

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 TWO 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 updated Match One Points and Cumulative Points after Two 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** - there are two divisions for both the Senior and Veteran Teams but there are now enough teams (even taking into account that the number of teams is likely to drop as the season progresses) to consider having three or even four divisions **next** season. If that were to happen, the final positions this season would determine the division in which the teams would start the new season. So, do bear that in mind. The chart gives the number of teams in Division Two to-date.

	Number of teams in Division Two per match				
	Match One	Match Two	Match Three	Match Four	Match Five
Senior Women	33	31			
Vet Women	22	23			
Senior Men	44	40			
Vet Men	33	30			

MATCH TWO was well supported with 898 competing. The Under 11 turnout was disappointing but the other categories stood up well to comparisons with the previous three seasons (*comparison is done on the Match not on the venue*). Here's the breakdown:

Season	Venue	U11	U13-U17	Women	Men	Total
Match Two 2014/15	<i>Sherdley Park</i>	68	221	219	390	898
Match Two 2013/14	<i>Woodbank Park</i>	103	249	206	378	936
Match Two 2012/13	<i>Sherdley Park</i>	80	226	153	302	761
Match Two 2011/12	<i>Sherdley Park</i>	73	174	145	311	703

Thanks go to St Helens Sutton AC for hosting the Match and to the Officials. Whilst the course setters and the League's working group endured rain and wind, the poor weather cleared in good time for the races. *Entries total 2,047: U11-U17 630 [including 140 U11s], Women 518, Men 899.*

SUPPORTERS AND RUNNERS PLEASE SHOW CONSIDERATION

for the officials standing around the finish funnel area to congratulate your runners is an unwelcome distraction for the recorders and timekeepers. It doesn't matter whether there are twenty runners coming in or two – distracting the recorders can lead to runners not being recorded. **for the marshals and runners** 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.

PHOTOGRAPHS You can view photos from both Match One and Match Two 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.*

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HELP FROM NON-HOST CLUBS – Many thanks to the clubs who provided a marshal at Match Two – your help was very much appreciated. The Clubs who are asked to each provide just one volunteer at Match Three are Belle Vue Racers, Bramhall Runners, East Cheshire H & Tameside AC and Liverpool H & 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 3	Belle Vue Racers	Bramhall Runners	East Cheshire H & Tameside AC	Liverpool H & AC
Match 4	M/cr Frontrunners	M/cr Triathlon	M/cr YMCA	Trafford Club
Match 5	MMU Harriers	Middleton H AC	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. 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 THREE – SATURDAY 6 DECEMBER - VENUE DETAILS & COURSE

MAP for Boggart Hole Clough, Manchester can be found under “MACCL–Course Maps & Venue Notes” on the website www.manchesterareaccl.com.

PRESENTATION OF AWARDS – 14 FEB 2015: SENIOR presentations will be made in the Courtyard Café in Wythenshawe Park – *see separate notice for full details.*

JUNIOR presentations will take place as soon as possible after each race – again *see separate notice for full details.*

As last season, there will be a **MERIT AWARD** *see flyer for details* and a **RAFFLE** (see note in the Senior Presentation Flyer) at the end of the season.

ENTRIES 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 by Monday 24th November and additional updates will be posted on the 3rd December. 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).*

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LOST PROPERTY a mobile phone and a set of three keys were handed in at Sherdley Park but the former doesn't appear to work and the latter are rusty and were probably lost long before match day! Both items will be taken to Boggart if anyone wants to claim them.

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

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