

MANCHESTER AREA CROSS COUNTRY LEAGUE

2015/2016 SEASON *EA Registration Ref: 2662520*

In partnership with APTECO and supported by:
COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT; THE WATERS WILMSLOW HALF MARATHON;
CITY OF MANCHESTER ATHLETICS *and* ATHLETE MATTERS

- MATCH 1 : SATURDAY 10TH OCTOBER 2015* *[not for U11's]*
Woodbank Park, Stockport. Host Club: Stockport Harriers & A.C.
- MATCH 2 : SATURDAY 7TH NOVEMBER 2015
Sherdley Park, St Helens. Host Club: St Helens Sutton
- MATCH 3 : SATURDAY 5TH DECEMBER 2015
Boggart Hole Clough, Manchester. Host Club: Salford Harriers & A.C.
- MATCH 4 : SATURDAY 16TH JANUARY 2016
Heaton Park, Manchester. Host Club: Manchester Harriers & A.C.
- MATCH 5 : SATURDAY 13TH FEBRUARY 2016
Wythenshawe Park, Manchester. Host Club: Sale Harriers Manchester AC.

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*
- 1:40 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 2015**

- 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 10/10/2015.

AFFILIATION

An affiliation fee of £40 is payable by Monday 7th September 2015. 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 £40 fee (*cheques payable to Manchester Area Cross Country League*) should be sent to the Affiliations Co-ordinator.

SPONSORSHIP

The League is very grateful to its partner APTECO, and to Colgate-Palmolive's Dental Health Unit, the City of Manchester Athletics and the Waters Wilmslow Half Marathon for their continued support, and to new supporter Athlete Matters.

ENTRIES

Club contacts will be sent the list of members they entered last season which they should use to send in their entries for the coming season. New Clubs can pull off an Entry Form from the website. All entries should be sent to the Secretary.

FEES

A fee of 75p will be charged per athlete, per 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 50p for lost or forgotten numbers re-issued on race day.

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MACCL 2015/2016 SEASON

HELPERS

Non-host clubs to provide **one person** to help with marshal duties at **one match** during the season. Four clubs to provide one helper per match. Clubs will be asked to say which match they would prefer to cover.

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 Divisions One, 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 2014/2015. DIVISIONS TWO and THREE will consist of all remaining 'A' teams, the assigned division being based on the clubs' performance in 2014/2015. 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

Any queries about any aspect of the League please don't hesitate to contact the Secretary.

CONTACT DETAILS Web address: www.manchesterareaccl.com.

Secretary & Entries to: 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@talk21.com.

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

MACCL 2015/2016 SEASON

TEAM STRUCTURE – SENIOR MEN

DIVISION ONE

Altrincham & District AC
Chorlton Runners
Macclesfield H & AC
Manchester Triathlon
Sale H Manchester AC
Salford H & AC
Stockport H & AC
Swinton RC
Trafford AC
Wilmslow RC

DIVISION TWO

Belle Vue Racers
Bramhall Runners
East Cheshire H & Tameside AC
Knutsford Tri Club
Manchester H & AC
Manchester Frontrunners
Manchester YMCA H
Middleton H AC
St Helens Sutton AC
University of Manchester
Vale Royal AC

DIVISION THREE

ABC Runners
Glossopdale Harriers
Liverpool H & AC
St Helens Striders
Salford Metropolitan AC
Warrington 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

[divisions don't mean separate races – all men compete together]

MACCL 2015/2016 SEASON

TEAM STRUCTURE – SENIOR WOMEN

DIVISION ONE

Altrincham & District AC
Chorlton Runners
East Cheshire H & Tameside AC
Macclesfield H & AC
Manchester Triathlon
Sale H Manchester AC
Salford H & AC
Stockport H & AC
Trafford AC
Wilmslow RC

DIVISION TWO

Belle Vue Racers
Bramhall Runners
Glossopdale H
Manchester H & AC
Manchester YMCA H
Middleton H AC
St Helens Sutton AC
Swinton RC
University of Manchester
Vale Royal AC
Winston Runners

DIVISION THREE

ABC Runners
Dragons RC (Sale)
Hyde Village Striders
Manchester Frontrunners
Radcliffe AC
Warrington Tri Club
Wirral AC
plus new teams

B TEAMS

All B Teams

C PLUS TEAMS

All C, D, E, F etc Teams

[divisions don't mean separate races – all women compete together]

MACCL 2015/2016 SEASON

TEAM STRUCTURE – VETERAN MEN

DIVISION ONE

Altrincham & District AC
East Cheshire H & Tameside AC
St Helens Sutton AC
Sale H Manchester AC
Salford H & AC
Stockport H & AC
Swinton RC
Trafford AC
Vale Royal AC
Wilmslow RC

DIVISION TWO

Bramhall Runners
Knutsford Tri Club
Macclesfield H & AC
Manchester H & AC
Manchester Frontrunners
Manchester Tri
Manchester YMCA H
Middleton H AC
Warrington Tri
West Cheshire AC

DIVISION THREE

ABC Runners
Belle Vue Racers
Chorlton Runners
Glossopdale Harriers
St Helens Striders
Salford Metropolitan AC
Winston Runners
plus new teams

B TEAMS

All B Teams

C PLUS TEAMS

All C, D, E, F etc Teams

[divisions don't mean separate races – all men compete together]

MACCL 2015/2016 SEASON

TEAM STRUCTURE – VETERAN WOMEN

DIVISION ONE

Belle Vue Racers
East Cheshire H & Tameside AC
Glossopdale H
Macclesfield H & AC
Manchester Triathlon
Middleton H AC
Sale H Manchester AC
Stockport H & AC
Trafford AC
Wilmslow RC

DIVISION TWO

Altrincham & District AC
Bramhall Runners
Chorlton Runners
Manchester H & AC
Manchester Frontrunners
Manchester YMCA H
Salford H & AC
Swinton RC
Winston Runners
plus new clubs

DIVISION THREE

Hyde Village Striders
Radcliffe AC
St Helens Striders
St Helens Sutton AC
Vale Royal AC
Warrington Tri
Wirral AC
plus new teams

B TEAMS

All B Teams

C PLUS TEAMS

All C, D, E, F etc Teams

[divisions don't mean separate races – all women compete together]