

MANCHESTER HARRIERS & A.C.

PRIMARY SCHOOLS CROSS COUNTRY LEAGUE

Wilf Richards Memorial Primary Schools Cross-Country League

Event One – 10 am Start
Saturday 17th September 2016

Event Two – 10 am Start
Saturday 8th October 2016

Event Three – 10 am Start
Saturday 19th November 2016

Event Four – 10 am Start
Saturday 21st January 2017

Event Five – 10 am Start
Saturday 4th February 2017
(Includes Parents/Teachers Race at 11am)

Relays – 10 am Start
Saturday – Date TBC at the start of the season.
Walter Hesketh Trophy Cross Country Relays

WYTHENSHAW PARK, WYTHENSHAW ROAD, MANCHESTER M23 0AB
Start area close to the Wythenshawe Park Athletics Track.

The League is still free to all schools.

We've been running the League for more than **40 years**
with about **350** runners enjoying each meeting.

Schools receive results by email after each meeting
and full results at the end of the Season.

For more information contact Caroline Baba on email caroline.baba@fshc.co.uk



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. 1,350 metres – years 3/4 & approx. 1,950 metres – 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 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 4th to 10th which will be presented at the relays or posted to the schools.

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

The Walter Hesketh Trophy 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:

Teams - First, second and third
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.