

MANCHESTER AREA CROSS COUNTRY LEAGUE

2014/2015 SEASON

EA Registration Ref: 2662520

In partnership with APTECO and CITY OF MANCHESTER ATHLETICS

*Supported by THE WATERS WILMSLOW HALF MARATHON
and COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT*

- MATCH 1* : SATURDAY 11TH OCTOBER 2014* [not for U11s]
Woodbank Park, Stockport. Host Club: Stockport Harriers & A.C.
- MATCH 2 : SATURDAY 8TH NOVEMBER 2014
Sherdley Park, St Helens. Host Club: St Helens Sutton
- MATCH 3 : SATURDAY 6TH DECEMBER 2014
Boggart Hole Clough, Manchester. Host Club: Salford Harriers & A.C.
- MATCH 4 : SATURDAY 10TH JANUARY 2015
Heaton Park, Manchester. Host Club: Manchester Harriers & A.C.
- MATCH 5 : SATURDAY 14TH FEBRUARY 2015 [note date has changed from 7th Feb]
Wythenshawe Park, Manchester. Host Club: Sale Harriers Manchester AC.

TIMES AND APPROXIMATE RACE DISTANCES

12 noon U11 GIRLS* - 2,400 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 - 3,500 metres

12:50 pm U15 BOYS, U17 GIRLS & U17 BOYS – 5,000 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 2014*

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 11/10/2014.

AFFILIATION

An affiliation fee of £40 is payable by the 26th September 2014. 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 the City of Manchester Athletics for their continued partnership, to new partners APTECO (*a Data Analysis & Automation Software company*), to new supporters the Waters Wilmslow Half Marathon 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 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 Entries Co-ordinator.

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MACCL 2014/2015 SEASON

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.

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.

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: taking the best four 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 four races will determine the winner.***

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: 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.*

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 2013/2014. 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 Swann Grove, Cheadle Hulme, Cheshire SK8 7HW. Tel: 07919 565904. e-mail: info@completeperformance.co.uk.

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