

Macclesfield Harriers - Cross Discipline Challenge 2016

Introduction

The Cross Discipline Challenge exists in order to promote and celebrate participation in all four of the disciplines that the club is active in and to encourage members to branch out and compete in areas outside of their normal preferred discipline and to support the club through volunteering.

New for 2016 is a parallel challenge for juniors; this has been adapted to suit the races available to younger athletes.

Rules

In order to complete the challenge, members must undertake the following:

Discipline	Number required	Seniors	Juniors
Track & Field	2	Track and Field Meetings from: <ul style="list-style-type: none"> Cheshire League Northern League Cheshire Championships Harriers Track & Field mini competition (Participation at two separate meetings required)	Track and Field Meetings from: <ul style="list-style-type: none"> Cheshire League Northern League Youth Development League Cheshire championships (Participation at two separate meetings required)
Road	2	<ul style="list-style-type: none"> Club Road Racing Championship races. NW road relays 	<ul style="list-style-type: none"> Club Road Racing Championship races (subject to UKA age group max distances: u13 5K, u15 6K, u16 10K, u17 15K, u18 25K) Park Run or Junior Park Run
Cross Country	2	Cross Country from NSCCL, MACCL, Cheshire, Northern, National championships.	Cross Country from NSCCL, MACCL, Cheshire, Northern, National championships.
Fell	2	<ul style="list-style-type: none"> Club Fell Championship Wednesday night series Fell Relays 	<ul style="list-style-type: none"> Staffs Moorlands Summer Series Club Fell Championship races (subject to FRA age group limits: u12 3k, u14 5k, u16 7k, u18 10k) Any local Junior race e.g. Shutlingsloe, Bosley fete, Rainow fete, Winkle trout, Langley fete, Hollinsclough fete
Club Volunteer	1	Volunteer to help the club in some way. E.g. marshalling, cake baking, group leading, coaching, magazine delivery, anything else for the club	Volunteer to help the club in some way. E.g. marshalling, cake baking, magazine delivery, write a race report, help at the track or in the shop, anything else for the club

Time Period

The Challenge runs from January to December each year with the exception of the Cross Country which shall include the rest of the season that runs until March

Recognition

When you complete the challenge please just email me detailing which events you have competed in and what volunteering you have done.

Members who successfully complete the challenge will receive the respect and admiration of their club mates. The club will also give a small prize to each successful member; details of the prize will be agreed by the committee, ideally in time for presentations to be made at the AGM.

David Larkin

Cross Discipline Challenge Co-Ordinator

Email: davidlarkin20@hotmail.com

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