

MANCHESTER AREA CROSS COUNTRY LEAGUE

2017/2018 SEASON *EA Registration Ref: 2662520*

*In partnership with Run North West and supported by: ATHLETE MATTERS,
CITY OF MANCHESTER ATHLETICS and COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT*

SEASON'S DETAILS

- MATCH 1 : SATURDAY 14TH OCTOBER 2017* *[not for U11's]*
Heaton Park, Manchester. Host Club: Manchester Harriers & A.C.
- MATCH 2 : SATURDAY 11TH NOVEMBER 2017
Boggart Hole Clough, Manchester. Host Club: Salford Harriers & A.C.
- MATCH 3 : SATURDAY 2ND DECEMBER 2017
Univ. Playing Fields/Kenworthy Woods, Wythenshawe. Host Club: Chorlton Runners.
- MATCH 4 : SATURDAY 13TH JANUARY 2018
Woodbank Park, Stockport. Host Club: Stockport Harriers & A.C.
- MATCH 5 : SATURDAY 10TH FEBRUARY 2018
Wythenshawe Park, Manchester. Host Club: Sale Harriers Manchester A.C.

TIMES AND APPROXIMATE RACE DISTANCES **N.B. NO U11's MATCH ONE.*

12 noon U11 GIRLS & U11 BOYS* - 2,400 metres *[*U11's do not compete in Match One]*
12:15 pm U13 GIRLS & U13 BOYS - 3,500 metres *max=3,500*
12.30 pm U15 GIRLS & U15 BOYS - 5,000 metres *max=5,000*
12:50 pm U17 GIRLS & U17 BOYS - 6,500 metres *max=6,500*
1:30 pm SENIOR, U20 & VET LADIES - 8,000 metres *max=10,000*
2:30 pm SENIOR, U20 & VET MEN - 9,600 metres *max=10,000*

AGES *as at midnight 31 August 2017**

U11 – aged 9 or 10 as at above date*; **U13** – aged 11 or 12 as at above date*;
U15 – aged 13 or 14 as at above date*; **U17** – aged 15 or 16 as at above date*;
U20 – aged 17, 18 or 19 as at above date*.
Seniors – at least 20 as at above date*; **Vets** – age as on 14/10/2017.

AFFILIATION An affiliation fee of £40 is payable by **Monday 18th September 2017**. An affiliation form will be sent to the contacts of the clubs who affiliated last season. The form can also be found on the website. Completed affiliation forms together with the £40 fee (*cheques payable to Manchester Area Cross Country League*) should be sent to the Affiliations Co-ordinator, Julie Laverock.

SPONSORSHIP The League is very grateful to its partner Run North West, and to Colgate-Palmolive's Dental Health Unit, Athlete Matters and the City of Manchester Athletics for their continued support.

FEES A fee of £1 (*increased from 75p*) will be charged per athlete, per completed race (all categories). This fee to be paid at the end of the Season. **An Additional fee** of 50p per unused entry will be imposed on Clubs not achieving a 75% or greater return on entries. Runners will be charged £1 for lost or forgotten numbers re-issued on race day.

ENTRIES [NB - NO ENTRIES (including Guests) ON MATCH DAYS]

Club contacts will be sent the list of members they entered last season which they should use to send in their entries for the coming season. New Clubs can pull off an Entry Form from the website. All entries should be sent to the Secretary, Brenda Bradshaw. **NB: THERE WILL BE NO ENTRIES ON MATCH DAYS** but entries will be accepted **from Club Contacts up to and including the Thursday evening prior to each match day.** **GUESTS** The League can accept a few guest entries but applications must be made to the Secretary no later than the Thursday evening prior to match day (**no entries on match day**).

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MACCL 2017/2018 SEASON'S DETAILS continued.....

HELPERS Non-host clubs to provide **one person** to help with marshal duties at **one match** during the season **OR** to consider helping **one** host club with **course marking and dismantling** – minimum commitment of **four** volunteers required for the latter. The League will liaise with clubs before finalising the rota. The rota will be posted on the website as soon as possible.

AWARDS

EACH RACE - INDIVIDUALS: the winners of each race plus 1st Vet & 1st U20.

