

MANCHESTER AREA CROSS COUNTRY LEAGUE 2013/2014 SEASON

In partnership with CITY OF MANCHESTER ATHLETICS

The following 31 Clubs have affiliated: ABC RUNNERS, ALTRINCHAM & DISTRICT AC, BELLE VUE RACERS, BRAMHALL RUNNERS, DRAGONS RC (SALE)*, EAST CHESHIRE H & TAMESIDE AC, HALTON & FRODSHAM HARRIERS, KNUTSFORD TRI CLUB*, LIVERPOOL H & AC, MMU HARRIERS, MACCLESFIELD H & AC, MANCHESTER H & AC, MANCHESTER FRONTRUNNERS, MANCHESTER TRIATHLON CLUB, MANCHESTER YMCA HARRIERS, MIDDLETON H AC, MOSTON & DISTRICT H & AC, ST HELENS STRIDERS*, ST HELENS SUTTON AC, SALE H MANCHESTER AC, SALFORD H & AC, SALFORD MET AC, STOCKPORT H & AC, SWINTON RC, TRAFFORD AC, UNIVERSITY OF MANCHESTER CC CLUB, VALE ROYAL AC, WARRINGTON AC, WEST CHESHIRE AC, WILMSLOW RC, WIRRAL AC. *Clubs new to the League.

MATCH ONE – Venue notes and the course map are available under “Latest venue info”.

SENIOR & VETERAN MENS TEAMS – DIVISION ONE

Senior Men	Veteran Men
ALTRINCHAM & DISTRICT AC	ALTRINCHAM & DISTRICT AC
MACCLESFIELD H & AC	EAST CHESHIRE H & TAMESIDE AC
MANCHESTER TRIATHLON	MANCHESTER TRIATHLON
SALE H MANCHESTER AC	SALE H MANCHESTER AC
SALE H MANCHESTER AC - B	SALFORD H & AC
SALFORD H & AC	STOCKPORT H & AC
STOCKPORT H & AC	SWINTON RC
SWINTON RC	TRAFFORD AC
TRAFFORD AC	WILMSLOW RC
WILMSLOW RC	WILMSLOW RC – B

SENIOR & VETERAN WOMENS TEAMS – DIVISION ONE

Senior Women	Veteran Women
ALTRINCHAM & DISTRICT AC	ALTRINCHAM & DISTRICT AC
MACCLESFIELD H & AC	EAST CHESHIRE H & TAMESIDE AC
MANCHESTER TRIATHLON	MACCLESFIELD H & AC
SALE H MANCHESTER AC	MANCHESTER TRIATHLON
SALFORD H & AC	SALE H MANCHESTER AC
STOCKPORT H & AC	STOCKPORT H & AC
TRAFFORD AC	TRAFFORD AC
VALE ROYAL AC	VALE ROYAL AC
WILMSLOW RC	WILMSLOW RC
WILMSLOW RC – B	WILMSLOW RC – B

SENIOR & VETERAN TEAMS – DIVISION TWO – all other teams.

RACE NUMBERS should be collected by **Team Managers** at Match One. **The number allocated is for all five matches so keep it safe, bring it to each match and remember safety pins!** **Runners are reminded that they will be charged 50p for a re-issued, handwritten number.** There are three basic sets: **white** background starting at **No. 1** for **Boys & Girls U11, U13, U15 & U17**; **yellow** background starting at **No. 1** for **Senior, U20 & Veteran Women**; **blue** background starting at **No. 1** for **Senior, Under 20 & Veteran Men**. It is the responsibility of Clubs to ensure their runners have the correct number for each match.

Kindly assisted by: DECATHLON www.decathlon.co.uk & Colgate-Palmolive's Dental Health Unit

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ENTRIES Late entries will be accepted but please help us by sending them at least 48 HOURS BEFORE EACH RACE. PLEASE DON'T LEAVE IT UNTIL RACE DAY. We will, of course, accept entries on race day but that facility is meant for special circumstances when you really didn't know that a runner was going to compete. Race day entries do cause more work and can be the cause of frustration if a queue forms! **Individuals** should check with their Team Manager that they are entered. **Team Managers** should contact the ENTRIES CO-ORDINATOR, JULIE LAVEROCK, by email or by telephone at least 48 hours before each race. Numbers will then be ready for collection on race day.

Individuals should contact their Team Manager (your Club will know who he/she is). Entries from individuals will not be accepted but will be directed to their Club. A **list of those pre-entered** will be posted on the website in a couple of days so that individuals can check if they've been entered.

Individuals who are not pre-entered: What to do on race day – bring along your EA Registration Card, complete an entry form (available from the Registration Desk), seek out your Team Manager and get him/her to enter you. As a last resort, if you are unable to find your Team Manager, present yourself to the Registration Team.

Results for MATCH ONE will be available on www.race-results.co.uk. If you have any queries or corrections, please contact Brenda Bradshaw (*not race.results*) as soon as possible to ensure the results are correct before going into Match Two. **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.**

MATCH ONE – SAT. 19 OCT - VENUE DETAILS & COURSE MAP for Heaton Park can be found under “Latest venue info” on the website www.manchesterareaccl.com.

HELP NEEDED – four non-host clubs are to provide one person each to help with marshal duties at one match during the season. This is being done on a rota basis. The four Clubs expected to help at Heaton Park will be contacted separately.

COMPETITORS PLEASE NOTE the following when finishing a race.....

- *stopping your watch as you cross the finish line obscures your number*
- *do not leave the finish funnel mid-way along*
- *barging runners out of the way is unacceptable*
- *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.*

See separate notes for news: *of a Special Merit Award; on the Presentation of Overall Awards; on a Promotional Video to be made at Match One; on what happens in the event of a tie.*

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

Brenda Bradshaw

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