

WINTER RACE SERIES 2017/2018

No need to register just compete in as many of the races listed below as possible. You must wear your Stockport vest and enter the race as a Stockport Harrier. The results will be checked and the relevant points awarded to each competitor. Extra points awarded for the Manchester Area Cross Country League (MACCL). (see below) and some races will have double points. Cash prizes awarded to the 1st, 2nd and 3rd male and female with the highest number of points. This will be based on the number of races entered and not on placings in the race. If you are unable to compete in the Stockport 10 Mile race but are available to marshal, you will receive 5 points. ** = double points races.

<u>DATE</u>	<u>RACE</u>	<u>DISTANCE</u>	<u>POINTS</u>
<i>October</i>			
14 th	MACCL Heaton Park	XC	5
Any	Lyme Park Park Run	5k	10**
<i>November</i>			
4 th	Langley 7	7 miles	15
11 th	MACCL Boggart Hole Clough	XC	10**
<i>December</i>			
2 nd	MACCL Kenworthy Woods	XC	5
3 rd	Stockport 10	10 miles	15
26 th	Star & Garter 5k	5k	5
30 th	Adlington Winter Warmer	10k	20**
31 st	Bowstones Fell Race	7	15
<i>January</i>			
8 th	Hit The Trail	5 miles	5
13 th	MACCL Woodbank	XC	10**
21 st	Three Halls of Stockport	11 miles	20
<i>February</i>			
10 th	MACCL Wythenshawe	XC	5
11 th	Stockport Trail Half marathon	13 miles	20
25 th	Irwell Valley 20 miles	20 miles	25
<i>March</i>			
Any	Woodbank Park Run	5k	5
5 th	Trafford 10k	10k	10

MACCL - extra points awarded: i.e. complete 2 XC races = 2 extra points, 3 XC races = 3 extra points, 4 XC races = 4 extra points, .5 XC races = 5 extra points.