OVERALL - INDIVIDUALS: Snr Men & Women, Vet Women 0/35, U20 Men & Women, Men & Women 0/40, 0/45, 0/50 1st, 2nd, 3rd; Vet Men & Women 0/55, 0/60 1st. Men & Women, whatever their category, finishing 1st, 2nd, 3rd will receive an additional award. Girls & Boys U17/U15/U13/U11 1st, 2nd, 3rd. *Senior Races: individual overall awards may be increased depending on numbers entered. All Races (except U11's):* an individual's best four scores will be used (U11's best three). *Veterans* will be scored within their own category. *In the event of a tie: taking the best 4 races, if one runner has a higher finish position 3 times, that runner wins. If both runners finish higher twice, their category position in each of the 4 races will determine the winner.*

OVERALL SNR & VET TEAMS MEN & WOMEN: Trophies to the top 3 clubs in Division One irrespective of the number of qualifying clubs. Trophies to the top 3 clubs in Divisions Two, Three, 'B' and 'C Plus', dependant on the number of completing teams, i.e. 10 or more completing teams 1st, 2nd, 3rd; 6 to 9 completing teams 1st, 2nd; 5 or fewer teams 1st.

STRUCTURE *[divisions don't mean separate races – all men compete together, all women compete together]*

SENIORS – A TEAMS (*Men 6 to count; Women 4 to count*): There will be three 'A' Team Divisions: DIVISION ONE will consist of the top 7 Division One Teams plus the top three Division Two 'A' Teams from 2015/2016. DIVISIONS TWO and THREE will consist of all remaining 'A' teams. New Clubs joining the League will start in Division Three. At the end of the Season, the bottom 3 from Divisions One and Two will be relegated to Divisions Two and Three respectively; the top 3 from Divisions Two and Three will be promoted to Divisions One and Two respectively. (*Attachment shows in which Division the 'A' Teams will compete.*)

SENIORS – 'B' TEAMS (*Men 6 to count; Women 4 to count*): will consist of all 'B' Teams.

SENIORS – 'C PLUS' TEAMS (*Men 6 to count; Women 4 to count*): will consist of all 'C' Teams plus any other teams, i.e. 'D', 'E', 'F' etc.

VETERANS – (*Men 4 to count; Women 3 to count*): the same structure as that given for the Seniors applies. (*Attachment shows in which Division the 'A' Teams will compete.*)

ALL TEAMS - A points system for team competition is used. The club with the lowest score receives the highest number of points. A team's best 4 scores will be used (U11s best three). In the event of a tie: taking the best four races, if one team finishes higher 3 times, that team wins. If both teams finish higher twice, the positions of the last counting runners in each of the four races will determine the winning team. For veteran teams the positions gained in the veteran race are used.

QUERIES Any queries about any aspect of the League please don't hesitate to contact the Secretary.

CONTACT DETAILS Web address: www.manchesterareaccl.com.

Secretary & Entries Co-ordinator: Brenda Bradshaw, 12 Heaton Drive, Hollins Village, Bury BL9 8BQ. Tel: 0161-796 6310. e-mail address: arnoldbradshaw@btinternet.com.

Affiliations Co-ordinator: Julie Laverock, 55 Knightswood, Bolton BL3 4UU. Tel: 01204 660227. e-mail: julie.laverock@gmail.com (*note email address change*).

Chairman: Nick Bishop, 4 Swann Grove, Cheadle Hulme, Cheshire SK8 7HW. Tel: 07919 565904. e-mail: nick@nickbishopsolutions.co.uk.

[PLEASE NOTE - NO ENTRIES, including Guests, ON MATCH DAYS]

MACCL 2017/2018 SEASON

TEAM STRUCTURE – SENIOR MEN

DIVISION ONE (10)

Altrincham & District AC
Chorlton Runners
Horwich RMI [P]
Macclesfield H & AC [P]
Manchester Tri [P]
Sale H Manchester AC
Salford H & AC
Stockport H & AC
Trafford AC
Wilmslow RC

DIVISION TWO (10)

Belle Vue Racers [P]
Bramhall Runners
Dragons RC (Sale) [P]
East Cheshire H & Tameside AC [R]
Glossopdale Harriers [P]
Manchester H & AC
Manchester Frontrunners
Manchester YMCA Harriers [R]
University of Manchester CCC [R]
Vale Royal AC

DIVISION THREE (10)

