

MANCHESTER AREA CROSS COUNTRY LEAGUE 2012/2013 SEASON

SPONSORED BY CITY OF MANCHESTER ATHLETICS

MATCH THREE Thanks go to the Host Club, Sale Harriers Manchester, who had to make last minute changes to the course and contend with parking problems due to the saturated ground. Despite that, the races were well supported with 296 (222 11/12) completing the junior races (including 79 Under 11s [60 11/12]), 169 Women and 321 Men (152 & 324 respectively 11/12). Thanks too to the Officials for their continued help and support. Weather conditions were very good. Regrettably one of the Senior Women suffered an injury during her race and it subsequently became obvious that not everyone is aware of the medical cover in place at all of the League's matches and what should be done if faced with a situation that requires medical assistance so here's a reminder

MEDICAL COVER is provided by **Manchester Medical Services**. They have two Emergency Medical Technicians on site, a 4x4 vehicle, AED (Automated external defibrillator), medical gasses and medical kit. In addition, a member of the League's Working Group, based at Registration, holds a dedicated mobile phone. The dedicated phone number is known by the marshals so that they can phone for assistance in the event of an emergency. We are now making this number available to everyone and if you witness an incident that requires medical aid and there isn't a marshal nearby, you should use it to call for assistance – it's **07588 503545**. Only use this number to summon medical aid and note it's only available on match day. We also ask that anyone witnessing an incident requiring medical assistance, report it to the League (*preferably to someone on Registration*) as soon as possible.

RESULTS FOR MATCH THREE 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 Four. Several corrections have already been made to those published on Match Day but we still need clarification for Race 2 results (U11B & U13G). *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.* **Veteran Category Results** are included with each Veteran Category being treated as a separate race and **Team Results** can also be found on www.race-results.co.uk including the Divisional Team Results for Seniors and Veterans.

PHOTOGRAPHS Rod Coombs of Wilmslow RC and Sid Sacks of Salford H & AC again stepped in on behalf of the League in the absence of Harry Shakeshaft. Photos can be viewed on the following links - [Heaton Park](#) - [Sherdley Park](#) - [Wythenshawe Photos](#). *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. Professional photographers should apply to the League for permission prior to the event.*

MISSING AND/OR LOST ITEMS Swinton RC have a pair of red running spikes that were left with their kit but find they don't belong to any of their members. A runner from the same Club lost a pair of black gloves and wondered if anyone has found them?

MATCH FOUR – SUNDAY 13TH JANUARY - VENUE DETAILS & COURSE MAP for Boggart Hole Clough, will be posted under “MACCL–Course Maps & Venue Notes” (www.manchesterareaccl.com) early in the New Year.

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RACE NUMBERS – PLEASE CHECK YOU ARE WEARING THE CORRECT NUMBER – it's particularly irritating when someone wears a number from another League! There are two basic sets: **yellow** background for **Boys & Girls U11, U13, U15, U17, Senior, U20 & Veteran Women**; **blue** background 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! Remember too that numbers should be worn on the chest and as issued, i.e. not folded or cut down.**

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. Thanks go to Wilmslow RC who are the only club thus far to have volunteered marshals to assist the host clubs. Basically we should be able to offer 26 (*volunteers are reminded to dress warmly and bring refreshments*).

ADDITIONAL ENTRIES FOR MATCH FOUR The League will accept late entries but please help us by sending them AT LEAST 48 HOURS BEFORE MATCH DAY. PLEASE DON'T LEAVE IT UNTIL RACE DAY. Team Managers should contact the ENTRIES CO-ORDINATOR, JULIE LAVEROCK, by email or by telephone. 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.

ENTRIES ON MATCH DAY we are still having to deal with lots of entries on match day. Instructions on how to enter are, with a few exceptions, being ignored. **Entries on the day should be made by TEAM MANAGERS i.e. INDIVIDUALS SHOULD ENTER THROUGH THEIR TEAM MANAGER** and you should check the **LIST OF ENTRIES** to see if you've already been entered. An updated list of those already entered will be posted on the website on the 8th January. A copy of the list will also be available on Match Day so that individuals can check if they've been entered. WE ALSO NEED EA COMPETITION LICENCE NUMBERS which comprise seven numbers.

OVERALL AWARDS PRESENTATION – 10 FEB 2013 See separate sheets.

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