

MANCHESTER AREA CROSS COUNTRY LEAGUE 2011/2012 SEASON

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

- MATCH 1*** : **SATURDAY 22ND OCTOBER 2011*** [*not for U11s*]
Heaton Park, Manchester. Host Club: Manchester Harriers & A.C.
- MATCH 2** : **SUNDAY 13TH NOVEMBER 2011**
Sherdley Park, St Helens. Host Club: St Helens Sutton
- MATCH 3** : **SATURDAY 3RD DECEMBER 2011**
Wythenshawe Park, Manchester. Host Club: Sale Harriers Manchester AC.
- MATCH 4** : **SUNDAY 15TH JANUARY 2012**
Woodbank Park, Stockport. Host Club: Stockport Harriers & A.C.
- MATCH 5** : **SATURDAY 11TH FEBRUARY 2012**
Clayton Vale, Manchester. Host Club: East Cheshire H. & Tameside A.C.

NB: MATCH DATES ARE SUBJECT TO CONFIRMATION

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
1:40 pm SENIOR, U20 & VET LADIES - 8,000 metres **NB earlier start**
2:30 pm SENIOR, U20 & VET MEN - 9,600 metres
***N.B. U11 BOYS & U11 GIRLS WILL NOT RUN IN MATCH ONE.**

AGES

- U11** – aged 9 or 10 as at midnight 31 Aug/1 Sept 11
U13 – aged 11 or 12 as at midnight 31 Aug/1 Sept 11
U15 – aged 13 or 14 as at midnight 31 Aug/1 Sept 11
U17 – aged 15 or 16 as at midnight 31 Aug/1 Sept 11
U20 – aged 17, 18 or 19 as at midnight 31 Aug/1 Sept 11
Seniors – at least 20 as at midnight 31 Aug/1 Sept 11; **Vets** – age on 22/10/11

AFFILIATION

An affiliation fee of £40 is payable by the 12th October 2011. 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.

CHANGES

U11s will compete in four matches (*not three*) with their best three scores counting. Senior, U20 & Vet Women will start at the earlier time of 1:40 pm (*previously 1:50*).

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. *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 best 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, 2nd. *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 (U11s best three scores).*

STRUCTURE

Seniors/Veterans - Teams: There will be two Divisions: Division One will consist of the top 8 Division One Teams plus the top 2 Division Two Teams from 2010/2011. The bottom 2 Teams from Division One will drop down to 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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