

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 ONE can be found on www.race-results.co.uk. If you have any queries or corrections, please contact Brenda Bradshaw (*not race-results*) as soon as possible. Team Points & Positions will be posted soon under "MACCL – Results". 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 ONE – FACTS & FIGURES Total number competing was a record breaking 826 (784 13/14, 744 12/13, 726 11/12, 636 10/11) broken down as follows: **U13 to U17**: 195 completed, down by 34 against last season (229 13/14, 206 12/13, 192 11/12, 181 10/11). **WOMEN**: 211, down just 1 against last season (212 13/14, 187 12/13, 171 11/12, 158 10/11). **MEN**: 420, up by 77 against last season (343 13/14, 351 12/13, 363 11/12, 297 10/11). It was a mild, sunny day and conditions were good. Many thanks to Stockport Harriers & AC for hosting the Match and to the Officials for their continued help and support. Entries total 1,858 (1,667 in 13/14). U13-U17 546 [518 in 13/14], Women 478 [390 in 13/14], Men 834 [759 in 13/14].

PHOTOGRAPHS You can view photos from Match One at www.hsphotos.co.uk. 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.

HELP FROM NON-HOST CLUBS – many thanks to Altrincham & District and Chorlton Runners for stepping in at short notice. The rota for Matches 2 to 5 has been re-jigged - see below. 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. **Please bear in mind that host clubs do a massive amount of work to put on a League Match and for non-host clubs to provide just one helper at just one match seems very little to ask!**

Match 2	ABC Runners	Belle Vue Racers	Ribble Valley/St Helens Striders	West Cheshire
Match 3	Bramhall Runners	East Cheshire	Halton & Frodsham	Liverpool
Match 4	M/cr Frontrunners	M/cr Triathlon	M/cr YMCA	Trafford
Match 5	MMU	Middleton	Salford Met	Swinton

Volunteers need to report to Registration at least 45 minutes prior to Match start time, i.e. no later than 11:15 am. They will be passed to the Host Club to be allocated their marshal spot or other duty. 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 a club wishes to swop matches, please contact Brenda as soon as possible. If two clubs wish to share the duty, we can probably sort something out but let us know as soon as possible. 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).

MATCH TWO – SATURDAY 8 NOVEMBER - VENUE DETAILS & COURSE MAP for Sherdley Park, St Helens Sutton will be posted soon under "MACCL–Course Maps & Venue Notes" on the website www.manchesterareaccl.com.

END OF SEASON PRESENTATIONS, MERIT AWARD, RAFFLE - details will be available at Match Two.

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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.**

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 **CLUBS – NOT INDIVIDUALS** 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.** So, Clubs 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. ***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. An updated list of those already entered will be posted on the website on Monday 20th October and additional updates will be posted on the 31st October and again on the 4th November. 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).***

LOST PROPERTY the following were left at Woodbank Park – (1) canvas folding chair; (2) pair of Innovate running shoes. These items were found by members of Sale Harriers Manchester and Knutsford Tri Club. If the owners could contact Brenda we can sort out collection.

SOME COMPETITORS FORGOT THE FOLLOWING BASIC RULES (AND IN SOME CASES THEIR MANNERS!) WHEN FINISHING

- *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 Referee – don't interrupt the judge recorders or the timekeepers.*

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.*

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.

Brenda Bradshaw (Hon.Sec.)

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