



Minutes of the Annual Cross Country Meeting of the Mid Lancs League Held at the Lansil Sports Club, Lancaster, on Wednesday 25th August 2016

Clubs attending: Blackpool, Wyre & Fylde AC; Blackburn Harriers; Chorley Athletic & Tri, Garstang RC; Hyndburn AC; Kendal AAC; Lancaster & Morecambe AC; Lancaster University RC; Liverpool Harriers & AC; Liverpool Pembroke & Sefton H & AC; Lytham St Annes RRC; Preston Harriers; Red Rose Runners; Rossendale Harriers; Southport Waterloo AC; Thornton Cleveleys RC; Trawden AC; Wesham Road Runners. (18 clubs).

Officers present: Nick Hume (Chairman), Steve Armer (Treasurer), Dawn Lock (Cross Country Secretary), Norman Mitchell (Track & Field Secretary), Ron Scott (League General Secretary).

In his opening remarks, the Chairman welcomed all club representatives, thanking them for their attendance and, supported by the meeting, thanked the Committee of Steve Armer, Ron Scott, Norman Mitchell and Dawn Lock for all the work that they do for the League throughout the year.

1 Apologies

Apologies for absence had been received from Barrow & Furness Striders, Border Harriers, Barlick Fell Runners, Glaxo Hoad Hill and Wigan & Dist Harriers.

2 Minutes of the last Cross Country Meeting

Minutes of the meeting held on Wednesday 26th August 2015 had been sent to all clubs and were available at the meeting. They were accepted as a true record.

3 Matters arising

Para 8. Gen Sec'y reminded the meeting that the 6th fixture had to be cancelled due to weather conditions

Para 16. XC Sec'y reported that the defibrillator had been purchased and brought to fixtures. 11 people had attended a training course last February and another course may be held later this year.

4 Treasurer's Interim Report

Steve Armer, League Treasurer, reported that the outcome for the year would depend on the Track & Field medal meeting but he thought we would either break even or show a small loss. We were catching up with claims for facility hire and so income and expenses should be closer matched in future. There was no proposal necessary for a subs increase.

5 Track Secretary's Update

Norman Mitchell, Track & Field Secretary, provided a brief update on the Track & Field season. He reported that we had been better provided with timekeepers and track judges and overall the season was a success. A new timetable had been introduced to avoid clashes between sprints and long jump and this appeared to have worked well. He thanked all host clubs, results team and all the officials who regularly gave their time.

There was a short discussion on the system of allocating field duties and the possibility adding sprint hurdles races but these were not matters for this meeting.

6 Cross Country Secretary's Report

A report by Dawn Lock, Cross Country Secretary, had been sent to all clubs with the meeting notice and

was available at the meeting. Dawn once again thanked all the local organizers and all the officials for their excellent and invaluable contribution to the success of the League. In looking back at last season, she noted the cancellation of the last fixture, necessitated by impossible weather conditions, the first cancellation of a Mid Lancs fixture since the mad cow outbreak in 2001.

2015/16 also saw the formal adoption of the Under 11s into the league, the largest grouping outside the seniors, and Vet 70 Men running with the Senior Women over the 6 km distance for the first time.

Astley Park returned as a venue and we visited the sand dunes at Rossall School, Fleetwood, for the first time thanks to Thornton Cleveleys Running Club.

The annual Presentation evening was held in Bamber Bridge for the ninth time and fourteen clubs shared the team awards.

7 Applications from clubs to join the League for Cross Country

Ron Scott, General Secretary, reported that he had received applications from Riversway Roadrunners, Leven Valley AC and Howgill Harriers to join the League for Cross Country. Kirkby Milers, already in the League for T&F, had also indicated they wanted to join for Cross Country in the 2016/17 season. All were affiliated to England Athletics and were likely to contribute small numbers to the cross country fields, at least initially. Acceptance was proposed by Ron Scott, Southport Waterloo, seconded by Tony Pritchard, Garstang, and carried

8 Applications from Composite Teams to join the League for Cross Country

Ron Scott, General Secretary, reminded the meeting that composite teams needed to apply annually for membership and that, for Cross Country, such applications would be considered by this annual Cross Country Meeting. He reported that both composites from last year – Kendal Helm juniors and Team North Cumbria, had re-applied. The composition of Team North Cumbria had changed slightly and was now Carlisle Aspatria, Keswick, Eden, Cumberland Fell Runners, Derwent and Cumberland AC replacing Ellenborough.

After a brief discussion, Ron Scott, Southport Waterloo, proposed and Dawn Lock, Lytham St Annes, seconded that both composites be approved for the 2016/17 season. The proposal was carried.

9 To consider a joint fixture with the Red Rose League

The proposal was put to the meeting by Steve Duxbury, Rossendale Harriers, seconded by George Davies, Blackburn Harriers. The proposal was for Saturday 29th October at Witton Park, Blackburn and had been proposed by the Red Rose League agm. Steve Duxbury pointed out that a number of clubs affiliate to both leagues and there might be a number of advantages in a joint fixture in terms of cost, availability of officials and increased competition. He also referred to over-competition for younger runners in clubs taking part in both leagues and the undesirability of too many league fixtures after December, particularly after the national championships.

