

YORKSHIRE & DISTRICT
ATHLETICS LEAGUE

OFFICIAL
HANDBOOK
& PROGRAMME

2017

SPONSORED BY

WEST YORKSHIRE ATHLETICS

YORKSHIRE & DISTRICT ATHLETICS

TRACK & FIELD

LEAGUE OFFICIALS

PRESIDENT	:	BRIAN BURGIN
CHAIRMAN	:	MARIA HARRISON
SECRETARY	:	GORDON A. AGAR
TREASURER	:	GORDON A AGAR
RESULTS SECRETARY	:	FIONA LANCASTER PAT SCHOFIELD

CLUBS 2017 SEASON

PREMIER DIVISION	DIVISION 1	DIVISION 2
BARNSLEY AC	KEIGHLEY & CRAVEN	BARTON/HULL/GOOLE
CLEETHORPES AC	LONGWOOD H AC	HOLMFIRTH H AC
HALIFAX H AC	SKYRAC AC	WOMBWELL AC
WAKEFIELD & D H AC	PONTEFRACT AC	

LEAGUE FIXTURES DATES & VENUES

ALL FIXTURES AS DOUBLE HEADERS

SUNDAY	30 TH APRIL	WAKEFIELD
SUNDAY	21 ST MAY	CLEETHORPES
SUNDAY	18 TH JUNE	CUDWORTH
SUNDAY	16 TH JULY	WAKEFIELD

LEAGUE WINNERS

	PREMIER	DIVISION 1	DIVISION 2
2013	CLEETHORPES AC	SKYRAC AC	
2014	CLEETHORPES AC	BARNESLEY AC	KEIGHLEY/CRAVEN AC
2015	CLEETHORPES AC	SKYRAC AC	SCUNTHORPE AC
2016	CLEETHORPES AC	BARNESLEY AC	KEIGHLEY/CRAVEN AC
2017			

SAFETY NOTICE

Only Competitors and Officials are allowed on the track and in-field area, spectators must keep off at all times.

**NO MOBILE PHONES,
NO i-PHONES OR ANY ELECTRONIC EQUIPMENT SHALL BE
ALLOWED INSIDE THE PERIMETER FENCE AROUND THE
TRACK AREA**

Officials reserve the right to make sure that athletes are deemed capable to do the event they are entered in and may refuse the Athlete to participate.

TEAM MANAGERS MAKE SURE YOUR TEAM DECLARATION IS HANDED IN AT THE END OF THE EVENT SO THAT RESULTS CAN BE SENT TO POWER OF 10 MAKE SURE ATHLETES ARE NOT LISTED IN MORE THAN 3 EVENTS PLUS 1 RELAY OR 2 EVENTS AND 2 RELAYS

**IF THEY DO MORE THEY WILL BE REMOVED FROM RESULTS
See rules for Competition**

LEAGUE RECORDS - MALE

U13	80 mtrs	10.3sec	Z WIMPENNY	LONGWOOD H AC
BOYS	150 Mtrs	19.2sec	Z WIMPENNY	LONGWOOD H AC
	800 Mtrs	2.15.sec	L WHITE	LONGWOOD H AC
	1500 Mtrs	4.47.9.min	S NUTTER	BARNESLEY AC
	75 Mtrs Hurd	12.7sec	A YEO	SCUNTHORPE AC
	High jump	1mt 48	B MORRIS	LONGWOOD H AC
	Long Jump	4mt 91	A YEO	SCUNTHORPE AC
	Shot Putt	8mt 84	A THOMAS	WAKEFIELD H AC
	4 x 100 Relay	57.6sec		BARNESLEY AC
U15	100 Mtrs	11,8 sec	O STANFIELD	CLEETHORPES
BOYS	200 Mtrs	23.6 sec	C STRICKLAND	HALIFAX H AC
	300 Mtrs	38.3sec	D JENKINS	SCUNTHORPE AC
	800 Mtrs	2m. 09.2s	M BURGIN	HALIFAX H AC
	1500 Mtrs	4m.35.4s	H DALBAL	LONGWOOD H AC
	80 Mtrs Hurd	12.4s	G ORTON	HOLMFIRTH H AC
	High jump	1mt 72	B ADJENI	HALIFAX H AC
	Long Jump	5mt 68	A THOMAS	WAKEFIELD H AC
	Shot Putt	12mt 99	A THOMAS	WAKEFIELD H AC
	Javelin	42mt 98	A THOMAS	WAKEFIELD H AC
	Discus	40mt 04	A THOMAS	WAKEFIELD H AC
	Hammer	38mt 63	D POLLARD	SCUNTHORPE AC
	Pole Vault	2mt 80	E DUNDAVIN	WAKEFIELD H AC
	4 x 100 Relay	49.1.sec		KEIGHLEY & C AC
	4 x 300 Relay	3.02.2sec		SCUNTHORPE AC
U17	100 Mtrs	11.1sec	D WALSH	LONGWOOD H AC
MEN	200 Mtrs	22.9sec	SMATTOCKS/J FERGUSON	WAKEFIELD/ BARNESLEY AC
	400 Mtrs	51.2sec	H DALBAL	LONGWOOD
	800 Mtrs	1m 58.6	A PAGDIN	SKYRAC AC
	1500 Mtrs	4m 12.8s	A PAGDIN	SKYRAC AC
	3000 Mtrs	9m 52	C BROUGHTON	BARTON/HULL/ GOOLE
	100 Mtrs Hurdles	14.7s	W SEED	CLEETHORPES AC
	400 Mtrs Hurdles	58.2s	W SEED	CLEETHORPES AC
	1500 S/C	4m 59.2s	A STEWART	SKYRAC AC
	High Jump	1mt 90	T ADENIJI	HALIFAX H AC
	Long Jump	6mt 09	D WYLIE	HALIFAX AC
	Triple Jump	12mt 97	T ADENJI	HALIFAX H AC
	Shot Putt	11mt 76	C ANDERSON	CLEETHORPES AC
	Javelin	42mt 20	K KARMALITA	CLEETHORPES AC
	Discus	37mt 85	J GLOVER	WAKEFIELD H AC
	Hammer	36mt 45	J BRANCH	HALIFAX H AC
	Pole Vault	3mt 70	G HEPPENSTALL	WAKEFIELD H AC
	4 x 100 Relay	46.7s		HALIFAX H AC
	4 x 400 Relay	3m 47		SKYRAC H AC

