

# MANCHESTER AREA CROSS COUNTRY LEAGUE 2013/2014 SEASON

in partnership with CITY OF MANCHESTER ATHLETICS

**RESULTS FOR MATCH THREE & INDIVIDUAL'S POSITIONS AFTER 3 MATCHES** can be found on [www.race-results.co.uk](http://www.race-results.co.uk). The provisional results produced on match day have been updated but if you have any queries or further corrections, please contact Brenda Bradshaw (*not race-results*) as soon as possible so that we can ensure the results are correct before going into the next match. **NB it's the best 4 from 5 results that count for both individuals & teams with the exception of the U11's for whom it's the best 3 from 4.** **TEAM POINTS AFTER 3 MATCHES** can be found on the League's website [www.manchesterareaccl.com](http://www.manchesterareaccl.com).

**MATCH THREE** Many thanks to our hosts, St Helens Sutton AC and to the Officials for their continued commitment. After a thorough soaking mid-morning for those marking the course and setting up registration, the weather improved and the runners enjoyed dry, mild conditions. Competing numbers were disappointing with 97 fewer than those competing at Sherdley Park last season. Breakdown as follows:

	<i>U11s</i>	<i>U13s-U17s</i>	<i>Women</i>	<i>Men</i>	<i>Total</i>
This season	85	215	137	250	687
Last season	80	226	153	302	761
<i>entered this season</i>	<i>165</i>	<i>462</i>	<i>425</i>	<i>830</i>	<i>1882</i>

**MATCH FOUR – SUN 12 JAN - VENUE DETAILS & COURSE MAP:** venue notes for Boggart Hole Clough can be found under “MACCL–Course Maps & Venue Notes” on the website [www.manchesterareaccl.com](http://www.manchesterareaccl.com). The course map will be posted in the New Year.

**ADDITIONAL ENTRIES** for match four must reach us at least **48 HOURS BEFORE MATCH DAY. INDIVIDUALS MUST ENTER THROUGH THEIR CLUB.** Clubs should contact the ENTRIES CO-ORDINATOR, JULIE LAVEROCK, by email or by telephone. Numbers will then be ready for collection on race day. **INDIVIDUALS PLEASE NOTE – YOU RISK NOT BEING ABLE TO COMPETE IF YOU DON'T ENTER THROUGH YOUR CLUB.** An updated list of those already entered will be posted on the website on the 15<sup>th</sup> December and again on the 5<sup>th</sup> January.

**LOST PROPERTY:** the list of items found continues to grow: a Nike black long-sleeved top was found at Sherdley Park and the one green, Puma, spiked shoe, size 7½ found at Woodbank Park and the pink, waterproof jacket found at Heaton Park have not been claimed. These items will be taken to Match 4 where their owners may claim them.

**PRESENTATION OF AWARDS – 8 FEB 2014:** **SENIOR** presentations will be made in the Courtyard Café in Wythenshawe Park – *see separate notice for full details.* **JUNIOR** presentations will take place as soon as possible after each race – *again see separate notice for full details.*

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**NUMBERS** have been allocated for the whole season. Most numbers were collected by Team Managers at Match One. It is the Clubs responsibility to ensure their runners have the correct number for each match. **REMEMBER, THE NUMBER ALLOCATED IS THE NUMBER FOR ALL FIVE MATCHES SO KEEP YOUR NUMBER SAFE, BRING IT TO EACH MATCH AND REMEMBER SAFETY PINS!** Remember too that there is a 50p charge for replacement numbers! Producing your own replacement number is not an option. If you've lost or forgotten your number you must report to Registration. Not wearing a number or wearing a number not provided by the League can lead to disqualification.

**PHOTOGRAPHS** Anyone wishing to take photographs or videos on match day must first sign in at Registration. This applies even if you are taking photos of your own child or your Club's runners. This is a child protection policy with which we are obliged to comply. Professional photographers should apply to the League for permission prior to the event. **PHOTOS** taken at Match Three and the short promotional **VIDEO** taken at Match One are on the League's website - to view them follow the links.

**COMPETITORS PLEASE NOTE** you are recorded twice, once as you cross the finish line and again at the end of the finish funnel. Numbers should be worn as issued – do not fold or cut them down. They should be worn on the chest which gives the recorders the best possible chance of being able to read them. Please note the following guidelines .....

- stopping your watch as you cross the finish line obscures your number
- do not leave the finish funnel mid-way along
- stay in finish order to the end of the finish funnel
- keep walking through the finish funnel (unless a judge recorder requests otherwise)
- do not stop to talk to fellow competitors until you have left the funnel
- if you have a query about your finish place or time bring it to the attention of the Race Referee – please don't interrupt the judge recorders and timekeepers.

**SUPPORTERS PLEASE SHOW CONSIDERATION** ..... for the officials ..... standing around the finish funnel area to congratulate your runners is an unwelcome distraction for the recorders and timekeepers. It doesn't matter whether there are twenty runners coming in or two – distracting the recorders can lead to runners not being recorded. .... for the marshals and runners ..... encroaching on the course is distracting for the runners and not responding to a request to get off the course shows a complete lack of consideration for both runners and marshals.

**Don't forget** there will be a **Merit Award** (see separate note) and a **Raffle** (see note in the Senior Presentation Flyer) at the end of the season.

**CONTACTS** - **Chairman**: Nick Bishop, 4 Swann Grove, Cheadle Hulme, Cheshire SK8 7HW. Tel: 07919 565904. e-mail: [info@completeperformance.co.uk](mailto:info@completeperformance.co.uk). **Hon.Sec.& Results Co-ordinator**: Brenda Bradshaw, 12 Heaton Drive, Hollins Village, Bury BL9 8BQ. Tel: 0161-796 6310; email: [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com). **Entries & Affiliations Co-ordinator**: Julie Laverock, 55 Knightswood, Bolton BL3 4UU. Telephone: 01204 660227; email: [Julie.laverock@talk21.com](mailto:Julie.laverock@talk21.com). **website**: [www.manchesterareaccl.com](http://www.manchesterareaccl.com).