Knutsford Tri Club
Liverpool H & AC
Middleton H AC [R]
St Helens Tri
St Helens Sutton AC
Salford Metropolitan AC [R]
Swinton RC [R]
Warrington Tri Club
West Cheshire AC
Winston Runners
plus new teams

B TEAMS

All B Teams

C PLUS TEAMS

All C, D, E, F etc Teams

[P] denotes promoted; [R] denotes relegated

[NB: divisions don't mean separate races – all men compete together]

MACCL 2017/2018 SEASON

TEAM STRUCTURE – SENIOR WOMEN

DIVISION ONE (10)

Chorlton Runners
East Cheshire H & Tameside AC
Macclesfield H & AC [P]
Manchester Triathlon [P]
Sale H Manchester AC
Salford H & AC [P]
Stockport H & AC
Trafford AC
University of Manchester CCC
Wilmslow RC

DIVISION TWO (11)

Altrincham & District AC [R]
Belle Vue Racers
Bramhall Runners
Glossopdale H [R]
Goyt Valley Striders [P]
Knutsford Tri Club [P]
Manchester Frontrunners
Manchester YMCA H
Swinton RC [R]
Vale Royal AC [P]
Wirral AC

DIVISION THREE (12)

Buxton AC
Dragons RC (Sale)
Hyde Village Striders
Manchester H & AC [R]
Marple Runners
Middleton H AC [R]
St Helens Sutton AC
St Helens Tri [R]
Salford Metropolitan AC
Stockport Tri Club
Warrington Tri Club
Winston Runners
plus new teams

B TEAMS

All B Teams

C PLUS TEAMS

All C, D, E, F etc Teams

[P] denotes promoted; [R] denotes relegated

[NB: divisions don't mean separate races – all women compete together]

MACCL 2017/2018 SEASON

TEAM STRUCTURE – VETERAN MEN

DIVISION ONE (10)

Altrincham & District AC [P]
Bramhall Runners
Chorlton Runners [P]
Horwich RMI [P]
Manchester Tri
Sale H Manchester AC
Salford H & AC
Stockport H & AC
Trafford AC
Wilmslow RC

DIVISION TWO (8 down from 10)

East Cheshire H & Tameside AC [R]
Knutsford Tri Club
Macclesfield H & AC
Manchester H & AC [R]
Manchester YMCA H
Marple Runner [P]
Swinton RC [R]
Vale Royal AC [R]

DIVISION THREE (14)

Belle Vue Racers
Buxton AC
Glossopdale Harriers
Goyt Valley Striders
Hyde Village Striders
Manchester Frontrunners
Middleton H AC [R]
St Helens Sutton AC [R]
Salford Metropolitan AC [R]
St Helens Tri
Stockport Tri Club
Warrington Tri
West Cheshire AC
Winston Runners
plus new teams

B TEAMS

All B Teams

C PLUS TEAMS

All C, D, E, F etc Teams

[P] denotes promoted; [R] denotes relegated

[NB: divisions don't mean separate races – all men compete together]

MACCL 2017/2018 SEASON

TEAM STRUCTURE – VETERAN WOMEN

DIVISION ONE (10)

Altrincham & District AC
Bramhall Runners
Chorlton Runners [P]
Manchester Triathlon
Sale H Manchester AC
Salford Metropolitan AC [P]
Swinton RC
Trafford AC
Wilmslow RC
Wirral AC [P]

DIVISION TWO (9)

Belle Vue Racers [R]
Buxton AC [P]
East Cheshire H & Tameside AC [R]
Macclesfield H & AC
Manchester Frontrunners [P]
Manchester H & AC
Middleton H AC [R]
Stockport H & AC [R]
Vale Royal AC [P]

DIVISION THREE (13)

Dragons RC (Sale)
Glossopdale H [R]
Goyt Valley Striders
Hyde Village Striders
Knutsford Tri
Manchester YMCA H [R]
Marple Runners
St Helens Sutton AC
St Helens Tri [R]
Salford H & AC
Stockport Tri
Warrington Tri
Winston Runners
plus new teams

B TEAMS

All B Teams

C PLUS TEAMS

All C, D, E, F etc Teams

[P] denotes promoted; [R] denotes relegated

[NB: divisions don't mean separate races – all women compete together]