LEAGUE RECORDS - FEMALE

U13	75 Mtrs	10.0sec	S BURRELL	WAKEFIELD AC
GIRLS	150 Mtrs	20.6sec	O ROE	WAKEFIELD H AC
	800 Mtrs	2m.21.9	S AKESSON-MALCHER	HALIFAX H AC
	1200 Mtrs	3m 50.	E GREENWAY	CLEETHORPES AC
	70 Mtrs Hurdles	12.5sec	J BATE/O ROE	PONT/WAKE AC
	High jump	1mt 36	D FYTCHE	CLEETHORPES AC
	Long Jump	4mt 44	J NEWSOME	BARNSLEY AC
	Shot Putt	8mt 48	M DUNDAVIN	WAKEFIELD H AC
	4 x 100 Relay	56 .7sec		BARNSLEY AC
U15	100 Mtrs	12 .6sec	A THOMPSON	HALIFAX H AC
GIRLS	200 Mtrs	26 .1sec	A BUNTON	WAKEFIELD H AC
	800 Mtrs	2m 19.4		HALIFAX H AC
	1500 Mtrs	4m 53.8	A MOORE	BARNSLEY AC
	75 Mtrs Hurdles	12 .4sec	O EVANS	CLEETHORPES
	High jump	1mt 68	A WARD	WAKEFIELD H AC
	Long Jump	5mt 09	K JOYCE	SKYRAC AC
	Shot Putt	10mt 79	M SCHOFFIELD	PONTEFRACT AC
	Hammer	43mt 67	M ASCOUGH	HALIFAX
	Javelin	29mt 51	L SHIPLEY	SKYRAC AC
	Discus	31mt 80	J HIRST	HALIFAX H AC
	4 x 100 Relay	52.0sec		HALIFAX H AC
U/17	100 Mtrs	12.5sec	R BELL	CLEETHORPES AC
LADIES	200 Mtrs	25.9SEC	R BELL/E STRICKLAND	CLEETH/SCUNTH AC
	300 Mtrs	41.2sec	L ASHMEADE	WAKEFIELD H AC
	800 Mtrs	2m16.6	T HAMMOND	BARNSLEY AC
	1500 Mtrs	4m34.4		SCUNTHORPE H AC
	3000 Mtrs	11m35.5	A FRANCIS	SKYRAC AC
	80 Mtr Hurdles	12 .7sec	R WINSPEAR	BARNSLEY AC
	300 Mtr Hurdles	50.4sec	A BRADBURY	BARNSLEY AC
	1500 S/C	5m40.2	G WALKER	BARTON/HULL/GOOLE AC
	High Jump	1mt 65	R WINSPEAR	BARNSLEY AC
	Long Jump	5mt 06	R WINSPEAR	BARNSLEY AC
	Triple Jump	10mt 36	C ROBINSON	CLEETHORPES AC
	Shot Putt	14mt 03	T BUCKINGHAM	BARNSLEY AC
	Javelin	31mt85	A BRADBURY	BARNSLEY AC
	Discus	33mt 93	J HIRST	HALIFAX H AC
	Hammer	49mt 17	M SCHOFIELD	PONTEFRACT AC
	Pole Vault	3mt 60	A ROBERTS	WAKEFIELD H AC
	4 x 100 Relay	51.9 sec		WAKEFIELD AC
	4 x 300 Relay	3m 00.0		WAKEFIELD H AC