These suggested advantages were not universally agreed. Several members spoke against but most discussion was about the practicalities of a joint fixture around numbers, results, funnel control etc.

The proposal was taken to a vote which tied 12 for and 12 against. As there was no clear majority in favour, it was decided not to proceed for 2016/17 but the matter could be looked at again at the 2017 meeting if a clear analysis of the practicalities could be provided.

10 To agree dates, venues and hosts for the 2014/15 season

Proposed dates and venues were put to the meeting by Dawn Lock, Cross Country Secretary. A vote was taken on the 29th October date as this would clash with the Red Rose fixture at Witton Park - see Item 9 above – (and also with the Liverpool & District fixture.) 29th October was agreed and the following emerged as the agreed dates and venues for the 2016/17 season.

Date		Venue	Host	Co-Host
Saturday	1 st October	Astley Park, Chorley	Chorley Athletic & Tri	Preston Harriers
Saturday	29 th October	Cuerden Valley Park	Red Rose Runners	-

Saturday	26 th November	Sefton Park, Liverpool	BA Cross Challenge	Liverpool clubs
Saturday	17 th December	Wilson Playing Fields, Hyndburn	Hyndburn AC	RESERVE FIXTURE
Saturday	14 th January	Towneley Park, Burnley	Trawden AC	-
Saturday	11 th February	Rossall School, Fleetwood	Thornton Cleveleys	Other Fylde clubs
Saturday	4 th March	Leigh Sports Village	Leigh Harriers	Astley & Tyldesley
Saturday	18 th March	Rylands Park, Lancaster	Lanc & Morecambe	RESERVE FIXTURE

Friday 21st April 2017 was the date set for the cross country Awards Presentation evening, again at the Bamber Bridge club.

11 A Deputy for the Cross Country Secretary

Dawn Lock, Cross Country Secretary, explained that the league might be in some difficulty if she was unable for any reason to attend a fixture or even to finalise arrangements for a meeting. It would be helpful if we could identify some enthusiastic member with a keen interest in cross country, access to email and some spare time to get involved in the administration of the cross country league. Members were asked to take this back to their clubs.

12 A proposal to amend the Cross Country Scoring and Awards Rules

(a) *A new team award be introduced for MV70, with two runners to count for a team*

Proposed: Dawn Lock, XC Secretary Seconded: Sue Jones, Thornton Cleveleys Running Club

After a brief discussion, during which the meeting heard that there were only five MV70 competitors last season, the proposal was accepted on a vote.

(b) *MV70 runners may chose to run in either Race 6 (6K), and count for the MV70 team, OR to run in Race 7 (10K) and count in the MV60 team, but may only run in one race at any fixture.*

An amendment was proposed to delete “and count in the MV60 team” as this was unnecessary and ambiguous. The amended wording was proposed: by Mike Copin, Chorley AC, seconded: by Nick Hume, Blackpool Wyre & Fylde AC, and carried.

13 A proposal to change the Award Rules where a fixture is cancelled

References to “4 out of 6 races” or “4 out of 6 meetings” should include a reference to “3 out of 5” to provide clearly for the situation where only 5 fixtures can be held in a season

Proposed: Chorley Athletic and Tri

This item arose from the cancellation of the final fixture in the 2015/16 season. The Rules provide for the best 4 from 6 and so awards were decided on the best 4 from 5 last season. The General Secretary explained that the wording of this proposal was designed to allow for a discussion and that what was needed was a decision on whether we revert to the best 3 from 5 if there are only 5 fixtures. With two reserve fixtures build in to the schedule for 2016/17, this issue was unlikely to arise. However, Stan Jewell, Chorley Athletic and Tri proposed we include a reference to “3 from 5”. This was seconded by Colin Gemson, Lancaster & Morecambe, and carried.

The General Secretary will amend the Rules accordingly.

14 Effect of UKA Rule 21 S1 on the Cross Country Season

Ron Scott, General Secretary, explained how the need for athletes to be registered with England Athletics had been dealt with in the Track & Field League. He had carried out checks and only a very few athletes had had to be removed from the results as ineligible to compete. For Cross Country, the XC Secretary would be seeking lists of names and would ask clubs to provide an EA URN for every runner Under 13 to Senior. These would be checked and Cross Country numbers only issued to eligible runners. It was noted that whilst road relay and cross country runners needed to be registered with EA, road runners did not and so road runners running cross country were a risk group. There would still be provision for on-the-day registration with eligibility checked carried out afterwards. UKA Rules allowed for a period of 7 days after

the competition date for runners to be registered by clubs.

15 **Date of AGM**

The Chair announced that the Annual General and Track & Field Fixtures Meeting of the League would be held at the Lansil Club on Wednesday 30th November 2016.

Ron Scott

League General Secretary