

# MANCHESTER AREA CROSS COUNTRY LEAGUE

**2023/2024 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 WORSLEY PHYSIO

## SEASON'S DETAILS

- MATCH 1 : **SATURDAY 14 OCTOBER 2023**  
*Venue. Heaton Park. Host Club: Manchester Harriers & AC*
- MATCH 2 : **SATURDAY 11 NOVEMBER 2023**  
*Venue. Wythenshawe Park. Host Club: Sale Harriers*
- MATCH 3 : **SATURDAY 2 DECEMBER 2023**  
*Venue: Sherdley Park. Host Club: St Helens Sutton AC*
- MATCH 4 : **SATURDAY 13 JANUARY 2023**  
*Venue: Tatton Park. Host Clubs: Running Bear RC & Wilmslow RC*
- MATCH 5 : **SATURDAY 10 FEBRUARY 2023**  
*Venue: Kenworthy Woods. Host Club: Chorlton Runners*

## TIMETABLE AND RACE DISTANCES

12 noon	U11 GIRLS & U11 BOYS	2,400 metres
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 2023\***

**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 14/10/2023.

**AFFILIATION** An affiliation fee of **£50** is payable by **Friday 8 September 2023**. Affiliation forms have been sent to the contacts of the clubs who affiliated last season, plus any new clubs. Completed affiliation forms together with the £50 fee 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 Worsley Physio for their continued support.

**FEES** The fee per runner will be **£6 per runner** for the season (**5 matches**). 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 £6 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 Monday 11 September and close on Friday 6**

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**October. Entries after Match 1** can be made online up to midnight on the Monday preceding each match. At no stage in the season will late entries be accepted. Enquiries from Club Contacts should be made by email to Val Brennan: [valerie.brennan.53@btinternet.com](mailto: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 **at least one person** to help with marshalling/finish line 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 have not 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 is 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 first Vet & first U20.

#### **OVERALL – INDIVIDUALS (one award per winner):**

Men & Women, whatever their category, finishing overall first, second, third.

Senior Women; U20 Women; Vet Women 35 and each five-year category 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup>.

Senior Men; U20 Men; Vet Men 40 and each five-year category 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>.

Girls & Boys U17/U15/U13/U11 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>.

All Races: an individual's best four scores will be used. 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 four races will determine the winner.

**OVERALL SNR & VET TEAMS MEN & WOMEN:** Top three 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 3. **At the end of the Season**, the bottom 3 from Divisions One & Two will be relegated to Divisions Two & Three respectively; the top three 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. 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 determine the winning team. For veteran teams the positions gained in the veteran race are used.

**CONTACT DETAILS** (web address: [www.maccl.co.uk](http://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](mailto:valerie.brennan.53@btinternet.com)

**Chair:** 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 do not hesitate to contact Val or Nick.