EVENT TIMETABLES

TIMETABLE – MEETING 1 AND 3

TRACK				FIELD			
T1	11.30	300 H	U/17 Ladies	F1	11.00	JAVELIN JAVELIN	U/15 Girls U/15 Boys
T2		400 H	U/17 Men	F2		JAVELIN	U/17 Ladies
T3	11.45	150m	U/13 Girls	F3		JAVELIN	U/17 Men
T4		150m	U/13 Boys	F4	11.30	Long Jump	U/15 Girls
T5		200m	U/15 Girls	F5		Long Jump	U/17 Ladies
T6		200m	U/15 Boys	F6	11.30	High Jump 1.05m	U/13 Boys
T7		200m	U/17 Ladies	F7		High Jump 1.05m	U/13 Girls
T8		200m	U/17 Men	F8	12.30	Discus	U/15 Boys
T9	12.30	800m	U/13 Girls	F9		Discus	U/17 Men
T10		800m	U/13 Boys	F10	12.45	Pole Vault 1.70m	U/15 Boys
T11		800m	U/15 Girls	F11		Pole Vault 1.70m	U/17 Ladies
T12		800m	U/15 Boys	F12		Pole Vault 2.00m	U/17 Men
T13		800m	U/17 Ladies	F13	12.45	Shot Putt	U/13 Girls
T14		800m	U/17 Men	F14		Shot Putt	U/13 Boys
T15	1.40	1500 S/C	U/17 Men	F15	12.45	Long Jump	U/15 Boys
T16		1500 S/C	U/17 Ladies	F16		Long Jump	U/17 Men
T17	2.05	1200m	U/13 Girls	F17	1.15	High Jump 1.15m	U/15 Girls
T18	2.20	300m	U/15 Boys	F18		High Jump 1.25m	U/17 Ladies
T19		300m	U/17 Ladies	F19	1.30	Discus 1K	U/15 Girls
T20	2.40	400m	U/17 Men	F20		Discus 1K	U/17 Ladies
T21	2.50	75m	U/13 Girls	F21	2.00	Shot Putt	U/15 Boys
T22		80m	U/13 Boys	F22		Shot Putt	U/17 Men
T23		100m	U/15 Girls	F23	2.05	Long Jump	U/13 Girls
T24		100m	U/15 Boys	F24		Long Jump	U/13 Boys
T25		100m	U/17 Ladies	F25	2.45	High Jump 1.25m	U/15 Boys
T26		100m	U/17 Men	F26		High Jump 1.35m	U/17 Men
T27	3.25	1500m	U/13 Boys	F27			
T28		1500m	U/15 Girls	F28			
T29		1500m	U/15 Boys	F29	3.15	Shot Putt	U/15 Girls
T30		1500m	U/17 Ladies	F30		Shot Putt	U/17 Ladies
T31		1500m	U/17 Men	F31			
T32	4.00	4 x 100m	U/13 Girls	F32			
T33		4 x 100m	U/13 Boys	F33			
T34		4 x 100m	U/15 Girls	F34			
T35		4 x 100m	U/15 Boys	ALL FIELD EVENTS – YOUNGER AGE GROUP FIRST, NEXT EVENT TO FOLLOW AS SOON AS POSSIBLE – EXCEPT HIGH JUMP ALL TRACK TIMES ARE APPROXIMATE ALL TRACK EVENTS TO FOLLOW AS SOON AS PRACTICAL IN ORDER OF PROGRAMME			
T36		4 x 100m	U/17 Ladies				
T37		4 x 100m	U/17 Men				
T38	4.30	4 x 300m	U/17 Ladies				
T39		4 x 300m	U/15 Boys				
T40		4 x 400m	U/17 Men				

