

MANCHESTER AREA CROSS COUNTRY LEAGUE

2025/2026 SEASON EA Registration Ref: 2662520

*In partnership with Run North West and supported by:
WORSLEY PHYSIO and CITY OF MANCHESTER ATHLETICS*

SEASON'S DETAILS

- MATCH 1 : **SATURDAY 11 OCTOBER 2025**
Venue: Woodbank Park. Host Club: Stockport Harriers & AC
- MATCH 2 : **SATURDAY 22 NOVEMBER 2025**
Sefton Park – British Cross Challenge (see notes below)
- MATCH 3 : **SATURDAY 6 DECEMBER 2025**
Venue: Woodbank Park. Host Club: Stockport Harriers & AC
- MATCH 4 : **SATURDAY 10 JANUARY 2026**
Venue: Tatton Park. Host Clubs: Running Bear RC & Wilmslow RC
- MATCH 5 : **SATURDAY 7 FEBRUARY 2026**
Venue: Heaton Park. Host Club: Manchester Harriers & AC

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	8-9000 metres
2:30 pm	SENIOR, U20 & VET MEN	9 - 10,700 metres

AGES as at midnight 31 August 2025*

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 10/10/2025.

AFFILIATION The affiliation fee of **£50** is payable by Monday 1 **September 2025**. Affiliation forms have been sent to the contacts of the clubs who affiliated last season. Completed affiliation forms together with the £50 fee should be sent or emailed to the Secretary, Val Brennan.

SPONSORSHIP The League is very grateful to its partner Run North West and for the support of Worsley Physio and City of Manchester Athletics.

FEES The fee per runner will be **£6** for the season (**4 matches**). We were intending to increase the cost for this season but entries to Sefton Park (Match 2) will cost **£3 per runner**. The £6 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. **This season, entries are to be made by a club's team manager and the MACCL will pay the relevant administration fee.** This year's MACCL race numbers have an orange band.

SEFTON PARK - MACCL MATCH 2: As you may know, the British Cross Challenge at Sefton Park (Liverpool) on 22 November is 'doubling' up as MACCL Match 2. When entries for Sefton Park

open in mid-October, MACCL athletes will enter this race via Team Managers and a MACCL portal set up by Graham at Sports Soft Results.

Only athletes who are already entered into the MACCL series can be entered into the Cross Challenge. **If you have athletes intending to run at Sefton Park, they need to have entered the MACCL series by the closing date of Sunday 5 October. There will be no late entries for Sefton Park.**

Team Managers only will be asked to enter MACCL league bib numbers into the Sefton park portal. This ensures that the athlete details match in both Cross Challenge and the League and results from Sefton Park will match up to MACCL results. To simplify payment, all entries must be paid via the portal at a cost of £3.00 per entry and a processing charge applied to each transaction. A team manager can make multiple visits to the portal and pay either at the time of each visit or just at the final visit, the portal will always show the total cost of the entry, but any earlier payments will be taken into account at checkout time.

The event covers all age groups (male and female) based on UK Athletic age rules. In order to be included in league series/overall results Under 20 athletes will have to run in the senior races and because of this, the portal will include race selection. On the day, each club will be able to pick their club's Cross Challenge race numbers in the Registration Marquee. Please note that the whole event will be streamed by 247tv and shown live on You Tube. More details, timetable, course map etc. will be sent out nearer to the event. I will let team managers/club contacts know when entries open. Please contact me (Val) if you have any questions.

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 8 September and close on Sunday 5 October and are to be made by Team Managers. You will be sent a link for online entries, when they open.

Entries after Match 2 can be made online up to midnight on the Monday preceding each match. At no stage in the season will late entries be accepted on the day. 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 for each match.

HELPERS: all non-host clubs are 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, this season we need **four** 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 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: 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.*

NOTE: Cut off times for the Men's Senior Race. Athletes running in the Senior Men's race, (2.30pm start), who don't feel that they can finish in under 75 minutes are requested to run in the Senior Ladies Race (1.30pm start). Athletes may choose on the day if they wish to run in either the Senior Men's or the Senior Ladies race. However, if they wish to be considered for an award they must inform the League ahead of the first race of the season which race category they intend to race in for the duration of the season i.e. either the Senior Men's or Senior Ladies.

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)

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

Chair: 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 do not hesitate to contact Val or Nick.