MANCHESTER AREA CROSS COUNTRY LEAGUE
2021/2022 SEASON *EA Registration Ref: 2662520*

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

SEASON'S DETAILS

MATCH 1 : **SATURDAY 16TH OCTOBER 2021*** *[not for U11's]*
Venue. Wythenshawe Park. *Host Club: Sale Harriers*

MATCH 2 : **SATURDAY 13th NOVEMBER 2021**
Venue: Sherdley Park. *Host Club: St Helens Sutton AC*

MATCH 3 : **SATURDAY 4TH DECEMBER 2021**
Venue: Kenworthy Woods. *Host Club: Chorlton Runners*

MATCH 4 : **SATURDAY 15TH JANUARY 2022**
Venue: Tatton Park. *Host Clubs: Running Bear RC & Wilmslow RC*

MATCH 5 : **SATURDAY 19TH FEBRUARY 2022**
Venue: Heaton Park. *Host Club: Manchester Harriers & AC*

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

12 noon	**U11 GIRLS & U11 BOYS***	**2,400 metres** ***[*no U11's Match One]***
12:15 pm	**U13 GIRLS & U13 BOYS**	**3,500 metres**
12.30 pm	**U15 GIRLS & U15 BOYS**	**5,000 metres**
12:50 pm	**U17 GIRLS & U17 BOYS**	**6,500 metres**
1:30 pm	**SENIOR, U20 & VET WOMEN**	**8,000 metres**
2:30 pm	**SENIOR, U20 & VET MEN**	**9,600 metres**

AGES *as at midnight 31 August 2021**

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 16/10/2021***.

AFFILIATION An affiliation fee of **£50** is payable by **Friday 10th September 2021**. An affiliation form has been sent to the contacts of the clubs who affiliated last season. Completed affiliation forms together with the £50 fee *(cheques payable to Manchester Area Cross Country League)* should be sent to the Secretary, Val Brennan.

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

FEES As we have now moved to chip timing, the fee per runner will be £7 per runner per season. This fee applies throughout the season at whatever stage of the season the runner is entered and is payable in advance at the time the runner is entered. In addition to the £7 fee, Sportsoft will charge an administration fee of 50p per entry plus 5% of the event entry fee. This fee is payable by an **individual runner** if they enter themselves. However, in the case of a block entry by a club's team manager, MACCL will pay the relevant administration fee.

ENTRIES [NB - NO ENTRIES ON MATCH DAYS]

Entries are to be made using the League's online entry system, full details of which have been sent to the **Club Contacts**. **Online entries will open on Tuesday 14th September and close on Sunday 3rd October. Entries after Match One can be made online up to midnight on the Monday**

preceding each match. Enquiries from Club Contacts should be made by email to Val Brennan: valerie.brennan.53@btinternet.com. Numbers will be ready for collection on Match day. *Entry lists will be posted on the website prior to each match.*

GUEST ENTRIES *[NB – PRE-ENTRIES ONLY - NO ENTRIES ON MATCH DAYS]*

The fee for a guest runner will be £8 per race and £10 for an unattached guest runner. The administration fee is also payable. The fee is payable in advance using the Sportsoft website where a separate portal has been set up for guest runners.

HELPERS: **all** non-host clubs to provide **one person** to help with marshal duties at **one match** during the season **AND TO CONSIDER** helping **one** of the host clubs with **course marking, marshalling and course dismantling** by providing **four** volunteers (can be four individuals helping to set up and dismantle, and four different volunteers marshalling). 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.

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

OVERALL – INDIVIDUALS (one award per winner):

Men & Women, whatever their category, finishing overall 1st, 2nd, 3rd.
Senior Women; U20 Women; Vet Women 35 and each five-year category 1st, 2nd 3rd.
Senior Men; U20 Men; Vet Men 40 and each five-year category 1st, 2nd, 3rd.
Girls & Boys U17/U15/U13/U11 1st, 2nd, 3rd.

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: Top 3 clubs in each Division.

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.maccl.co.uk)

Secretary, Affiliations & Entries Co-ordinator: Val Brennan, Flat 201 Chapel Walks, Chapel road, Sale, Manchester M33 7ES.
Tel: 07429 579556 E-mail: valerie.brennan.53@btinternet.com

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

QUERIES: about any aspect of the League please don't hesitate to contact Val or Nick.