

MANCHESTER AREA CROSS COUNTRY LEAGUE

2014/2015 SEASON EA Registration Ref: 2662520

In partnership with APTECO and CITY OF MANCHESTER ATHLETICS
Supported by THE WATERS WILMSLOW HALF MARATHON
 and COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT

RESULTS FOR MATCH FOUR can be found on www.race-results.co.uk. If you have any queries or corrections, please contact Brenda (*not race-results*) as soon as possible. Team Points & Positions can be found under “MACCL – Results” together with Cumulative Points after four Matches. *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.*

SENIOR & VETERAN TEAMS remember we may change the structure next season to accommodate the rising number of competing teams. We'll use the final positions from this season when deciding what to do. The chart gives the number of teams in Division Two to-date.

	<i>Number of teams in Division Two per match</i>				
	<i>Match One</i>	<i>Match Two</i>	<i>Match Three</i>	<i>Match Four</i>	<i>Match Five</i>
Senior Women	33	31	28	26	
Vet Women	22	23	22	20	
Senior Men	44	40	24	27	
Vet Men	33	30	23	26	

MATCH FOUR Junior numbers were down on previous seasons whilst seniors, both men and women, were up (*comparisons below are done on the Match not on the venue*).

<i>Season</i>	<i>Venue</i>	<i>U11</i>	<i>U13-U17</i>	<i>Women</i>	<i>Men</i>	<i>Total</i>
Match Four 2014/15	<i>Heaton Park</i>	66	162	193	333	754
Match Four 2013/14	<i>Boggart Hole Clough</i>	90	203	162	295	750
Match Four 2012/13	<i>Boggart Hole Clough</i>	91	181	134	232	638
Match Four 2011/12	<i>Woodbank Park</i>	70	152	139	259	620

Thanks go to Manchester Harriers for hosting the Match, to the officials and the marshals all of whom endured wild gusts of wind and bitter cold to ensure the match went ahead. I'm sure the runners, whilst possibly thinking “why am I doing this”, were appreciative of the efforts made on their behalf. The wind prevented most people from erecting tents – although many tried! Registration was carried out from the back of two vehicles – thanks to Julie Laverock and Nick Bishop.

BREAKDOWN OF COMPETITORS THIS SEASON (*including guests*):

<i>Match</i>	<i>Venue</i>	<i>U11</i>	<i>U13-U17</i>	<i>Women</i>	<i>Men</i>	<i>Total excluding U11s</i>
Match One	<i>Woodbank Park</i>	-	195	211	420	826
Match Two	<i>Sherdley Park</i>	68	221	219	390	830
Match Three	<i>Boggart Hole Clough</i>	64	195	194	300	689
Match Four	<i>Heaton Park</i>	66	162	193	333	688

PHOTOGRAPHS you can view and purchase photos from all four matches at www.hsphotos.co.uk. **TAKING PHOTOGRAPHS** - *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.*

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MATCH FIVE – THE FINAL MATCH – SATURDAY 14 FEBRUARY - VENUE DETAILS & COURSE MAP for Wythenshawe Park, Manchester can be found under “MACCL–Course Maps & Venue Notes” on the website www.manchesterareacl.com. Please pay particular attention to the parking notes.

ENTRY STATS - entries total 2,128 broken down as follows:

BREAKDOWN OF SENIOR ENTRIES THIS SEASON:

	SNR	U20	V35	V40	V45	V50	V55	V60	V65	V70	TOTAL
MEN	391	59	n/a	148	129	104	43	36	18	3	931
WOMEN	170	43	84	77	73	42	26	13	6	1	535

BREAKDOWN OF JUNIOR ENTRIES THIS SEASON:

	U11G	U11B	U13G	U13B	U15G	U15B	U17G	U17B	TOTAL
JNRS	85	72	125	90	100	74	54	62	662

OVERALL AWARDS - INDIVIDUALS :

JUNIORS	1 ST /2 ND /3 RD	U11G	U11B	U13G	U13B	U15G	U15B	U17G	U17B
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FEMALES**	1 ST /2 ND /3 RD	SNR	U20	V35	V40	V45	V50	V55*	V60*	1 ST /2 ND	V65*
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MALES**	1 ST /2 ND /3 RD	SNR	U20	V40	V45	V50	V55*	V60*	V65*	1 ST	V70*
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*additional awards based on number of entries; **OVERALL 1ST, 2ND & 3RD will receive an additional award.

