

Proposals for Change of Age Group Wording Following on from UKA Changes

The new UK Athletics cross-country age groups are explained on the *Information | The New Age Groups* page of the Gwent League website. For the most part, the change of wording doesn't change the 'cohort' of who runs in each band, but it does change the way the age groups are expressed.

The following proposals cover the junior age groups up to under 23 between them.

Proposal 1 – Change of Wording for Current Age Groups Under 11 to Under 17

In line with the UK Athletics change of wording for cross-county age groups, in section 2 of the league rules for competition, change these to:

2. Age Groups

Under 12 *Must be at least 9 years old on the day of competition and be under 12 years old on 31st August **after** to the fixture.*

Under 14 *Must be 12 or 13 years old on 31st August **after** the fixture.*

Under 16 *Must be 14 or 15 years old on 31st August **after** the fixture.*

Under 18 *Must be 16 or 17 years old on 31st August **after** the fixture.*

<**bold** font for clarity here, will be removed in the final rules>.

3. Recommended Race Distances

Every effort will be made to ensure that race distances at any fixture are as indicated in the table below. However, local circumstances at a fixture may have to be considered.

<i>Age Group</i>	<i>Male</i>	<i>Female</i>
<i>Under 12</i>	<i>1400m - 1800m</i>	<i>1400m - 1800m</i>
<i>Under 14</i>	<i>2500m</i>	<i>2500m</i>
<i>Under 16</i>	<i>3500m</i>	<i>3500m</i>
<i>Under 18</i>	<i>5000m</i>	<i>4300m</i>

Note that the name 'novice' in the old rules is anachronistic.

Proposal 2 – Change of Wording and Reduction of Age for 'Under 20' Runners.

Unlike the younger age groups, the Under 20 age group will remain as 'Under 20'. With the change of defining date to 31st after the fixture (rather than before), the effect of this is that that the last year must move up to the senior race a year younger. We understand that this is to promote the development of the athletes.

2. Age Groups

Under 20 *Must be 18 or 19 years old on 31st August **after** to the fixture.*

3. Recommended Race Distances

<i>Age Group</i>	<i>Male</i>	<i>Female</i>
<i>Under 18</i>	<i>5000m</i>	<i>4300m</i>

Proposal 3 – Change of Definition for Under 23 Age Group

The under 23 age group is not set in UK Athletics rules. While we need to redefine the category as above, we are free to change the cohort if we so wish. We present two options, which are proposed here as keeping the same 'cohort', or an amendment to reduce the effective age of the 'cohort'.

2. Age Groups

Under 24 *Must be at least 17 years on the day of the race, and be 23 years old or younger on 31st August **after** to the fixture.*

Amendment 3.1

Since juniors must step up to senior competition 1 year younger, it may be argued that the band be effectively lowered.

2. Age Groups

Under 23 *Must be at least 17 years on the day of the race, and be **22** years old or younger on 31st August **after** to the fixture.*