

MANCHESTER AREA CROSS COUNTRY LEAGUE

2018/2019 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 13TH OCTOBER 2018*** [*not for U11's*]
Wythenshawe Park, Manchester. Host Club: Sale Harriers Manchester A.C.
- MATCH 2 : **SATURDAY 10TH NOVEMBER 2018**
Univ. Playing Fields/Kenworthy Woods, Wythenshawe. Host Club: Chorlton Runners.
- MATCH 3 : **SATURDAY 1ST DECEMBER 2018**
Woodbank Park, Stockport. Host Club: Stockport Harriers & A.C.
- MATCH 4 : **SATURDAY 12TH JANUARY 2019**
Heaton Park, Manchester. Host Club: Manchester Harriers & A.C.
- MATCH 5 : **SATURDAY 9TH FEBRUARY 2019**
Univ. Playing Fields/Kenworthy Woods, Wythenshawe. *Host Club: to be advised.*

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 2018**

- 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 13/10/2018.

AFFILIATION An affiliation fee of **£50** is payable by **Monday 17th September 2018**. 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 (including Guests) ON MATCH DAYS]

Entries should be made using The League's new 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 has been sent to Club Contacts for information. **Online entries will close on Friday 5th October. They will re-open after Match One and close on the Wednesday evening prior to each of the subsequent matches. NB: THERE WILL BE NO ENTRIES ON MATCH DAYS. GUESTS** The League can accept a few guest entries but applications must be made to the Secretary **no later than Friday 5th October for Match One** and no later than the Wednesday evening prior to matches Two onwards (**no entries on match day**).

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MACCL 2018/2019 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, marshalling and course dismantling** – minimum commitment of **four** volunteers required for the latter but it doesn't have to be the same four individuals doing everything. The League will liaise with clubs before finalising the rota. The rota will be posted on the website as soon as possible. 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: 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 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.

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

[REMEMBER - NO ENTRIES, including Guests, ON MATCH DAYS]

MACCL 2018/2019 SEASON

TEAM STRUCTURE – SENIOR MEN

DIVISION ONE (10)

Bramhall Runners [P]
Chorlton Runners
East Cheshire H & Tameside AC [P]
Horwich RMI
Sale H Manchester AC
Salford H & AC
Stockport H & AC
Trafford AC
Vale Royal AC [P]
Wilmslow RC

DIVISION TWO (10)

Altrincham & District AC [R]
Buxton AC [P]
Glossopdale Harriers
Macclesfield H & AC [R]
Manchester H & AC
Manchester Frontrunners
Manchester Tri [R]
Manchester YMCA Harriers
St Helens Tri [P]
Swinton RC [P]

DIVISION THREE (10)

Belle Vue Racers [R]
Dragons RC (Sale) [R]
Hyde Village Striders
Knutsford Tri Club
Middleton H AC
Oldham & Royton H & AC
Salford Metropolitan AC
University of Manchester CCC [R]
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 2018/2019 SEASON

TEAM STRUCTURE – SENIOR WOMEN

DIVISION ONE (10)

Altrincham & District AC [P]
Manchester Frontrunners [P]
Manchester Triathlon
Sale H Manchester AC
Salford H & AC
Stockport H & AC
Trafford AC
University of Manchester CCC
Wilmslow RC
Wirral AC [P]

DIVISION TWO (11)

Bramhall Runners
Buxton AC [P]
Chorlton Runners [R]
East Cheshire H & Tameside AC [R]
Knutsford Tri Club
Macclesfield H & AC [R]
Manchester YMCA H
Middleton H AC [P]
Salford Metropolitan AC [P]
Swinton RC
Vale Royal AC

DIVISION THREE (11)

Belle Vue Racers [R]
Dragons RC (Sale)
Glossopdale H [R]
Goyt Valley Striders [R]
Hyde Village Striders
Manchester H & AC
Marple Runners
Oldham & Royton H & AC
St Helens Tri
Stockport 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 2018/2019 SEASON

TEAM STRUCTURE – VETERAN MEN

DIVISION ONE (10)

Altrincham & District AC
Chorlton Runners
Macclesfield H & AC [P]
Sale H Manchester AC
Salford H & AC
Stockport H & AC
Swinton RC [P]
Trafford AC
Vale Royal AC [P]
Wilmslow RC

DIVISION TWO (8)

Bramhall Runners [R]
Buxton AC [P]
East Cheshire H & Tameside AC
Horwich RMI [R]
Manchester Tri [R]
Marple Runner
St Helens Tri [P]
Salford Metropolitan AC [P]

DIVISION THREE (13)

Belle Vue Racers
Glossopdale Harriers
Goyt Valley Striders
Hyde Village Striders
Knutsford Tri Club [R]
Manchester Harriers & AC [R]
Manchester Frontrunners
Manchester YMCA H [R]
Middleton H AC
Oldham & Royton H & AC
Stockport 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 2018/2019 SEASON

TEAM STRUCTURE – VETERAN WOMEN

DIVISION ONE (10)

Altrincham & District AC
Chorlton Runners
Manchester Frontrunners [P]
Manchester Triathlon
Middleton H AC [P]
Sale H Manchester AC
Trafford AC
Vale Royal AC [P]
Wilmslow RC
Wirral AC

DIVISION TWO (9)

Bramhall Runners [R]
Buxton AC
Knutsford Tri [P]
Macclesfield H & AC
Manchester YMCA H [P]
Salford Metropolitan AC [R]
Stockport H & AC
Stockport Tri [P]
Swinton RC [R]

DIVISION THREE (12)

Belle Vue Racers [R]
Dragons RC (Sale)
East Cheshire H & Tameside AC [R]
Glossopdale H & AC
Goyt Valley Striders
Horwich RMI
Manchester H & AC [R]
Marple Runners
Oldham & Royton H & AC
St Helens Tri
Salford H & 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 women compete together]