

MANCHESTER AREA CCL - 2011/2012 SEASON

SPONSORED BY CITY OF MANCHESTER ATHLETICS

The following Clubs are affiliated: ABC RUNNERS, ALTRINCHAM & DISTRICT AC, BELLE VUE RACERS, EAST CHESHIRE H & TAMESIDE AC, HALTON & FRODSHAM AC, HANDFORTH WILMSLOW ALDERLEY AC, MMU H, MACCLESFIELD H & AC, MANCHESTER H & AC, MANCHESTER FRONTRUNNERS, MANCHESTER TRIATHLON CLUB, MANCHESTER YMCA H, MIDDLETON H AC, MOSTON & DISTRICT AC, ST HELENS SUTTON AC, SALE HARRIERS MANCHESTER AC, SALFORD H & AC, SALFORD METROPOLITAN AC, SOUTH CHESHIRE HARRIERS, STOCKPORT H & AC, SWINTON RC, TRAFFORD AC, VALE ROYAL AC, WARRINGTON AC, WARRINGTON TRIATHLON CLUB, WEST CHESHIRE AC, WILMSLOW RC, WIRRAL AC.

Divisional Team Results for MATCH ONE can be found under “Latest Results” on the website www.manchesterareaccl.com.

Results for MATCH ONE can be found on www.race-results.co.uk. If you have any queries or corrections, please contact Brenda Bradshaw (*not Graham Fecitt*) as soon as possible so that we can 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.**

NUMBERS have been allocated for the whole season. There are two basic sets: **001-999** for **Boys & Girls U11, U13, U15, U17, Senior, U20 & Veteran Women; 001-700** for **Under 20 Men, Senior & Veteran Men**. Most of the numbers for those pre-entered were collected by the Team Managers at Match One. It is the responsibility of the Clubs 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!**

MATCH ONE was well supported with 192 completing the junior races, 171 Women and 363 Men. Last season the numbers were 181, 158 and 297 respectively. Apart from a cool wind, the weather was good – no rain! Many thanks go to Manchester Harriers & AC for hosting the Match and to the Officials for their continued help and support.

MATCH TWO – SUNDAY 15 NOVEMBER - VENUE DETAILS for Sherdley Park, St Helens, can be found under “Latest venue info” on the website www.manchesterareaccl.com. The course map will be posted as soon as available.

PHOTOGRAPHS Harry Shakeshaft is the League's official photographer and photos from Match One can be found on www.hsphotos.co.uk. Anyone wishing to take photographs or videos on Match Day must first sign in at Registration. This is a child protection policy with which we are obliged to comply.

HELP NEEDED - affiliated clubs are asked to provide one person at each match to assist the host club with marshal duties. Helpers should report to the registration desk.

CONTACTS - **Chairman:** Bob Lynch, 7 Brocklehurst Drive, Prestbury, Cheshire SK10 4JD Tel: 01625 829229; email c/o: pauline_lynch@hotmail.com; **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 (Hon.Sec.)

Kindly assisted by Colgate-Palmolive's Dental Health Unit

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ENTRIES

As advised, the League will accept late entries 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! This proved to be the case at Match One when the Registration Team had to deal with 120 entries. They also had to deal with athletes who were already entered but hadn't checked with their Club beforehand.

So, 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 entered already (pre-entries and entries received at Match One) will be posted on the website by the 6th November so that Team Managers and individuals can check if they've been entered.

FINISHING – COMPETITORS PLEASE NOTE....

stopping your watch as you cross the finish line obscures your race number; barging runners out of the way is not acceptable behaviour; 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 are out of the finish funnel. Many thanks.

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