

MANCHESTER AREA CROSS COUNTRY LEAGUE

2016/2017 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*

- MATCH 1 : SATURDAY 15TH OCTOBER 2016* [not for U11's]
Wythenshawe Park, Manchester. Host Club: Sale Harriers Manchester AC
- MATCH 2 : SATURDAY 12TH NOVEMBER 2016
Boggart Hole Clough, Manchester. Host Club: Salford Harriers & A.C.
- MATCH 3 : SATURDAY 3RD DECEMBER 2016
Heaton Park, Manchester. Host Club: Manchester Harriers & A.C.
- MATCH 4 : SATURDAY 14TH JANUARY 2017
Univ. Playing Fields/Kenworthy Woods, Wythenshawe.
- MATCH 5 : SATURDAY 11TH FEBRUARY 2017
Woodbank Park, Stockport. Host Club: Stockport Harriers & 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 **NB - note 1:30 pm start time**

2:30 pm SENIOR, U20 & VET MEN - 9,600 metres max=10,000

AGES as at midnight 31 August 2016*

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 15/10/2016.

AFFILIATION

An affiliation fee of £40 is payable by Monday 19th September 2016. 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 new partner Run North West, to Colgate-Palmolive's Dental Health Unit, Athlete Matters and the City of Manchester Athletics for their continued support.

ENTRIES

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.

FEES

A fee of 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 (*note increase from 50p to £1*).

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HELPERS

Non-host clubs to provide **one person** to help with marshal duties at **one match** during the season. Clubs will be asked to say which match they would prefer to cover. Non-host clubs are also asked to consider helping host clubs with course marking and dismantling – perhaps as co-hosts.

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.manchesterareacl.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.

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TEAM STRUCTURE – SENIOR MEN

DIVISION ONE

Altrincham & District AC
Chorlton Runners
East Cheshire H & Tameside AC [P]
Manchester YMCA Harriers* [P]
Sale H Manchester AC
Salford H & AC
Stockport H & AC
Trafford AC
University of Manchester CCC [P]
Wilmslow RC

DIVISION TWO

Bramhall Runners
Horwich RMI [P]
Macclesfield H & AC [R]
Manchester H & AC
Manchester Frontrunners
Manchester Tri [R]
Middleton H AC
Salford Metropolitan AC [P]
Swinton RC [R]
Vale Royal AC

DIVISION THREE

Belle Vue Racers [R]
Dragons RC (Sale)
Glossopdale Harriers
Knutsford Tri Club [R]
Liverpool H & AC
St Helens Tri
St Helens Sutton AC [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]

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TEAM STRUCTURE – SENIOR WOMEN

DIVISION ONE

Altrincham & District AC
Chorlton Runners
East Cheshire H & Tameside AC
Glossopdale H [P]
Sale H Manchester AC
Stockport H & AC
Swinton RC [P]
Trafford AC
University of Manchester CCC [P]
Wilmslow RC

DIVISION TWO

Belle Vue Racers
Bramhall Runners
Macclesfield H & AC [R]
Manchester H & AC
Manchester Frontrunners [P]
Manchester Triathlon [R]
Manchester YMCA H
Middleton H AC
St Helens Tri [P]
Salford H & AC [R]
Wirral AC [P]

DIVISION THREE

Dragons RC (Sale)
Hyde Village Striders
St Helens Sutton AC [R]
Vale Royal AC [R]
Warrington Tri Club
Winston Runners [R]
plus new teams

B TEAMS

All B Teams

C PLUS TEAMS

All C, D, E, F etc Teams

[P] denotes promoted; [R] denotes relegated

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TEAM STRUCTURE – VETERAN MEN

DIVISION ONE

Bramhall Runners [P]
East Cheshire H & Tameside AC
Manchester H & AC [P]
Manchester Tri [P]
Sale H Manchester AC
Salford H & AC
Stockport H & AC
Swinton RC
Trafford AC
Wilmslow RC

DIVISION TWO

Altrincham & District AC [R]
Chorlton Runners [P]
Horwich RMI [P]
Knutsford Tri Club
Macclesfield H & AC
Manchester YMCA H
Middleton H AC
St Helens Sutton AC [R]
Salford Metropolitan AC [P]
Vale Royal AC [R]

DIVISION THREE

Belle Vue Racers
Glossopdale Harriers
Manchester Frontrunners [P]
Warrington Tri [R]
West Cheshire AC [R]
Winston Runners
plus new teams

B TEAMS

All B Teams

C PLUS TEAMS

All C, D, E, F etc Teams

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TEAM STRUCTURE – VETERAN WOMEN

DIVISION ONE

Altrincham & District AC [P]
Bramhall Runners [P]
East Cheshire H & Tameside AC
Manchester Triathlon
Middleton H AC
Sale H Manchester AC
Stockport H & AC
Swinton RC [P]
Trafford AC
Wilmslow RC

DIVISION TWO

Belle Vue Racers [R]
Chorlton Runners
Glossopdale H [R]
Macclesfield H & AC [R]
Manchester H & AC
Manchester YMCA H
St Helens Tri [P]
Salford Metropolitan AC [P]
Wirral AC [P]

DIVISION THREE

Hyde Village Striders
Manchester Frontrunners [R]
St Helens Sutton AC
Salford H & AC [R]
Vale Royal AC
Warrington Tri
Winston Runners [R]
plus new teams

B TEAMS

All B Teams

C PLUS TEAMS

All C, D, E, F etc Teams

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