



# MANCHESTER HARRIERS & ATHLETICS CLUB

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

## Wilf Richards Memorial Primary School Cross-Country League

Saturday 21st September 2019

Saturday 5<sup>th</sup> October 2019

Saturday 16<sup>th</sup> November 2019

Saturday 18th January 2020

Saturday 7th March 2020

*plus parents/teachers race*

## Primary School Cross-Country Relay

Saturday 21st March 2020

*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](mailto: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:** Approximately 1k – years 3/4 & approximately 1 mile – 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.

**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 fifth and final event 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 4<sup>th</sup> to 10<sup>th</sup> which will be available for collection at the relays or posted to the schools.

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

## Primary Schools Cross-Country Relay

**RACES:** Girls; Boys

**DISTANCES:** Approx. 1k (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.

Registration forms to be submitted in advance and runners must run in the order declared on the registration form.

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

Teams - First, second and third

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.