



MANCHESTER HARRIERS & ATHLETICS CLUB

Established 1886 • Track and Field • Road Running • Cross Country

Wilf Richards Memorial Primary School Cross-Country League

Saturday 22nd September 2018

Saturday 6th October 2018

Saturday 17th November 2018

Saturday 19th January 2019

Saturday 9th March 2019
plus parents/teachers Race at 11am

Primary School Cross-Country Relay

Saturday 23rd March 2019
Awards presentation at 11:15am

WYTHENSHAW PARK, WYTHENSHAW ROAD, MANCHESTER M23 0AB
Registration at Wythenshawe Park Athletics Track

We've been running the league for more than **50 years** with up to **300** runners enjoying each meeting

The league and relay is free to all schools

Results issued by email after each meeting

To be added to the mailing list or for more information please contact Caroline Baba on email
caroline.MHAC@outlook.com



The Wilf Richards Memorial Primary School Cross-Country League

RACES: Girls - years 3/4; Boys – years 3/4; Girls - years 5/6; Boys - years 5/6.

DISTANCES: Approx. 1K – years 3/4 & approx. 2K – years 5/6.

REGISTRATION: One representative per school (the team manager) to report to the registration desk to collect a set of recording sheets. One recording sheet is to be completed by the team manager per race and returned to the registration desk following each race (there will be a volunteer collecting completed recording sheets at the finish area).

START TIME:

10:00	Girls years 3/4
10:15	Boys years 3/4
10:30	Girls years 5/6
10:45	Boys years 5/6

SCORING: Three to score and no limit on number of runners. Each multiple of three is scored as a team - A, B, C, etc.

AWARDS: Certificates are awarded for the first 20 in each race and will be available for collection at the following event. For the final event these will be available at the relays or posted to the schools.

End of season trophies are awarded for each of the four race categories and will be presented at the Relays event. The trophies are based on the best four races and are awarded to:

A teams - First, second and third
B teams – First, second and third
Individuals – First, second and third

End of season medals will also be awarded for individuals finishing 4th to 10th which will be available for collection at the relays or will be posted to the schools.

Team trophies are returnable, individual awards are to be retained.

Primary Schools Cross-Country Relay

RACES: Girls; Boys

DISTANCES: Approx. 1,350 metres (same course as the years 3/4 league course)

START TIME:

10:00	Girls
10:30	Boys

FORMAT: Four legs. Years 3/4 run legs 1 & 2 and years 5/6 run legs 3 & 4.

Teams are to be registered in advance and runners must run in the order declared on the registration form.

AWARDS: Trophies are awarded for each of the two race categories and are awarded to:

A teams - First, second and third
B teams - First
Individuals - Fastest lap years 3/4 and fastest lap years 5/6

Team trophies are returnable, individual awards are to be retained.

RESULTS: Full results are emailed after each event normally on the Monday morning. Please provide a contact e-mail address at the registration desk.

COST: NO CHARGE for the league or relays but there will be a collection box for a local charity at the registration desk.

REFRESHMENTS: Available at moderate prices, please support us as this helps with the cost of the league.

VOLUNTEERS: We are always grateful for any volunteers to help marshal the course.