

MANCHESTER AREA CROSS COUNTRY LEAGUE CONSTITUTION

1. AIM

The Manchester Area Cross Country League* (to be referred to as The League) will have the main aim of providing a challenging series of cross country races for runners of affiliated clubs through the early part of the winter.

**It is accepted that a sponsor's name may be included in the name of The League.*

2. OBJECTIVES

The League will have the following objectives:

- To promote a series of cross country races conducted in accordance with the prevailing cross country rules
- The League will be affiliated to the appropriate governing bodies
- Any athletic club within Cheshire, Greater Manchester, Lancashire or Merseyside shall be eligible to enter The League.

3. MANAGEMENT

3.1. The League will elect annually the following Officers:

- Honorary Chairman
- Honorary Secretary
- Honorary Treasurer
- Honorary Results Secretary
- and appoint an Auditor.

3.2. The elected Officers shall conduct the affairs of The League subject to any decisions made at its Annual General Meeting. If thought appropriate, they may call on the advice of co-opted Committee Members. *For the first three years the Honorary Chairman will be elected, on rotation, from the three original Leagues.*

3.3. The financial year of The League shall end on the 31st January and an AGM of The League shall be held before the end of March. The business of the AGM shall be:

- 3.3.1. Minutes of the previous AGM and of any Extraordinary General Meeting that may have been held over the past year and any business arising there from.
- 3.3.2. Correspondence, including applications for membership and resignations.
- 3.3.3. Consideration of the Annual Report of the Honorary Secretary.
- 3.3.4. Consideration of the Accounts and the Annual Report of the Honorary Treasurer. The Accounts shall be audited.

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- 3.3.5. Election of the officers and three committee members for the ensuing year. If thought appropriate, the posts of Honorary Secretary and Honorary Results Secretary may be held by the same person.
- 3.3.6. Consideration of The League programme and suitable awards for the ensuing season.
- 3.3.7. To determine the annual subscriptions for affiliated clubs for the ensuing year.
- 3.3.8. Such other business as may be specified in the notice convening the meeting.
- 3.4. Any Club entitled to be present and to vote at the AGM may submit a resolution, providing that one month's notice is given in writing to The League Secretary. The terms of any such resolution shall be included in the notice convening the meeting.
- 3.5. An Extraordinary General Meeting of The League may be called:
 - At the discretion of the Officers
 - Resulting from a written request, signed for or on behalf of at least five affiliated clubs, stating the purpose of the meeting, being deposited with the League Secretary. Any such meeting shall be convened within 28 days of the receipt of the request.
- 3.6. At least 14 days notice of an AGM shall be given to every affiliating club. Each such club may be represented at an AGM by one voting representative who shall be a first claim member of that Club. Additional members of affiliated Clubs may attend but not vote. In the event of a tied vote, the Chairman will have the casting vote.
- 3.7. No business may be transacted at an AGM unless a quorum consisting of one representative from at least one quarter of the affiliated Clubs is present.
- 3.8. Annual subscriptions should be paid by the start of each winter season.
- 3.9. The Officers shall have the power to suspend from the membership any affiliated Club whose subscription remains outstanding at the end of the financial year, providing that one month's notice has been given, by letter, to the Honorary Secretary of the affiliated Club.
- 3.10. Awards shall be presented to teams or individuals as shall be determined at the AGM.
- 3.11. No modification may be made to the rules of this Constitution except at a properly convened AGM or EGM. Any substantive change shall require a favourable vote of two thirds of those present who are eligible to vote, unless such a change is required to comply with the laws of UKA or any other body which may become the appropriate governing body for cross country racing.
- 3.12. Any matter not provided for in the rules of this constitution shall be considered by the Officers of The League, whose decision shall be binding, subject to an appeal to the appropriate governing body.

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4. OFFICIALS

The League will provide the following officials:

- Referee
- Starter & Starter's Assistant
- Timekeepers & Timekeepers' Recorders
- Judge Recorders
- Funnel Stewards
- Announcer.

5. TIMETABLE AND DISTANCES

- 5.1. The season shall run from October to mid-January to avoid clashing with Championship events. There will be five races per season.
- 5.2. Distances will vary depending on the venue but must not exceed the stated distances and are subject to prior approval of the Officers of The League. Provisionally the timetable will be:
- 12:00 - Under 11 Girls – 2,200 metres
 - 12:15 – Under 11 Boys and Under 13 Girls – 2,400 metres
 - 12:30 – Under 13 Boys and Under 15 Girls – 3,000 metres
 - 12:50 – Under 15 Boys and Under 17 Ladies – 4,500 metres
 - 13:20 – Under 17 Youths and Under 20 Ladies – 6,000 metres
 - 13:50 – Senior & Veteran Ladies – 8,000 metres
 - 14:30 – Senior, Under 20 & Veteran Men – 9,600 metres

6. CONSTITUTION

- 6.1. Club vests must be worn. Competitors without a Club vest should report to the Referee before the race.
- 6.2. Numbers must be worn as issued.
- 6.3. Age groups as per UKA Rules. Competition commences as per the first race. Ages applying for Match One will apply for all matches.
- 6.4. Overall team prizes will be awarded to the first three Senior Men, Senior Women, Veteran Men and Veteran Women teams. Only the 'A' team in each age group shall count.
- 6.5. Male and female runners will be scored separately. Initially for each gender there will be one senior and one veteran division. From the start of the second year there will be two senior and two veteran divisions with the bottom three from Division One being relegated and the top three from Division Two being promoted. Clubs joining in the Second Year and subsequent years will start in Division Two. The League will award prizes to the first six men and the first four women overall.

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- 6.6. Secondary first claim members (second claim) whose first claim clubs are not affiliated to The League may compete in the team competition for their second claim club. Second claim members to be reported as such on the finish envelope.
- 6.7. Members transferring from one club to another to run as individuals. Runners serving temporary suspension are not eligible to compete.
- 6.8. The League will also provide competition for: Under 11s, Under 13s, U15 Boys & Girls; Under 17 Youths & Ladies; Under 20 Men & Ladies. The League will award prizes to the 1st, 2nd and 3rd individuals and 1st, 2nd and 3rd teams if appropriate overall.

7. SCORING

- 7.1. Scores will be based on best four of five races for individuals and teams.
- 7.2. Under 11s to run in three races only – the three races to be nominated by The League.
- 7.3. Senior Men will count 6 in a team; Senior Ladies and Veteran Men will count 4 in a team; Veteran Ladies, Under 20 Men, Under 20 Ladies, Under 17 Youths, Under 17 Ladies, Under 15 Boys & Girls, Under 13 Boys & Girls, and Under 11 Boys & Girls will all count 3 in a team. The Club scoring the lowest number of points at each round will be awarded maximum points, the second lowest, one point less, and so on. (The maximum number will be the number of affiliated clubs within each age group.)

8. RESULTS

Results will be sent to the Club Representative as designated.

9. VENUES

Venues will be chosen at the Annual General Meeting prior to the start of each season.

10. GENERAL

- 10.1. Clubs will be responsible for complying with whatever system is adopted.
- 10.2. Participating clubs are asked to delegate one person at each round to assist the Host Club.
- 10.3. Guest runners may run at the discretion of the Secretary. They should report to the Secretary before the race commences. A fee will be charged. Guests will not be eligible for any awards. Their finish position and time will be noted but will be extracted from the results and listed separately. Guest runners to wear allocated letters. Unattached runners to pay the guest fee plus the Governing Body's unattached levy.