

MANCHESTER AREA CROSS COUNTRY LEAGUE

2012/2013 SEASON *EA Registration Ref: 2662520*

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

MATCH 1* : SATURDAY 20TH OCTOBER 2012* *[not for U11s]*

Heaton Park, Manchester. Host Club: Manchester Harriers & A.C.

MATCH 2 : SATURDAY 10TH NOVEMBER 2012

Sherdley Park, St Helens. Host Club: St Helens Sutton

MATCH 3 : SATURDAY 1ST DECEMBER 2012

Wythenshawe Park, Manchester. Host Club: Sale Harriers Manchester AC.

MATCH 4 : SUNDAY 13TH JANUARY 2013

Boggart Hole Clough, Manchester. Host Club: Salford Harriers & A.C.

MATCH 5 : SUNDAY 10TH FEBRUARY 2013

Woodbank Park, Stockport. Host Club: Stockport Harriers & 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

1:40 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 ONE.**

AGES

U11 – aged 9 or 10 as at midnight 31 Aug/1 Sept 12

U13 – aged 11 or 12 as at midnight 31 Aug/1 Sept 12

U15 – aged 13 or 14 as at midnight 31 Aug/1 Sept 12

U17 – aged 15 or 16 as at midnight 31 Aug/1 Sept 12

U20 – aged 17, 18 or 19 as at midnight 31 Aug/1 Sept 12

Seniors – at least 20 as at midnight 31 Aug/1 Sept 12; **Vets** – age as on 20/10/12

AFFILIATION

An affiliation fee of £40 is payable by the 5th October 2012. 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.

STRUCTURE – NO CHANGES

The two changes instigated last season proved successful and will continue so the U11s will compete in four matches with their best three scores counting and the Senior, U20 & Vet Women will start at 1:40 pm.

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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 lost or forgotten numbers re-issued on race day.

AWARDS – *note changes to awards for Men and Women**

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

Overall/Individuals – SnrMen, SnrWomen, 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. *Men, whatever their category, finishing 1st-6th will receive an additional award; *Women, whatever their category, finishing 1st-4th will receive an additional award. 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). *All Veterans will be scored within their own category rather than within the Veterans race as a whole.

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 7 Division One Teams plus the top three Division Two Teams from 2011/2012. The bottom 3 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 3 from Division One will be relegated to Division Two; the top 3 from Division Two will be promoted to Division One.

MEDICAL COVER

Manchester Medical Services have been booked to provide medical cover at each Match.

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

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

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