

# MANCHESTER & DISTRICT CC LEAGUE

AFFILIATED TO THE NORTH OF ENGLAND ATHLETIC ASSOCIATION

## NOTES FOR RACE DAY

League Referee - Tony Riley

### MATCH DATES:

- ◆ Match 1: Saturday 29<sup>th</sup> October 2005 at Heaton Park, Manchester
- ◆ Match 2: Saturday 19<sup>th</sup> November 2005 at Macclesfield
- ◆ Match 3: Saturday 3<sup>rd</sup> December 2005 at Boggart Hole Clough, M/cr
- ◆ Match 4: Saturday 7<sup>th</sup> January 2006 at Broadoak

### RACE TIMING, AGES & APPROXIMATE DISTANCES:

*Matches 1, 2 & 3: Heaton Park, Macclesfield & Boggart Hole Clough will host the North West Womens XC League on the same day. Match 4 at Broadoak will be M&D only. Timings as follows for M&D:*

- ◆ COLTS U/13 [*aged 11 on the day of competition or 12 on 31/8/05*] (approx. 2,400-3,000 metres). *Matches 1,2,3 = 12.15 pm; Match 4 = 1.30 pm.*
- ◆ BOYS U/15 [*aged 13 or 14 on 31/8/05*] (approx. 3,200 metres). *Matches 1,2,3 =12.50 pm; Match 4 = to follow on upon completion of U13s.*
- ◆ YOUTHS U/17 [*aged 15 or 16 on 31/8/05*] (approx. 6,000 metres). *Matches 1,2,3 = 1.35 pm; Match 3 = to follow on upon completion of U15s.*
- ◆ SENIORS/VETERANS/U23/U20 (approx. 9,600 metres) start time *All Matches:* as near to 2.30 pm as possible **but not earlier** [*Seniors aged at least 23 on 29/10/05; Veterans aged at least 40 on 29/10/05; Under 23's aged at least 19 and not older than 22 on 31/8/05, Under 20's aged 17 and not older than 19 on 31/8/05*]. Ages applying for Match 1 will apply for all four matches.

**CLUB VESTS MUST BE WORN. PLEASE REPORT TO THE RACE REFEREE PRIOR TO THE RACE IF ANY OF YOUR MEMBERS ARE NOT ABLE TO MEET THIS REQUIREMENT.**

**FINISH ENVELOPES SHOULD BE COLLECTED FROM THE RACE DESK AT THE START AREA BEFORE THE RACE AND SHOULD BE RETURNED AFTER EACH RACE. PLEASE DON'T KEEP COLTS, BOYS ETC UNTIL THE END OF THE SENIOR RACE.**

**ALL FINISHERS MUST BE DECLARED ON THE FINISH ENVELOPE NOT JUST SCORERS.**

**SECOND CLAIM RUNNERS WHOSE FIRST CLAIM CLUBS ARE NOT AFFILIATED TO THE M&DCCL MAY COMPETE IN THE TEAM COMPETITION FOR THEIR SECOND CLAIM CLUB BUT THEY SHOULD BE NOTED SECOND CLAIM MEMBERS AS SUCH ON THE FINISH ENVELOPE.**

PLEASE PUT MEMBERS SERVING **TEMPORARY SUSPENSION** AS NON-COUNTERS ON THE FINISH ENVELOPE.

PLEASE MARK **VETERANS** WITH A "V" ON THE FINISH CARD AND ALSO THEIR VETERAN STATUS I.E. "V40", "V45", "V50", ETC. N.B. VETERANS CARRY THEIR AGE ON MATCH ONE THROUGHOUT THE SEASON.

PLEASE MARK **UNDER 23** AND **UNDER 20** WITH U23 OR U20 ON THE FINISH ENVELOPE.

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NOTES FOR RACE DAY - CONTINUED

**NAMES:** PLEASE INCLUDE **FIRST & LAST NAMES** WHICH MAKES IT EASIER TO IDENTIFY RUNNERS WHEN WORKING OUT CUMULATIVE RESULTS.

