

MANCHESTER AREA CROSS COUNTRY LEAGUE 2009/2010 SEASON

**SPONSORED BY
REEBOK & CITY OF MANCHESTER ATHLETICS**

MATCH 1* : SATURDAY 24TH OCTOBER 2009* [not for U11s]

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

MATCH 2 : SUNDAY 15TH NOVEMBER 2009

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

MATCH 3 : SATURDAY 12TH DECEMBER 2009

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

MATCH 4 : SUNDAY 3RD JANUARY 2010

Woodbank Park, Stockport. Host Club: Stockport Harriers & A.C.

MATCH 5* : SATURDAY 30TH JANUARY 2010* [not for U11s]

Wythenshawe Park, Manchester. Host Club: Sale Harriers Manchester

TIMES AND APPROXIMATE RACE DISTANCES (metres):

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

***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 09; **U13**—aged 11 or 12 as at midnight 31 Aug/1 Sept 09; **U15**—aged 13 or 14 as at midnight 31 Aug/1 Sept 09; **U17**—aged 15 or 16 as at midnight 31 Aug/1 Sept 09; **U20**—aged 17, 18 or 19 as at midnight 31 Aug/1 Sept 09; **Seniors**—at least 20 as at midnight 31 Aug/1 Sept 09; **Veterans**—age on 24/10/09.

FEES & ENTRIES: to Entries & Affiliations Co-ordinator Julie Laverock, 55 Knightswood, Bolton BL3 4UU. Telephone: 01204 660227. e-mail Julie.laverock@talk21.com. by the 11th October 2008. *See separate note on ways to send your list.* **FEES:** £40 affiliation plus 50p paid retrospectively per athlete, per race (all categories). Cheques payable to *Manchester Area Cross Country League*.

AWARDS: Each Race/Individuals – the winner of each race plus 1st Veteran and 1st U20. **Overall/Individuals** – Senior Men 1st to 6th; Senior Ladies 1st to 4th; 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; Girls & Boys U/17, U/15, U/13 & U11 1st, 2nd, 3rd. Individual overall awards may be increased depending on the number of competitors. **Overall/Teams** – Senior Men (6 to count) 1st, 2nd, 3rd; Senior Women, Men Veterans (4 to count); Women Veterans (3 to count) 1st, 2nd, 3rd; Under 20 Men & Women, Boys & Girls Under 17, Under 15, Under 13, Under 11 (3 to count) 1st, 2nd, 3rd.

Seniors/Veterans – Divisions & B Teams: There will be two Divisions; Division One will consist of 10 Teams (*the top ten from 2008/2009*); all other Teams will form Division Two. B Teams will be included but will start in Division Two for the 2009/2010 Season. 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.

WEB ADDRESS: www.manchesterareaccl.com.

Kindly assisted by Colgate-Palmolive's Dental Health Unit