

# MANCHESTER AREA CROSS COUNTRY LEAGUE 2012/2013 SEASON

**SPONSORED BY CITY OF MANCHESTER ATHLETICS**

*The following 31 Clubs have affiliated: ABC RUNNERS, ALTRINCHAM & DISTRICT AC, BELLE VUE RACERS, BRAMHALL RUNNERS\*, EAST CHESHIRE H & TAMESIDE AC, HALTON & FRODSHAM HARRIERS, HANDFORTH WILMSLOW ALDERLEY, 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 SUTTON AC, SALE H MANCHESTER AC, SALFORD H & AC, SALFORD MET AC, SOUTH CHESHIRE HARRIERS, 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. \*\*Club new to the League, affiliated prior to Match Two.*

**Results for MATCH ONE** can be found on [www.race-results.co.uk](http://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.**

**MATCH TWO – SATURDAY 10 NOVEMBER - VENUE DETAILS & COURSE MAP** for Sherdley Park, St Helens, can be found under “MACCL–Course Maps & Venue Notes” on the website [www.manchesterareaccl.com](http://www.manchesterareaccl.com). Please note that, in addition to the toilets indicated in the Venue Notes, there will be three portaloos close to the start/finish area. **NB THIS MATCH, UNLIKE PREVIOUS SEASONS, IS ON A SATURDAY.**

**MATCH ONE** 206 completed the junior races (U13 to U17) against 192 in 11/12 and 181 in 10/11; 187 completed the Women's race against 171 in 11/12 and 158 in 10/11; 351 completed the Men's race against 363 in 11/12 and 297 in 10/11. The weather was very good. Many thanks go to Manchester Harriers & AC for hosting the Match and to the Officials for their continued help and support.

**PHOTOGRAPHS** regrettably the League's official photographer, Harry Shakeshaft, was not available due to ill health but Don Bullough of Wilmslow RC and Sid Sacks of Salford Harriers & AC stepped in on behalf of the League and took photos at Match One. Nick Bishop of the League's Working Group (& Wilmslow RC) has posted them on the web and these can be viewed at [Heaton Park Photos](#). Simply click on the link then click on a photo to enlarge the image. **NB: 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.**

**RACE NUMBERS** have been allocated for the whole season. There are two basic sets: **yellow** background starting at **No. 1** for **Boys & Girls U11, U13, U15, U17, Senior, U20 & Veteran Women**; **blue** background starting at **No. 101** for **Senior, Under 20 & 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, handwritten numbers!**

**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. If you know in advance that you have someone please let me know and I can advise the host club.

Kindly assisted by Colgate-Palmolive's Dental Health Unit

# MANCHESTER AREA CROSS COUNTRY LEAGUE 2012/2013 SEASON

**SPONSORED BY CITY OF MANCHESTER ATHLETICS**

**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 accept entries on race day **FROM TEAM MANAGERS** 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 we also ran out of entry forms, which didn't help, but we shouldn't have had to deal with so many entering on the day. Registration also had to deal with athletes who were **already entered** but hadn't checked with their Club beforehand. **INDIVIDUALS MUST ENTER THROUGH THEIR TEAM MANAGER.**

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.

*An updated list of those entered already entered will be posted on the website on the 8<sup>th</sup> November. A copy of the list will also be available on Match Day so that individuals can check if they've been entered.*

## **WHEN FINISHING YOUR RACE – COMPETITORS PLEASE**

**NOTE...** *stopping your watch as you cross the finish line obscures your race number; barging runners out of the way is unacceptable 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. Please do not interrupt either the timekeepers or the judge recorders with any queries whilst the race is in progress. Queries should be directed through the Referee. Many thanks.*

**CONTACTS** - **Chairman:** Bob Lynch, 7 Brocklehurst Drive, Prestbury, Cheshire SK10 4JD Tel: 01625 829229; email c/o: [pauline\\_lynch@hotmail.com](mailto: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](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).

*Brenda Bradshaw (Hon.Sec.)*

**Kindly assisted by Colgate-Palmolive's Dental Health Unit**