TIMETABLE – MEETING 2 AND 4

TRACK				FIELD			
T1	11.30	70mH	U/13 Girls	F1	11.00	Hammer Hammer	U/15 Girls U/15 Boys
T2		75m H	U/15 Girls	F2		Hammer	U/17 Ladies
T3		75m H	U/13 Boys	F3		Hammer	U/17 Men
T4		80mH	U/17 Ladies	F4	11.30	Long Jump	U/15 Girls
T5		80m H	U/15 Boys	F5			
T6		100m H	U/17 Men	F6	11.30	High Jump 1.05m	U/13 Boys
T7	12.20	150m	U/13 Girls	F7		High Jump 1.05m	U/13 Girls
T8		150m	U/13 Boys	F8	12.30	Discus	U/15 Boys
T9		200m	U/15 Girls	F9		Discus	U/17 Men
T10		200m	U/15 Boys	F10	12.45	Shot Putt	U/13 Girls
T11		200m	U/17 Ladies	F11		Shot Putt	U/13 Boys
T12		200m	U/17 Men	F12	12.45	Long Jump	U/15 Boys
T13	1.00	800m	U/13 Girls	F13			
T14		800m	U/13 Boys	F14	1.15	High Jump 1.15m	U/15 Girls
T15		800m	U/15 Girls	F15		High Jump 1.25m	U/17 Ladies
T16		800m	U/15 Boys	F16	1.30	Discus	U/15 Girls
T17		800m	U/17 Ladies	F17		Discus	U/17 Ladies
T18		800m	U/17 Men	F18	2.00	Shot Putt	U/15 Boys
T19	1.50	3000m	U/17 Ladies	F19		Shot Putt	U/17 Men
T20		3000m	U/17 Men	F20	2.05	Long Jump	U/13 Girls
T21	2.10	1200m	U/13 Girls	F21		Long Jump	U/13 Boys
T22	2.20	300m	U/15 Boys	F22			
T23		300m	U/17 Ladies	F23	2.45	High Jump 1.25m	U/15 Boys
T24	2.35	400m	U/17 Men	F24		High Jump 1.35m	U/17 Men
T25	2.40	75m	U/13 Girls	F25			
T26		80m	U/13 Boys	F26	3.15	Shot Putt	U/15 Girls
T27		100m	U/15 Girls	F27		Shot Putt	U/17 Ladies
T28		100m	U/15 Boys	F28			
T29		100m	U/17 Ladies	F29	3.30	Triple Jump	U/17 Men
T30		100m	U/17 Men	F30		Triple Jump	U/17 Ladies
T31	3.20	1500m	U/13 Boys	F31			
T32		1500m	U/15 Girls	ALL FIELD EVENTS – YOUNGER AGE GROUP FIRST, NEXT EVENT TO FOLLOW AS SOON AS POSSIBLE -- EXCEPT HIGH JUMP TRACK TIMES ARE APPROXIMATE ALL TRACK EVENTS IN ORDER OF PROGRAMME TO FOLLOW AS SOON AS PRACTICAL			
T33		1500m	U/15 Boys				
T34		1500m	U/17 Ladies				
T35		1500m	U/17 Men				
T36	4.00	4 x 100m	U/13 Girls				
T37		4 x 100m	U/13 Boys				
T38		4 x 100m	U/15 Girls				
T39		4 x 100m	U/15 Boys				
T40		4 x 100m	U/17 Ladies				
T41		4 x 100m	U/17 Men				
T42	4.30	4 x 300m	U/17 Ladies				
T43		4 x 300m	U/15 Boys				
T44		4 x 400m	U/17 Men				

RULES FOR COMPETITION

1. The league will be a divisional structure depending on the number of clubs taking part.
2. There will be promotion or demotion if there are two or more divisions. Division winners will receive a team trophy.
3. Where possible tracks to be used to minimise travel for clubs in division
4. Clubs must provide 1 track judge, 1 timekeeper and a field team (minimum of 4 and at least 1 must be qualified)
5. Each club may have 2 athletes per event.
6. Match point scoring will be as follows:
PREMIER & DIVISION 1: 8,7,6,5,4,3,2,1.
League Points: $1^{\text{st}} = 4 - 2^{\text{nd}} = 3 - 3^{\text{rd}} = 2 - 4^{\text{th}} = 1$
DIVISION 2 (5 CLUBS): 10,9,8,7,6,5,4,3,2,1.
League Points: $1^{\text{st}} = 5 - 2^{\text{nd}} = 4 - 3^{\text{rd}} = 3 - 4^{\text{th}} = 2 - 5^{\text{th}} = 1$
7. The team with the highest number of league points after four matches will be division winners.
Top 1 promoted and Bottom 1 demoted (see rule 2)
8. All events to be held under UKA / League rules.
9. Age groups as at midnight on August 31st in the competition year.
10. Official club colours must be worn. Athletes must compete in their own age group only.
11. **All athletes may compete in a maximum of 3 events plus 1 relay or 2 events plus 2 relays.**
12. Personal Individual Numbers will be issued to all athletes.
Numbers must be worn as issued.
13. Team declaration sheets to be in at least 30 minutes before start of the competition.
Athletes may be added or changed up to 15 minutes before an event.
Any athletes not listed on team sheets or subsequent team change sheet will not count in score. Declaration should wherever possible be provided on memory sticks provided by the league or via email.
14. If any clubs are equal on league points after the completion of all 4 matches, the club with the most points after 3 matches will be deemed the higher.
15. **Under 13 & under 15 athletes must not compete in two events of 800m and above in one competition day.**
16. **ANY ATHLETE INFRINGING THE RULES WILL BE REMOVED FROM THE RESULTS**
17. The officers of the league shall have the final say on any disputes or infringement of the rules their decision will be final.