**FINISH TICKETS:** IN ADDITION TO WRITING THE FINISHING POSITIONS ON THE MATCH ENVELOPES, THE **TICKETS** ISSUED TO EACH FINISHER SHOULD BE PLACED IN THE ENVELOPE TO FACILITATE CHECKING.

**GUEST RUNNERS** MAY RUN AT THE DISCRETION OF THE LEAGUE SECRETARY AND REFEREE. THEY SHOULD REPORT **BEFORE** THE RACE COMMENCES. THE FEE IS £2. GUESTS ARE NOT ELIGIBLE FOR ANY AWARDS. THEIR FINISH POSITION AND TIME WILL BE NOTED BUT WILL BE EXTRACTED FROM THE RESULTS AND LISTED SEPARATELY.

### **AWARDS - EACH MATCH - INDIVIDUALS**

THERE WILL BE AN AWARD FOR THE WINNER OF EACH RACE PLUS FIRST VETERAN, FIRST UNDER 23 AND FIRST UNDER 20.

### **AWARDS - OVERALL - INDIVIDUALS**

- ◆ SENIORS - 1<sup>st</sup> to 6<sup>th</sup>
- ◆ VETERANS 0/40, 0/45, 0/50 - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>
- ◆ VETERANS 0/55, 0/60 - 1<sup>st</sup>
- ◆ UNDER 23, YOUTHS U/17, BOYS U/15, COLTS U/13 - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>
- ◆ UNDER 20 - 1<sup>st</sup>
- ◆ IN ADDITION A TROPHY WILL BE AWARDED TO THE WINNER OF THE SENIORS, U23's (includes U20's), VETERANS, YOUTHS, BOYS & COLTS.

### **AWARDS - OVERALL - TEAMS**

MEDALS WILL BE AWARDED TO:

- ◆ SENIORS (six to count) - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>
- ◆ VETS, UNDER 23's (includes Under 20's), YOUTHS, BOYS & COLTS (four to count) - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

### **AWARDS - SENIOR AND VETERAN TEAMS**

WINNING PROMOTION TO HIGHER DIVISION WILL RECEIVE A COMMEMORATIVE AWARD.

### **AWARDS - OVERALL SENIOR TEAM**

A TROPHY WILL BE AWARDED TO THE SENIOR TEAM SHOWING THE MOST IMPROVEMENT OVER LAST SEASON'S PERFORMANCE.

**AWARDS:** UNDER 20, UNDER 23 AND VETERAN MEN MAY TAKE A SENIOR AWARD AND DO COUNT IN THE SENIOR TEAM. UNDER 20 MEN ALSO COUNT IN THE UNDER 23's TEAM.

**RESULTS: PLEASE NOTE NAME OF THE PERSON COMPLETING THE ENVELOPE AND, IF POSSIBLE, THEIR TELEPHONE NUMBER ON THE BACK OF THE ENVELOPE SO THAT ANY QUERIES CAN BE DEALT WITH QUICKLY.**

**RESULTS** WILL BE SENT TO THE CLUB REPRESENTATIVE AS DESIGNATED AT THE AGM UNLESS OTHERWISE NOTIFIED. EACH CLUB TO RECEIVE TWO SETS PLUS ADDITIONAL SETS IF FIELDING COMPETITORS IN THE BOYS, COLTS AND YOUTHS RACES. INDIVIDUAL WINNERS OF THE COLTS, BOYS, YOUTHS, JUNIORS, VETERANS AND SENIORS WILL ALSO RECEIVE A SET. **UNDER 23, UNDER 20 & VETERAN RESULTS** WILL BE CALCULATED USING THE ACTUAL POSITION IN THE RACE AS A WHOLE, I.E. IF THE 1ST VETERAN FINISHES IN 29TH PLACE HE WILL BE CREDITED WITH 29 POINTS.

*Any queries - League Secretaries Brenda & Arnold Bradshaw - 0161-796 6310*

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