

MANCHESTER AREA CROSS COUNTRY LEAGUE 2013/2014 SEASON

in partnership with CITY OF MANCHESTER ATHLETICS

CLUBS AFFILIATED TO THE LEAGUE: 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, RIBBLE VALLEY 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.

**denotes Clubs new to the League.*

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.***

MATCH TWO – SUNDAY 10 NOVEMBER - VENUE DETAILS & COURSE MAP for Woodbank Park, Stockport will be posted next week under “MACCL–Course Maps & Venue Notes” on the website www.manchesterareaccl.com. Please note this is not the usual venue for Match Two.

MATCH ONE Total number competing was 784 broken down as follows: ***JUNIORS U13 to U17:*** 229 completed their races against 206 in 12/13, 192 in 11/12 and 181 in 10/11. ***WOMEN:*** 212 completed the Women's race against 187 in 12/13, 171 in 11/12 and 158 in 10/11. ***MEN:*** 343 completed the Men's race against 351 in 12/13, 363 in 11/12 and 297 in 10/11. It was a warm, sunny day and conditions were good. Many thanks to Manchester Harriers & AC for hosting the Match and to the Officials for their continued help and support. *Entries total 1,667 (Juniors 518; Women 390; Men 759).*

PHOTOGRAPHS – hsphotos.co.uk We are delighted to report that Harry Shakeshaft is back this season. You can view photos from Match One at www.hsphotos.co.uk. ***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.***

VIDEO As advised, a short promotional video of Match One was made and will be available to view on YouTube soon. It's a representation of the League and shows what happens on Match day. We're sure you'll enjoy it. I'll post details on the home page of the website as soon as it's available to view – www.manchesterareaccl.com.

RACE NUMBERS have been allocated for the whole season. 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**. 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! You risk disqualification if you race in a number not provided by the League.***

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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 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! ***INDIVIDUALS SHOULD CHECK WITH THEIR CLUB TO SEE IF THEY HAVE BEEN ENTERED AND 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.**

Individuals please note – you risk not being able to compete if you don't enter through your Team Manager so get yourself sorted in good time.

An updated list of those already entered will be posted on the website this weekend and additional entries will be posted on the 2nd November and again on the 7th.

LOST PROPERTY a pink, waterproof jacket was found in Heaton Park on the high ground close to the registration area. The owner should contact Brenda.

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*
- *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.*

Don't forget there will be a **Merit Award** and a **Raffle** at the end of this season – see notes on the website. There's also great news about the **Presentation** of Awards as this will take place in Wythenshawe Park - full details will be posted on the website very soon.

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.

Hope you enjoyed Match One and are looking forward to Match Two!

*Brenda Bradshaw
(Hon.Sec.)*