

Day	Date	Race	Miles	Ascent	Location
Sun	26/05/2019	Mynydd Myfyr	4	150m/ 500ft	Trefonen Village Hall, near Oswestry SY10 9DY
Wed	12/06/2019	Hot Foot Up Famau	3.5	366m/ 1201ft	Moel Famau upper car park, Bwlch Pen Barras Mold CH7 5SH
Wed	19/06/2019	Robbie Webster's Wobbler	5	Lots - spread over anything between 6 and 10 ascents!	Forest Hills, Frodsham, WA6 6HH
Sat	29/06/2019	Wepre parkrun	3.1	152m/ 500ft	Wepre Park, Connah's Quay CH5 4HL
Sun	07/07/2019	Langley Fete	2.8	198m/ 650ft	Langley Village playing field, near Macclesfield SK11
Wed	24/07/2019	Green Green Grass of Home	5	457m/ 1499ft	Golden Lion, Llangynhafal, LL16 4LN
Sat	27/07/2019	Gyrn Gallop	6.6	350m/ 1150ft	Rhiwlas Community Centre SY10 7JH
Wed	31/07/2019	The Ponderosa	4	290m/ 950ft	Ponderosa Café, Horseshoe Pass, Llangollen LL20 8DR
Wed	07/08/2019	Pie and Peas (RACE FULL)	5	Minimal (compared to the other races in this list!)	Moulton CW9 8PB
Mon	26/08/2019	Cilcain Mountain Race	4.6	392m/ 1286ft	St. Mary's Church, Cilcain, CH7 5NN

Rules

The WCAC Off-Road Summer League is open to all running in these 10 events only, for West Cheshire AC, whether first or second claim.

Separate competitions for men and women (minimum age 17, ie under 20s upwards, to avoid over-racing in the younger age groups)

No prizes, just pride!

Points awarded for 1. Finishing each race and 2. Performance, based on where you finish in relation to other WCAC runners.

1. Two points awarded for each race that you finish (ie doing all 10 gives you 20 points).

2. Performance points awarded for your **5** highest scoring races, ie finish between 5 and 10 races to get a final league position.

In the event of a tie, the person who has completed more races finishes higher up.

The more the WCAC runners in each race, the more points to be won, ie where there are:

5 or fewer WCAC men/ women, 5 points for the 1st WCAC man and woman, 4 for the 2nd, etc.

Between 6 and 10 WCAC men/ women, 10 points for the 1st WCAC man and woman, 9 for the 2nd, etc.

Between 11 and 15 WCAC men/ women, 15 points for the 1st WCAC man and woman, 14 for the 2nd, etc.

eg if 12 women turn up to a race, the 3rd WCAC woman gets 15 points: 2 for finishing the race + 13 for her WCAC position.