

MANCHESTER AREA CROSS COUNTRY LEAGUE 2010/2011 SEASON

SPONSORED BY
CITY OF MANCHESTER ATHLETICS
and Colgate-Palmolive's Dental Health Unit

- MATCH 1***: **SATURDAY 23RD OCTOBER 2010*** [*not for U11s*]
Heaton Park, Manchester. Host Club: Manchester Harriers & A.C.
- MATCH 2** : **SUNDAY 21ST NOVEMBER 2010**
Sherdley Park, St Helens. Host Club: St Helens Sutton
- MATCH 3** : **SATURDAY 4TH DECEMBER 2010**
Boggart Hole Clough, Blackley, Manchester. Host Club: Salford H. & A.C.
- MATCH 4** : **SUNDAY 2ND JANUARY 2011**
Woodbank Park, Stockport. Host Club: Stockport Harriers & A.C.
- MATCH 5***: **SATURDAY 12TH FEBRUARY 2011*** [*not for U11s*]
Clayton Vale, Manchester. Host Club: East Cheshire H. & Tameside A.C.

TIMES AND APPROXIMATE RACE DISTANCES

- 12 noon U11 GIRLS*** - 2,200 metres
12:15 pm U11 BOYS* & U13 GIRLS - 2,400 metres
12.30 pm U13 BOYS & U15 GIRLS - 3,000 metres
12:50 pm U15 BOYS & U17 LADIES - 4,500 metres
1:20 pm U17 YOUTHS - 6,000 metres
1:50 pm SENIOR, U20 & VET LADIES - 8,000 metres
2:30 pm SENIOR, U20 & VET MEN - 9,600 metres

***N.B. U11 BOYS & U11 GIRLS WILL NOT RUN IN MATCH NUMBERS 1 & 5.**

AGES

- U11** – aged 9 or 10 as at midnight 31 Aug/1 Sept 10
U13 – aged 11 or 12 as at midnight 31 Aug/1 Sept 10
U15 – aged 13 or 14 as at midnight 31 Aug/1 Sept 10
U17 – aged 15 or 16 as at midnight 31 Aug/1 Sept 10
U20 – aged 17, 18 or 19 as at midnight 31 Aug/1 Sept 10
Seniors – at least 20 as at midnight 31 Aug/1 Sept 10; **Vets** – age on 23/10/10

AFFILIATION

An affiliation fee of £40 is payable by the 13th October 2010. 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 for the support given by City of Manchester Athletics and for the continued support of Colgate-Palmolive's Dental Health Unit.

ENTRIES

Club contacts will be sent the list of members they entered last season which they can amend. The lists will be e-mailed early in September. New Clubs can pull off an entry form from the website. Entries should be sent to the Entries Co-ordinator.

FEES

A fee of 50p will be charged per athlete, per race (all categories). This fee to be paid at the end of the Season. ***PLEASE NOTE THE FOLLOWING NEW CHARGES: 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 numbers*** re-issued on race day.

AWARDS

Each Race/Individuals – the winners of each race plus 1stVet & 1stU20.

Overall/Individuals – SnrMen 1st-6th; SnrWomen 1st-4th; VetWomen 0/35, U20 Men & Women, Men & Women 0/40, 0/45, 0/50 1st, 2nd, 3rd; Vet Men & Women 0/55, 0/60 1st; Girls & Boys U17, U15, U13, U11 1st, 2nd, 3rd. *Individual overall awards may be increased depending on the number of competitors. An individual's best four scores will be used (U11's all three scores count.)*

Overall/Teams – SnrMen/Div.One (6 to count) 1st, 2nd, 3rd; SnrWomen/Div.One, VetMen/Div.One (4 to count), VetWomen/Div.One (3 to count) 1st, 2nd, 3rd; U20 Men & Women, Boys & Girls U17, U15, U13, U11 (3 to count) 1st, 2nd, 3rd; SnrMen/Div.Two (6 to count), SnrWomen/Div.Two, VetMen/Div.Two (4 to count), VetWomen/Div.Two (3 to count) 1st. *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 scores will be used.*

STRUCTURE

Seniors/Veterans - Teams: There will be two Divisions: Division One will consist of the top 10 Teams from 2009/2010; all other Teams will form Division Two. New Clubs joining the League will start in Division Two. At the end of the Season, the bottom two from Division One will be relegated to Division Two; the top two from Division Two will be promoted to Division One.

HELPERS

Each affiliated Club is asked to provide one helper to assist with marshal duties. Helpers should report to the League Secretary on arrival.

QUERIES

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

CONTACT DETAILS:

Secretary: Brenda Bradshaw, 12 Heaton Drive, Hollins Village, Bury BL9 8BQ. Tel: 0161-796 6310. e-mail address: arnoldbradshaw@btinternet.com.

Entries & Affiliations Co-ordinator: Julie Laverock, 55 Knightswood, Bolton BL3 4UU. Tel: 01204 660227. e-mail: julie.laverock@talk21.com.

Chairman: Bob Lynch, 3 Brocklehurst Drive, Prestbury, Cheshire SK10 4JD. Tel: 01625 829229. e-mail address: pauline_lynch@hotmail.com.

Web address: www.manchesterareaccl.com.

Brenda Bradshaw, Hon.Secretary

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