All Races except U11's: An individual's best four scores will be used (U11's best three scores count). Veterans will be scored within their own category. *In the event of a tie:* taking the best four races, if one runner has a higher finish position 3 times, that runner wins. If both runners finish higher twice, their category position in each of the four races will determine the winner.

OVERALL AWARDS - TEAMS number in brackets show how many to count:

JUNIORS	1 ST /2 ND /3 RD	U11G	U11B	U13G	U13B	U15G	U15B	U17G	U17B
		(3)	(3)	(3)	(3)	(3)	(3)	(3)	(3)

SENIORS: DIV.ONE	1 ST /2 ND /3 RD	WSNR	WVETS	WU20	MSNR	MVETS	MU20
		(4)	(3)	(3)	(6)	(4)	(3)

SENIORS: DIV.TWO	1 ST /2 ND	WSNR	WVETS	WU20	MSNR	MVETS	MU20
		(4)	(3)	(3)	(6)	(4)	(3)

A points system for team competition is used. The club with the lowest score receives the highest number of points. A team's best four scores will be used (U11s best three scores). *In the event of a tie:* taking the best four races, if one team finishes higher 3 times, that team wins. If both teams finish higher twice, the positions of the last counting runners in each of the four races will determine the winning team. For veteran teams the positions gained in the veteran race are used.

VIDEO You can still view the short promotional video made at last Season's Match One. It's a representation of the League and shows what happens on Match Day. *To view, google "you tube video Manchester Area Cross Country League" or use the link given on the website last Season.*

A FEW REMINDERS FOR THE NEXT MATCH:

SUPPORTERS AND RUNNERS PLEASE SHOW CONSIDERATION FOR THE OFFICIALS if you have a query please talk to the Referee not the judges or timekeepers and if you're calling out encouragement to the finishers do it away from the judges and timekeepers.

SUPPORTERS PLEASE SHOW CONSIDERATION FOR THE MARSHALS and keep off the course. 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.

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RUNNERS – PLEASE STICK TO THE COURSE there are still some competitors who don't stick to the course. Some are looking for firmer footing but it isn't acceptable to find firmer footing when it's some 10 or 15 feet from the course! Remember, competitors run the risk of disqualification.

HELP FROM NON-HOST CLUBS – Many thanks to the clubs who provided a marshal at Match Four – your help was very much appreciated. The Clubs who are asked to each provide just one volunteer at Match Five are Bramhall Runners, MMU Harriers, Salford Met AC and Swinton RC. If you are a member of one of the clubs on the rota and you are willing to help please let your Club (or Brenda at the League) know.

Match 5	Bramhall Runners	MMU Harriers	Salford Met AC	Swinton RC
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Volunteers need to report to Brenda at least one hour prior to Match start time, i.e. no later than 11 am. They will be passed to the Host Club to be allocated their marshal spot or other duty and will receive a briefing from Bob Lynch at approximately 11:15 am. They will be on duty until the last runner of the last race has passed them (approx. 3½ hours) so they need to come well prepared. If clubs know their volunteer in advance of match day, please let Brenda know. Clubs will be contacted individually. (Contact Brenda by phone 0161-796 6310 or by email arnoldbradshaw@btinternet.com.)

SPECIAL MERIT AWARD - as last season, there will be a 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 Saturday 7th February** 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. (See flyer.)

LOST PROPERTY – did anyone find they'd picked up a pair of Adidas, girls, purple spikes with pink stripes, size 4, at Heaton Park that don't belong to them? If so, we know the owner will be very pleased to hear that they've been found. Please contact Brenda if you can help [0161-796 6310, email arnoldbradshaw@btinternet.com]. From Match Four, we have a large cup from a tin flask and a large green and white umbrella with the name "Begbies Traynor Group" printed on it. Both these items join the two pairs of gloves handed in at Boggart – a pair of children's bright pink gloves and a pair of black Helly Hansen gloves - and the mobile phone and keys handed in at Sherdley Park. All six items will be taken to Match Five where the owners may collect them.

