

2013 Summer Multi-Terrain League

1. The competition will take place on the following Tuesday nights in the Wirral area in September:

- 3th. Sept. Royden Park, Frankby, 7.00pm
- 10th. Sept. Wirral Country Park, Thurstaston, 7.00pm.
- 17th. Sept, Harrison Drive, Wallasey 6.30pm.
- 24th. Sept. Arrowe Park Golf Course, Arrowe Park 6.30pm.

2. This competition is open to **First Claim** members of:

Birkenhead, Buckley, Chester Tri, Deestridders, Ellesmere Port Runners, Helsby, Knowsley Harriers, Liverpool Running Club, Mersey Tri, Penny Lane Striders, Pensby Runners, Picton, Wallasey, West Cheshire, Wirral, plus other UK Athletics affiliated clubs.

Second claim runners may participate if their first claim club does not participate in the competition.

Runners must run in their recognised club colours.

3. Senior race distances will be between 6.5K - 8K.

Minimum age on the night for senior (main) event is 15.

Junior (U.15 and over 12) races will be approx. 2 mile.

4. Each participating club must provide the League with a contact (name, address, telephone number, and e-mail if possible) and **provide a team manager for each race and one Marshall.**

5. Trophies will be awarded for the series as a whole. The number of trophies per category will depend on entry. Individual awards will be based on best position in three out of four races unless two or more athletes are on equal points. In this instance the award will go to the highest finisher in the fourth race or third race if neither athlete competes in the final race.

Age categories for individuals are as follows :

Female: U.20, U.30, U.40, O.40, O.50 O60

Male: U.20, U.30, U.40, O.40, O45, O50, O55, O60

Plus overall individual awards for the best three females and males.

Ages as at first race.

Teams to score over all four races. Males teams to consist of 5 athletes, Female teams to consist of 3 athletes. Should teams be on equal points then position of last scorer in last race will be used to allocate the team position.

Team awards to go to first 3 teams plus first B team.

In addition to the above, there will be spot prizes plus awards for the male and female winners of each race.

Junior medals based on best three out of four races, unless athletes are on equal points then the highest finisher in fourth race will be taken into account. Awards will go to first three of each sex.

There will be no team awards only individual awards and spot prizes for juniors.

Any concerns or issues should initially be raised with Steve Saunders who will consult with the Race Officials. The Race Officials decision is final.

6. Entry fee of £1 per athlete per race, to be collected by each team manager and handed to one of the League Officials at each race.

Beyond expenses, monies raised are for trophies/medals and spot prizes.

7. Each team manager will need to collect athlete entry sheet plus results envelopes from the race HQ.

Numbered Tallies will be issued at the finish to indicate finishing position. The completed envelope (with finishing tallies) should to be handed to one of the League Officials at end of each race. Please ensure all tallies are returned as they are re-used for each race.

A full set of results will be forwarded to Club Contacts as soon as is practical and will also be available at subsequent races in the series. A copy of the results will also be available at www.stevesaunders.co.uk

8. League Officials:

Chair/Results: Steve Saunders (Birkenhead)
24 Stubbs Lane, Prenton, Wirral, CH43 9HJ
Tel: (0151) 653 3187
Email: steve.saunders@btinternet.com

Treasurer: John Keyworth (Pensby)
53 Grange Cross Lane, West Kirby, Wirral, CH48 8BL
Tel: (0151) 625 9807

Committee: Mike Lamb (West Cheshire), Mel Schless (Wallasey).

9. Race Organisers:

Royden Park: John Keyworth Tel: (0151) 625 9807
North Wirral Coastal Park: Mel Schless Tel: (0151) 639 2642
Wirral Country Park, Thurstaston: Mike Lamb Tel: (0151) 355 2520
Arrowe Park: Steve Saunders Tel: (0151) 653 3187

10. Notwithstanding the above UK athletics rules apply.

Steve Saunders 20.4.13.