

MANCHESTER AREA CROSS COUNTRY LEAGUE 2013/2014 SEASON

in partnership with CITY OF MANCHESTER ATHLETICS

RESULTS FOR MATCH FOUR & INDIVIDUAL POSITIONS AFTER 4 MATCHES

can be found on 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 final 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 4 MATCHES** can be found on the League's website www.manchesterareaccl.com. Again, corrections and queries to Brenda Bradshaw.

MATCH FOUR Many thanks to our hosts, Salford Harriers & AC, and to the Officials for their continued commitment. The weather was good but very cold. The wet weather experienced in the days leading up to the Match resulted in the course, which had been changed from previous seasons, being shortened. The new course drew approving comments from many of the competitors. Competing numbers were up on last season with 112 more runners. Breakdown as follows:

	<i>U11s</i>	<i>U13s-U17s</i>	<i>Women</i>	<i>Men</i>	<i>Total</i>
This season	90	203	162	295	750
Last season	91	181	134	232	638
<i>*apologies – figures reported following Match Three for Women (425) and Men (830) were incorrect:</i>					
<i>entries this season</i>	<i>175</i>	<i>469</i>	<i>422*</i>	<i>833*</i>	<i>1899</i>

MATCH FIVE – SAT 8 FEB - VENUE DETAILS & COURSE MAP will be posted under “MACCL – Course Maps & Venue Notes” on the website as soon as they are available - www.manchesterareaccl.com.

ADDITIONAL ENTRIES for the final match 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 25th January and again on the 1st February.

LOST PROPERTY: the list of items left on match day continues to grow: Salford Harriers have some gazebo or tent equipment, a pair of Saucony trainers and a headband and the League has a pair of black woollen gloves with grey cuffs – all left behind at Boggart. Items from previous matches remain unclaimed: a Nike black long-sleeved top found at Sherdley Park; one green, Puma, spiked shoe, size 7½ found at Woodbank Park and a pink, waterproof jacket found at Heaton Park. All items will be taken to Match 5 where their owners may claim them.

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NEW FOR THE 2013/2014 SEASON - SPECIAL MERIT AWARD to be presented at the Senior Presentation. **Is there a member of your Club who merits an award?** We would like each Club to nominate one of their members who has made a significant contribution to their Club's participation in the League. They don't have to be a competing member, they might be a coach or a team manager – anyone who has made a contribution. Your nomination should be submitted to the League by **Sunday 26th January** with the reason why you feel this person merits a special award. The nomination should be made by your Club Contact. The League's Working Group will decide the winner. Announcement of the winner will be made at the Senior Presentation.

**PRESENTATION OF
U11, U13, U15, U17 AWARDS
SAT 8TH FEB 2014 - WYTHENSHAW PARK**

Awards for the Junior Races

U11, U13, U15 & U17s

*will be made at Wythenshawe Park as soon as possible
following completion of each race.*

*Presentations, weather permitting, will take
place close to the race finish area.*

However, all will be welcome at the

COURTYARD CAFÉ

*in WYTHENSHAW PARK and winners may have their awards
presented again if they wish. However, if you wish to have the
Hot Pot you must pre-book it by Friday 31st January. See the
Senior Presentation notice for full details.*

Any queries

*please contact Brenda Bradshaw on 0161-796 6310
or email Brenda at arnoldbradshaw@btinternet.com.*

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PRESENTATION OF SENIOR OVERALL AWARDS
SATURDAY 8TH FEBRUARY 2014 at the
C O U R T Y A R D C A F É

in WYTHENSHAW PARK

Timetable:

3:30 pm Room in the Courtyard Café available

Tea and Coffee can be purchased;

4:30 pm Hot Pot will be served

5:00/5:15 pm Presentation of Awards*

*The Presentation of the Senior, Under 20 & Veteran Overall Awards will take place in the Courtyard Café, in Wythenshawe Park. **All are welcome and you can come straight from the Match – no need to change.** We just ask that you have clean footwear – i.e. no muddy trainers please! ***We'll aim to get the Presentation underway very soon after 5 o'clock.***

AND!** you can have **HOT POT** for just **£3!** **BUT!** as we have to pre-book the hot pot, **tickets have to be purchased in advance.** You will be able to purchase soft drinks and tea or coffee from 3:30 pm. **The last date for booking the Hot Pot is Friday 31st January.** Payment must also be made by this date. A Vegetarian Hot Pot will be available but **has to be pre-booked.

***AND! we're having a free Raffle!** Just bring along your race number, put it in the draw and you could win a pair of the new **Ground Control Fell Shoe** from **Running Bear** (<http://mountainbearuk.com>). The owners of the first woman's and the first man's numbers drawn will be the winners. **BUT!** the raffle is only open to Senior runners attending the Presentation. The draw will be made when all the Awards have been presented.*

***AND! we'll announce the winner of the Special Merit Award!** Clubs are asked to nominate a member who has made a significant contribution to their Club's participation in the League. See separate notice for full details.*

Any queries or to book tickets for the Hot Pot - please contact Brenda Bradshaw on 0161-796 6310 or email Brenda at arnoldbradshaw@btinternet.com.

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NUMBERS 64 runners didn't have their number for Match Four and replacement numbers had to be raised. Is it really too much to ask that runners look after their numbers and make sure they have them for each match? *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 Boggart Hole Clough can be found on www.hsphotos.co.uk.*

QUALIFYING AGES – reminder that the qualifying ages remain in place for the whole season:

U11 – aged 9 or 10 as at midnight 31 Aug/1 Sept 13

U13 – aged 11 or 12 as at midnight 31 Aug/1 Sept 13

U15 – aged 13 or 14 as at midnight 31 Aug/1 Sept 13

U17 – aged 15 or 16 as at midnight 31 Aug/1 Sept 13

U20 – aged 17, 18 or 19 as at midnight 31 Aug/1 Sept 13

Seniors – at least 20 as at midnight 31 Aug/1 Sept 13

Veterans – age as of 19 October 2013

COMPETITORS PLEASE NOTE *you are recorded twice, once as you cross the finish line and again further down 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 a distraction for the recorders and timekeepers. It doesn't matter whether there are 20 runners coming in or two – distracting the recorders can lead to runners not being recorded. *for the runners and marshals* 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.

CONTACTS - **Chairman**: Nick Bishop, 4 Swann Grove, Cheadle Hulme, Cheshire SK8 7HW. Tel: 07919 565904. e-mail: 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. **Entries & Affiliations Co-ordinator**: Julie Laverock, 55 Knightswood, Bolton BL3 4UU. Telephone: 01204 660227; email: Julie.laverock@talk21.com. **website**: www.manchesterareaccl.com.

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