PRESENTATION OF U11, U13, U15, U17 OVERALL AWARDS - SATURDAY 14TH FEBRUARY 2015 WYTHENSHAW PARK. Presentations will be made as soon as possible following completion of each race. Weather permitting, they will take place close to the race finish area otherwise, they will take place at Registration. **Refreshments for £2** - you can have **SOUP with a ROLL, FLAPJACK & JUICE or WATER** for just £2! **BUT! tickets have to be purchased in advance.** **The last date to purchase a ticket is Saturday 7th February.** This subsidised offer will not be available on the day. You'll be able to collect your food from Cheshire Organics, a mobile catering company, who will be stationed close to the finish area. No set time so you can eat after the race or after the presentation. Any queries or to book food tickets - please contact Brenda on 0161-796 6310 or email Brenda at arnoldbradshaw@btinternet.com. (See flyer.)

PRESENTATION OF SENIOR OVERALL AWARDS - SATURDAY 14TH FEBRUARY 2015 at the **COURTYARD CAFÉ** in WYTHENSHAW PARK. Timetable: 3:30 pm Room in the Courtyard Café available; Tea and Coffee can be purchased; 4:30 pm Soup/Roll and Cake will be served; 5:15 pm Presentation of Awards; Presentation of the Senior, Under 20 & Veteran Overall Awards. **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**

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underway very soon after 5 o'clock AND! you can have SOUP/ROLL & CAKE for just £2! BUT! as we have to pre-book the food, tickets have to be purchased in advance. You will be able to purchase soft drinks, tea or coffee from 3:30 pm. The last date for booking the food is Saturday 7th February 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 Ground Control Fell Shoes from Running Bear (<http://mountainbearuk.com>). The owners of the first woman's and the first men's numbers drawn will be the winners BUT! the raffle is only open to Senior/U20/Vet 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!

Any queries or to book food tickets - please contact Brenda on 0161-796 6310 or email Brenda at arnoldbradshaw@btinternet.com. (See flyer.)

ENTRIES The League will accept additional entries for Match Five from **CLUBS, NOT INDIVIDUALS** but please help us by sending them at least 48 HOURS BEFORE THE MATCH. PLEASE DON'T LEAVE IT UNTIL MATCH DAY. We will accept entries on match 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! **INDIVIDUALS SHOULD CHECK THE ENTRY LISTS TO SEE IF THEY HAVE BEEN ENTERED – IF NOT THEY MUST ENTER THROUGH THEIR CLUB.** Clubs should contact the ENTRIES CO-ORDINATOR, JULIE LAVEROCK, by email or by telephone at least 48 hours before match day. Numbers will then be ready for collection on race day. *Entries from individuals will not be accepted. Individuals please note – you risk not being able to compete if you don't enter through your Club so get yourself sorted in good time. Check the website for list of entries. Please note: For twelve months following a change of name, whether by marriage or otherwise, a competitor must include both the new and former names on every entry - UKA Rule 14(7).*

RACE NUMBERS – MOST IMPORTANT Numbers have been allocated for the whole season. There are three basic sets: **white background with yellow band** starting at No. 1 for Boys & Girls U11, U13, U15, U17; **white background with pink band** starting at No. 1 for Senior, U20 & Veteran Women; **white background with blue band** starting at No. 1 for Senior, Under 20 & Veteran Men. Most of the numbers for those pre-entered were collected by the Clubs 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 them safe, bring them to each match and remember safety pins! Remember too that there is a 50p charge for replacement, handwritten numbers! Runners racing in a number not provided by the League risk disqualification. Likewise, runners racing without their number also risk disqualification.**

IT WOULD BE GREATLY APPRECIATED IF COMPETITORS WOULD REMEMBER THE FOLLOWING WHEN FINISHING THEIR RACE

do not stop your watch as you cross the finish line – you obscure your number
do not leave the funnel mid-way along and stay in order – there's a recorder at the end of the funnel
keep walking through the finish funnel (unless a judge recorder requests otherwise)
do not stop to talk to fellow competitors until you, and the person you want to talk to, have left the funnel
if you have a query, bring it to the attention of the Referee, not the judges or the timekeepers

LEAGUE CONTACTS & WEBSITE ADDRESS: www.manchesterareaccl.com

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.

Brenda Bradshaw

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