

MANCHESTER AREA CROSS COUNTRY LEAGUE

2013/2014 SEASON *EA Registration Ref: 2662520*

In partnership with CITY OF MANCHESTER ATHLETICS
and sponsored by Colgate-Palmolive's Dental Health Unit

- MATCH 1* : SATURDAY 19TH OCTOBER 2013* [*not for U11s*]
Heaton Park, Manchester. Host Club: Manchester Harriers & A.C.
- MATCH 2 : SUNDAY 10TH NOVEMBER 2013
Woodbank Park, Stockport. Host Club: Stockport Harriers & A.C.
- MATCH 3 : SATURDAY 7TH DECEMBER 2013
Sherdley Park, St Helens. Host Club: St Helens Sutton
- MATCH 4 : SUNDAY 12TH JANUARY 2014
Boggart Hole Clough, Manchester. Host Club: Salford Harriers & A.C.
- MATCH 5 : SATURDAY 8TH FEBRUARY 2014
Wythenshawe Park, Manchester. Host Club: Sale Harriers Manchester AC.

TIMES AND APPROXIMATE RACE DISTANCES

- 12 noon U11 GIRLS* - 2,200 metres **N.B. U11B & U11G WILL NOT RUN IN MATCH ONE.*
- 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

AGES as at midnight 31 August/1 September 2013*

- 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 19/10/2013.

AFFILIATION

An affiliation fee of £40 is payable by the 4th October 2013. 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.

HELPERS

Non-host clubs to provide one person to help with marshal duties at one match during the season. Clubs will be advised pre-season which match they are expected to cover. It will be done on a rota basis with four clubs providing one person to give each host club four helpers.

ENTRIES

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

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MACCL 2013/2014 SEASON

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. [**Fee increased as discussed at the AGM following reduced level of sponsorship.*]

AWARDS

EACH RACE - INDIVIDUALS – the winners of each race plus 1stVet & 1stU20.

OVERALL - INDIVIDUALS – Snr Men, Snr 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 scores count). Veterans will be scored within their own category.

In the event of a tie: if one of the individuals has completed five races and one four races, the individual completing five races will take the award; if both individuals have completed five races, the individual with the higher placing in their fifth race will take the award; if there is still a tie, the individual finishing higher more times takes the award.

OVERALL - TEAMS – Snr Men/Div.One (6 to count) 1st, 2nd, 3rd; Snr Women/Div.One, Vet Men/Div.One (4 to count), Vet Women/Div.One (3 to count) 1st, 2nd, 3rd; U20 Men & Women, Boys & Girls U17, U15, U13, U11 (3 to count) 1st, 2nd, 3rd; Snr Men/Div.Two (6 to count), Snr Women/Div.Two, Vet Men/Div.Two (4 to count), Vet Women/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). *In the event of a tie: if one of the teams has completed 5 races and one 4 races, the team completing 5 races will take the award; if both teams have completed 5 races, the team with the higher placing in its fifth race will take the award; if there is still a tie, the team finishing higher more times will take the award.*

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 2012/2013. 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 Div. Two will be promoted to Div. One.

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

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