

## 2009 Summer Multi-Terrain League

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

1st. Sept. Royden Park, Frankby, 7pm

8th. Sept., Harrison Drive, Wallasey 7.00pm.

15th. Sept., Wirral Country Park, Thurstaston 6.30pm.

22nd. 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, Liverpool Running Club, Mersey Tri, Penny Lane Striders, Pensby Runners, Picton, Wallasey, West Cheshire, Wirral, plus other UK Athletics affiliated clubs.

Runners must run in their recognised club colours.

3. Senior race distances will be between 4 and 5.5 miles.

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, 0.40, 0.50 O60 Male: U.20, U.30, U.40, 0.40, 0.50, 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 Referee. The Race Referee's 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. Cloakroom tickets will be issued at the finish to indicate finishing position. The completed envelope (with finishing tickets) should to be handed to one of the League Officials at end of 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](http://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](mailto:steve.saunders@btinternet.com)  
Secretary: Dave Peers (Pensby)  
Treasurer: John Keyworth (Pensby)  
53 Grange Cross Lane, West Kirby, Wirral, CH48 8BL  
Tel: (0151) 625 9807  
Committee: Mike Lamb (West Cheshire), Derek Isherwood (Wirral), Mel Schless (Wallasey).

9. Race Organisers:

Royden Park:	John Keyworth	Tel: (0151) 625 9807
Harrison Drive:	Mel Schless	Tel: (0151) 639 2642
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 28.7.09.