

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 THREE can be found on www.race-results.co.uk. Provisional results produced on match day have been corrected. 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 Three 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		
Vet Women	22	23	22		
Senior Men	44	40	24		
Vet Men	33	30	23		

MATCH THREE Competitor numbers compared well with the previous three years with a total of 753 enjoying the good weather (*comparison is done on the Match not on the venue*). Here's the breakdown:

<i>Season</i>	<i>Venue</i>	<i>U11</i>	<i>U13-U17</i>	<i>Women</i>	<i>Men</i>	<i>Total</i>
Match Three 2014/15	<i>Boggart Hole Clough</i>	64	195	194	300	753
Match Three 2013/14	<i>Sherdley Park</i>	85	215	137	250	687
Match Three 2012/13	<i>Wythenshawe Park</i>	79	217	169	321	786
Match Three 2011/12	<i>Wythenshawe Park</i>	60	162	152	324	698

Entries total 2,096: U11-U17 653 [U11s 155; U13s 209; U15s 173; U17s 116], Women 525, Men 918.

Thanks go to Salford Harriers & AC for hosting the Match and to the Officials. Conditions underfoot were good as was the weather.

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.

RUNNERS – PLEASE STICK TO THE COURSE a competitor in the mens race was shocked by how many thought it appropriate to continually cut corners. Cutting corners – or cheating to give it its correct name – is a serious matter and could result in disqualification.

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PHOTOGRAPHS You can view photos from all three matches 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 the clubs who provided a marshal at Match Three – your help was very much appreciated. The Clubs who are asked to each provide just one volunteer at Match Four are Manchester Frontrunners, Manchester Triathlon, Manchester YMCA and Trafford AC – see rota 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 4	Manchester Frontrunners	Manchester Triathlon	Manchester YMCA	Trafford Club
Match 5	Bramhall Runners	MMU Harriers	Salford Met AC	Swinton RC

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 a club wishes to swop matches, please contact Brenda 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 FOUR – SATURDAY 10 JANUARY - VENUE DETAILS & COURSE MAP for Heaton Park, Manchester will be posted before Christmas under “MACCL–Course Maps & Venue Notes” on the website www.manchesterareaccl.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 8th 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.)

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. **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 8th 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. Food Tickets can be purchased from Registration at Heaton Park. (See flyer.)

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PRESENTATION OF SENIOR OVERALL AWARDS - SATURDAY 14TH FEBRUARY 2015 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 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 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 8th 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. Food Tickets can be purchased from Registration at Heaton Park. (See flyer.)

ENTRIES The League will accept late entries from **CLUBS, NOT INDIVIDUALS** 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 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 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 by Monday 22nd December and additional updates will be posted on the 4th January. **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.

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LOST PROPERTY - two pairs of gloves were handed in at Boggart – a pair of children’s bright pink gloves and a pair of black Helly Hansen gloves. They join the mobile phone and keys handed in at Sherdley Park. All four items will be taken to Match Four where the owners may collect them.

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 finish funnel mid-way along – there’s a recorder at the end of the funnel 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, and the person you want to talk to, have left the funnel

if you have a query about your finish place or time, bring it to the attention of the Referee, not the judges 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.*

MERRY CHRISTMAS

and a

HAPPY NEW YEAR

LEAGUE 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.

Website address: www.manchesterareaccl.com.

*Brenda Bradshaw
Hon.Sec.*

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