



## THE 2025 WEST YORKSHIRE CROSS COUNTRY LEAGUE

The 2025 West Yorkshire Cross Country League consists of 4 meetings in total, at different venues in West Yorkshire. All meetings will be held under UK Athletics rules – licence has been granted.

- The League is open to athletes from clubs affiliated to England Athletics that are in the West Yorkshire and surrounding area. Individuals can also enter the league

Each meeting will have a total of 10 separate races for U11, U13, U15, U17, U20 & Senior athletes. Males and females will have separate races.

Age groups for junior athletes are as at midnight 31/08/2025. Those in the U11 category must have a date of birth no later than 31/08/2016.

Age groups for veterans' categories in the senior races are as at the date of the first race.

The league dates for 2025 are:-

Meeting 1	Sun 12 <sup>th</sup> October	Nunroyd Park, Guiseley
Meeting 2	Sun 16 <sup>th</sup> November	Thornes Park, Wakefield
Meeting 3	Sun 7 <sup>th</sup> December	Rothwell Rugby Club
Meeting 4	Sat 20 <sup>th</sup> December	Middleton Park, Leeds

These are the races and the running order to be held at each meeting, with **approximate** distances :- **THE RACES WILL NOT START BEFORE THE STATED TIMES BELOW**

Start time (no earlier than)	Category	Approx distance
11:45	U11 Girls	1500m
11.55	U11 Boys	1500m
12.05	U13 Girls	3000m
12.20	U13 Boys	3000m
12.40	U15 Girls	3500m
12.55	U15 Boys	4500m
13.00	U17 Women	4500m
13.20	U17 Men	6000m
13:45	U20 & Senior Women	6000m
14:15	U20 & Senior Men	10000m

Please note, due to time constraints, there will be a cut-off time of 60 minutes for the final men's race, after which times may not be recorded. Runners who fail to make the cut-off may still have their positions recorded, but may have to submit their own times to the results secretary. Alternatively, it may be possible to set off earlier at the same time as the ladies, on a separate watch; after checking with the officials on the day. Athletes making this choice will get a time for the full 10k.

More details of all the meetings and events can be found on the WYL webpage for 2025 :-  
<http://www.westyorkshireathletics.org.uk/wyl25index.htm>

All athletes, except those in the U11 age group, **MUST** have an up-to-date England Athletics registration, and should enter individually, using the SportSoft entry system. The link to this will be found on the WYL webpage above.

There is a **single league entry fee of £25**, which covers all 4 meetings. Each league entrant will be issued with a league number at the first meeting, which they must keep for use throughout the league season. Entries will close on the 6<sup>th</sup> October, 2025. There are **NO ENTRIES ON THE DAY**. For anyone who misses the first closing date; entries will re-open after the first meeting

Runners will score points at each meeting, according to their finishing position, and will need to compete in at least 3 meetings to qualify for a league award.

League awards will be given to the first 3 in each age category, and there will be awards for the leading teams. At each meeting there will be 6 to score in the Senior Men's team competition, 4 to score in the Senior Women's team competition, and 3 to score in the younger age groups.

For veteran athletes aged 35 and above, there will be additional awards in each 5-year age group, depending on the number of competitors, up to the age 65+. Veteran athletes winning awards in the open age group will not qualify for additional veteran awards.

League awards will be presented at the end of the final meeting.

All participants (including athletes and athlete support personnel) in any licensed event are bound to UK Athletics' anti-doping rules and must make themselves familiar with these rules. Organisers of licensed events are expected to cooperate with UK Anti-Doping with regards to any code-compliant anti-doping investigations and proceedings linked to their event or participants in their event, and to include the following statement regarding anti-doping compliance, provided by UKAD, within their event registration process:

"An entrant shall be deemed to have made himself/herself/themselves, familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the date of entering the event, whether or not the participant is a citizen of, or resident in, the UK."