

# MANCHESTER AREA CROSS COUNTRY LEAGUE

## 2019/2020 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 *please note change of date for Match 3*

- MATCH 1 : **SATURDAY 12TH OCTOBER 2019\*** [not for U11's]  
Wythenshawe Park, Manchester. Host Club: Sale Harriers Manchester AC
- MATCH 2 : **SATURDAY 9TH NOVEMBER 2019**  
Univ. Playing Fields/Kenworthy Woods, Wythenshawe. Host Club: Chorlton Runners
- MATCH 3 : **SUNDAY 8TH DECEMBER 2019**  
Arrowe Park, Birkenhead. Host Club: Wirral AC
- MATCH 4 : **SATURDAY 11TH JANUARY 2020**  
Tatton Park, Knutsford. Host Club to be confirmed
- MATCH 5 : **SATURDAY 8TH FEBRUARY 2020**  
Heaton Park, Manchester. Host Club: Manchester Harriers & AC.

### 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 2019\**

- 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 13/10/2019.

**AFFILIATION** An affiliation fee of **£50** is payable by **Monday 16<sup>th</sup> September 2019**. 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 £50 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** 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 ON MATCH DAYS]**

Entries to be made using The League's online entry system, full details of which will be sent to the **First named Club Contact** on receipt of the Affiliation Form and Fee. A list of last season's competing members will be sent to Club Contacts for information. **Online entries will close on Friday 4<sup>th</sup> October. Entries after Match One can be made by designated Club Contacts up to mid-night of the Wednesday preceding each match.** Entries will be accepted from designated Club Contacts by email to Brenda Bradshaw - [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com). Numbers will be ready for collection on Match day. *Entry lists will be posted on the website prior to each match.*

**REMEMBER - NO ENTRIES, including Guests, ON MATCH DAYS**

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## **GUEST ENTRIES [NB - NO ENTRIES ON MATCH DAYS]**

The League can accept a few guest entries but **applications** must be made to the Secretary **no later than 4<sup>th</sup> Oct for Match One** and no later than the Wednesday evening prior to match two onwards.

**HELPERS** **all** non-host clubs to provide **one person** to help with marshal duties at **one match** during the season **AND CONSIDER** helping **one** of the host clubs with **course marking, marshalling and course dismantling**. The latter requires **four** volunteers but it doesn't have to be the same four individuals doing everything, i.e. four volunteers could help set and dismantle, whilst four different volunteers could marshal. The League will liaise with clubs before finalising the rota. Obviously we need five clubs to provide this additional help and we hope that clubs who haven't been able to help in this way in the past will put themselves forward. Host clubs put in a tremendous amount of work **before** match day so it's only fair that non-hosts make the effort to give some help on match day. **However - please do not tick a match unless you are confident your club can provide a minimum of four volunteers – instead tick the “not able” box.**

**AWARDS EACH RACE - INDIVIDUALS:** the winners of each race plus 1<sup>st</sup> Vet & 1<sup>st</sup> U20.

**OVERALL - INDIVIDUALS:** Snr Men & Women, Vet Women 0/35, U20 Men & Women, Men & Women 0/40, 0/45, 0/50 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>; Vet Men & Women 0/55, 0/60 1<sup>st</sup>. Men & Women, whatever their category, finishing 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> will receive an additional award. Girls & Boys U17/U15/U13/U11 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>. 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', depending on the number of completing teams, i.e. 10 or more completing teams 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>; 6 to 9 completing teams 1<sup>st</sup>, 2<sup>nd</sup>; 5 or fewer teams 1<sup>st</sup>.

**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 are 3 main divisions: **DIVISION ONE** consists of the top 7 Division One Teams & the top 3 Division Two teams from last season; **DIVISION TWO** consists of the teams finishing mid-division plus the 3 relegated Division One teams and the 3 promoted teams from Division Three; **DIVISION THREE** consists 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 & Two will be relegated to Divisions Two & Three respectively; the top 3 from Divisions Two & Three will be promoted to Divisions One & Two respectively. The list of teams in each Division can be found in the "Team Structure" document.

**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.

**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 four match points 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 matches will determine the winning team. For veteran teams the positions gained in the veteran race are used.

**CONTACT DETAILS** (web address: [www.manchesterareacl.com](http://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](mailto:arnoldbradshaw@btinternet.com).

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

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

**QUERIES** about any aspect of the League please don't hesitate to contact Brenda, Julie or Nick.