

MANCHESTER AREA CROSS COUNTRY LEAGUE

2015/2016 SEASON EA Registration Ref: 2662520

In partnership with APTECO and supported by:
COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT; THE WATERS WILMSLOW HALF MARATHON;
CITY OF MANCHESTER ATHLETICS and ATHLETE MATTERS

PRE-MATCH ONE UPDATE

THE FOLLOWING 36 CLUBS HAVE AFFILIATED ALTRINCHAM & DISTRICT AC, BELLE VUE RACERS, BRAMHALL RUNNERS, CHORLTON RUNNERS, DRAGONS RUNNING CLUB SALE, EAST CHESHIRE HARRIERS & TAMESIDE AC, GLOSSOPDALE HARRIERS, HALTON & FRODSHAM HARRIERS, HORWICH RMI HARRIERS & AC*, HYDE VILLAGE STRIDERS, KNUTSFORD TRI CLUB, LIVERPOOL HARRIERS & AC, MMU (MANCHESTER METROPOLITAN UNIVERSITY), MACCLESFIELD HARRIERS & AC, MANCHESTER FRONTRUNNERS, MANCHESTER HARRIERS & AC, MANCHESTER TRI CLUB, MANCHESTER YMCA HARRIERS, MIDDLETON HARRIERS AC, RIBBLE VALLEY AC, ST HELENS SUTTON AC, ST HELENS TRI (formerly ABC Runners), SALE HARRIERS MANCHESTER AC, SALFORD HARRIERS & AC, SALFORD MET AC, STOCKPORT HARRIERS & AC, SWINTON RC, TRAFFORD AC, UNIVERSITY OF MANCHESTER CCC, VALE ROYAL AC, WARRINGTON AC, WARRINGTON TRI CLUB, WEST CHESHIRE AC, WILMSLOW RC, WINSTON RUNNERS, WIRRAL AC. *denotes new to the League.

..... and PRE-ENTRIES have been received. A full list, by Club, will be posted on the website on the 4th October. Individuals not shown on the list who wish to run **must contact their Club.** The League will not accept entries from individual club members. Late entries will be accepted up to 5:30 pm on the WEDNESDAY PRIOR TO EACH MATCH. We will, of course, accept entries on race day but that facility is meant for special circumstances and we reserve the right to refuse. Race day entries cause more work and can be the source of frustration when a queue forms! **Clubs** should contact BRENDA BRADSHAW, by email or by telephone. Numbers will then be ready for collection on race day from Registration.

MATCH ONE – SAT. 10 OCTOBER – WOODBANK PARK - VENUE DETAILS & COURSE MAP will be posted on the website under “MACCL - Course Maps & Venue Notes”. For other details including timetable, categories etc. look at Season’s Details under “Manchester Area XC – Details”.

RACE NUMBERS should be collected by **Club Contacts/Team Managers** at Match One. **Numbers are for all five matches and must, therefore, be kept safe ready to bring to each match. Remember too you will need 4 safety pins! Runners will be charged 50p for a re-issued, handwritten number.** There are three basic sets all starting at No. 1, all with black numbers on a white background but with coloured bands as follows: **Boys & Girls U11, U13, U15 & U17 – yellow band; Senior, U20 & Veteran Women – pink band; Senior, Under 20 & Veteran Men – blue band.** All numbers carry the League’s name so no excuses for wearing the wrong number. It is the responsibility of Clubs to ensure their runners have the correct number for each match.

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SENIOR & VET WOMENS' & MENS' TEAMS - all women (U20/Seniors/Veterans) run together and all men (U20/Seniors/Veterans) run together BUT there's a new divisional structure for Seniors and Veterans. To check which division you will be competing in – look at the Team Structure shown on pages 3 to 6 of the Season's Details posted on the website under “*Manchester Area XC – Details*”.

MATCH ONE RESULTS will be available on www.race-results.co.uk. If you have any queries or corrections please contact Brenda Bradshaw (*not race.results*) as soon as possible to ensure the results are correct before going into Match 2. ***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.***

HELPERS – non-host clubs are to provide one person to help with marshal duties at just one match during the season. The rota will be posted on the website under “*Manchester Area XC – Details*”. Anyone able to help should contact their Club or contact the League Secretary and we'll forward your details. You will be asked to report no later than 11:15 am and you'll be on duty from 12 noon (*Match One 12:15*) to 3:45 pm (*approx.*) so you'll need clothing to suit the weather conditions and you'll also need to bring whatever refreshments you feel you need to keep yourself going (*sorry, the League will not be providing refreshments*).

ALL COMPETITORS PLEASE NOTE THE FOLLOWING allow plenty of time to get to the Match and allow time to check out the course; wear your allocated number on your chest, as issued, using 4 pins to secure it – do not fold it. Treat your fellow competitors and the officials with respect; keep to the set course. At the finish you will be recorded twice – once as you cross the finish line and again at the end of the finish funnel so please stay in order.

CONTACT DETAILS

Chairman: Nick Bishop, 4 Swann Grove, Cheadle Hulme, Cheshire SK8 7HW; Tel: 07919 565904; e-mail: nick@nickbishopsolutions.co.uk.

Secretary, Entries & Results Co-ordinator: Brenda Bradshaw, 12 Heaton Drive, Hollins Village, Bury BL9 8BQ; Tel: 0161-796 6310; email: arnoldbradshaw@btinternet.com.

Affiliations, Course Maps & First Aid Co-ordinator: Julie Laverock, 55 Knightswood, Bolton BL3 4UU; Telephone: 01204 660227; email: julie.laverock@talk21.com.

WEBSITE & TWITTER A new website will be up and running very soon. We will keep both the current (www.manchesterareaccl.com) and the new one going for the full season. I'll put a notice on the current site as soon as the new one goes live. We're also on twitter [MACCL@ManAreaXC](https://twitter.com/MACCL@ManAreaXC). To find us search 'twitter' on google then put ManAreaXC in the twitter search box. The twitter feed will be on the new website.

*Brenda Bradshaw
1 October 2015*

MATCH ONE – SATURDAY 10 OCTOBER 2015

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