

[West Cheshire AC](#) is affiliated to these cross-country leagues, all of which begin in late autumn and run well into winter, as follows:

- [Manchester Area League](#): Races across all age groups from under-11s upwards, at five venues between October and February.
- [North Wales Senior League](#): Separate races for women and men over 15 only, at five venues between October and February.
- [North Wales Junior League](#): Races for under-11s to under-15s; same five dates and venues as North Wales Senior League.
- [North Staffordshire League](#): Races across all age groups from under-11s upwards, at four venues before Christmas.

To take part in any of these leagues except Manchester, you need to be a **first-claim fully paid-up West Cheshire AC member** (ie your “main” club needs to be WCAC); Manchester also allows second-claim members.

Members need to self-register and pay if they wish to enter any of the [North Staffs League](#) races; there is no need to inform West Cheshire AC if you do so.

West Cheshire AC will register and pay entry fees for club members who wish to enter the Manchester Area and North Wales Leagues, on the understanding that club members commit to taking part in at least one round of each league. This commitment is to avoid wasting both club and league money in the cost of providing race numbers for participants, who receive a number that they keep throughout each round of whichever league they are registered in.

If you or your child are interested, and you/ they can commit to this understanding, **please email westcheshireac.xc@gmail.com by Sunday September 24th with the name(s) of those who wish to enter, and which league(s) you/ they wish to enter** (sorry, saying "Yes" on Facebook won't count 😊).

For the North Wales Senior and Junior Leagues, please can you also specify if you/ your child will run in at least one of the first two rounds; the league organiser will not allow entries as yet for later rounds, to avoid providing more race numbers than they need to, although we will still collect names for those rounds.

There is no need to specify which rounds of the Manchester Area League in which you/ your child will run. For members who feel that they cannot commit to running in at least two rounds of the Manchester Area League, you can enter individual rounds yourself, while still paying the very

reasonable whole series cost (£7 as of last season). This can be done via the [SportSoft](#) race entry website (though entries are not yet open).

Provisional league dates and venues are below **(subject to change)**:

Date		Area	Event	Round	At (TBC)
Sat	16/09/2023	North Staffs	League	1	Betley Court Farm
Sat	14/10/2023	North Wales	League	1	Bangor
Sat	14/10/2023	Manchester	League	1	Heaton Park, Manchester
Sat	14/10/2023	North Staffs	League	2	Stafford Common, North Ave.
Sat	21/10/2023	North Wales	League	2	Eirias Park, Colwyn Bay
Sat	11/11/2023	Manchester	League	2	Wythenshawe Park, Sale
Sat	18/11/2023	North Staffs	League	3	Park Hall, Longton
Sat	25/11/2023	North Wales	League	3	Shrewsbury
Sat	02/12/2023	Manchester	League	3	Sherdley Park, St. Helens
Sat	16/12/2023	North Staffs	League	4	Keele University
Sat	13/01/2024	Manchester	League	4	Tatton Park, Knutsford
Sat	20/01/2024	North Wales	League	4	Dolgellau
Sat	10/02/2024	North Wales	League	5	The Marches School, Oswestry
Sat	10/02/2024	Manchester	League	5	Kenworthy Woods

Please also note:

1. Unlike in previous seasons, under-11s **can** participate in all rounds of the Manchester Area League, including the first round.
2. The second round of the North Wales Junior and Senior League is on 04/11/23, and not 28/10/23 as previously advertised.