

Heart of England Athletics League



Heart of England League – <http://www.hofe-league.org.uk/>

The Heart of England League was formed 1978 to give Midland based clubs local competition to a broader range of athletes including non-scoring Under 11s. The original 6 clubs that formed the league were Banbury, Leamington, Rugby, Solihull, Sparkhill and Nuneaton. Today there are 24 clubs competing in 3 matches across 3 divisions with promotion and relegation at the end of the season. We compete in Division One.

Background

This is a very popular league which has been in existence for some years and has a good level of competition for all ages.

Competition

There are 3 rounds of competition with all 8 teams competing at each venue.

Two athletes compete in each event available for their age group – known as A and B athletes.

"A" and "B" compete separately except for some distance races and points are awarded according to finish position.

Points scored are 8 for 1st, 7 for 2nd and so on!

There is a full range of track events with a smaller selection of field events. Javelin and discus are rotated in different matches.

There are overall trophies for each age group for the season and an overall league winner.

There are also season's best medals for all Under 11 events in which the standard is always exceptional!

We can run athletes up an age group in this league but NOT in hurdles or where distances or field events weights are not as their own age group.

Selection

In Under 11's we select athletes with the best performances for scored events. There is an opportunity to try athletes out in non-scoring events. We will often put brothers and sisters who would be there already in these events if distances are long.

For Under 13 and Under 15 we use a mix of experienced athletes and new or improving athletes, to try and involve everyone in League competition.

For Under 17 we try and give the opportunity to try something different. We are mindful of not using athletes that are needed for the YDL unless they want to. We can use any aged women in this league!

Transport & Times

We are providing coaches to Derby & Tamworth this season. The HOE is an all-day event so please put it in your diary, if you think you might be competing in this league.

Help

This year we will be putting together a helpers rota to make sure that it is not the same parents doing all the work. Our aim is that no-one works on field events or track judging all day unless they want to!