back to the 3rd December due to clashes with Sportshall fixtures.

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.

We need all clubs to send us a list of all their competing members with dates of birth and registration numbers (URN not required for U11's). All clubs must complete and return the attached **excel spreadsheet** and provide details of those likely to compete this season.

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.

Please can you also complete the registration form so that we can be sure we have your correct contact details.

We are 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 have increased. I would like to remind clubs that all athletes who compete must be affiliated to England Athletics as a competitive athlete (this does not apply to U11's).

We are very grateful to Charles Stanley for their sponsorship of the league again this season.

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