The Objects of the Association shall be to:-

- (a) encourage, promote and develop Athletics within the County in accordance with the Rules of Competition, incorporating IAAF Rules, published by UK Athletics (UKA).
- (b) organise County Championships, both individual and team, for such Athletics events as the Executive Committee shall, from time to time, decide.
- (c) liaise with and assist Local Authorities in the encouragement and promotion of Athletics, including in schools and establishments of higher education throughout the County.
- (d) encourage persons within the County to train, qualify and participate as honorary officials in all capacities. To maintain a list of such officials under their approved grading and publicise opportunities for upgrading, in accordance with the England Athletics (EA) scheme for testing and grading of officials.
- (e) encourage and co-ordinate the development of coaches and coaching within the County under the aegis of the EA coaching schemes and publicise opportunities for coaches to advance their careers.
- (f) select teams to participate in such inter-county and other competitions as the Executive Committee shall, from time to time, decide to support.
- (g) encourage and assist in the formation of clubs in such parts of the County as may be considered necessary by their local communities.
- (h) encourage and assist with the provision and/or improvement of Athletics facilities in all parts of the County.
- (i) affiliate to such National, Area and other Associations as may be considered necessary to achieve the Objects of the Association.
- (j) Encourage all members to pursue inclusive, non-discriminatory policies.