

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

POST-MATCH ONE UPDATE

NEW WEBSITE & TWITTER The new website is up and running – literally – check it out www.maccl.co.uk. We will keep both the current (www.manchesterareaccl.com) and the new one going for the full season. *We'd like your feedback on the new site – please send your comments to Nick Bishop, Chairman – nick@nickbishopsolutions.co.uk.* We're also on twitter MACCL@ManAreaXC. To find us search 'twitter' on google then put ManAreaXC in the twitter search box. The twitter feed is on the new website.

RESULTS FOR MATCH ONE can be found on www.race-results.co.uk. Provisional results produced on match day have been corrected but 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" (*old website*) and under "RESULTS" on the new one. Remember we have a new divisional team structure (details on pages 3 and 4). *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 917 runners competed, smashing the previous match one record set last season by 91 (826 14/15, 784 13/14, 744 12/13, 726 11/12, 636 10/11). The break down is as follows: **U13 to U17:** 207 up by 12 against last season (195 14/15, 229 13/14, 206 12/13, 192 11/12, 181 10/11). **WOMEN:** 257, up by 46 against last season (211 14/15, 212 13/14, 187 12/13, 171 11/12, 158 10/11). **MEN:** 453, up by 33 against last season (420 14/15, 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 to-date 1,905 (1,858 in 14/15, 1,667 in 13/14). U11-U17 505 [546 14/15, 518 13/14], Women 532 [478 14/15, 390 13/14], Men 868 [834 14/15, 759 13/14].*

PHOTOGRAPHS You can view and purchase photos from The League's Official Photographer through his website 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.*

MATCH TWO – SATURDAY 7 NOVEMBER - VENUE DETAILS & COURSE MAP for Sherdley Park will be posted at least one week before match day under "MACCL–Course Maps & Venue Notes" on the website www.manchesterareaccl.com and on the new site www.maccl.co.uk.

ALL COMPETITORS PLEASE NOTE THE FOLLOWING: allow plenty of time to get to the Match and allow time to check out the course; numbers to be worn as issued (not folded) using 4 pins to secure 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.

END OF SEASON PRESENTATIONS, MERIT AWARD, RAFFLE - details will be available soon.

POST-MATCH ONE UPDATE continued.....

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HELP FROM NON-HOST CLUBS – see rota below for Matches 2 to 5. 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 Sherdley Park 7/11	Match 3 Boggart 5/12	Match 4 Heaton Park 16/1	Match 5 Wythenshawe Park 13/2
Halton & Frodsham Liverpool Ribble Valley St Helens Tri Warrington Tri West Cheshire	Belle Vue Racers East Cheshire Glossopdale Horwich RMI	Altrincham Dragons Middleton MMU Salford Met	Chorlton Manchester Tri Swinton Warrington AC Wilmslow Winston

Volunteers should 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 from 12 noon until the last runner of the last race has passed them (approx. 3½ hours) so they need to come well prepared which means suitable clothing, a flask of tea or coffee and something to eat. ***Please note that it's up to the individual to provide their own refreshments.*** 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).

RACE NUMBERS – MOST IMPORTANT Numbers have been allocated for the whole season. There are three basic sets: **white** background with **yellow strip** starting at **No. 1** for **Boys & Girls U11, U13, U15, U17**; **white** background with **pink strip** starting at **No. 1** for **Senior, U20 & Veteran Women**; **white** background with **blue strip** 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 ...will be accepted up to **5:30 pm ON THE WEDNESDAY PRIOR TO MATCH 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, for MATCH TWO Clubs should contact BRENDA BRADSHAW, by email or by telephone, by **5:30 pm on Wednesday 4th November**. 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 Sunday 18th October and additional updates will be posted on the 26th October and again on the 5th 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); runners competing for their second claim club must be declared on entry.***

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

*stopping your watch as you cross the finish line obscures your number
leaving the finish funnel mid-way along could mean you won't be recorded
staying in finish order to the end of the finish funnel ensures you are recorded correctly
unless a judge recorder requests otherwise, keep walking to the end of the funnel
wait until you have left the funnel to talk to fellow competitors
queries regarding finish time or place should be brought to the attention of the Referee – please don't interrupt the judge recorders or the timekeepers.*

TEAM STRUCTURE

TEAMS - SENIOR MEN - DIVISION ONE

Altrincham & District AC	Salford H & AC
Chorlton Runners	Stockport H & AC
Macclesfield H & AC	Swinton RC
Manchester Triathlon	Trafford AC
Sale H Manchester AC	Wilmslow RC

TEAMS - SENIOR MEN - DIVISION TWO

Belle Vue Racers	Manchester YMCA H
Bramhall Runners	Middleton H AC
East Cheshire H & Tameside AC	St Helens Sutton AC
Knutsford Tri Club	University of Manchester CCC
Manchester H & AC	Vale Royal AC
Manchester Fronrunners	

TEAMS - SENIOR MEN - DIVISION THREE

Glossopdale Harriers	St Helens Tri
Horwich RMI	Warrington Tri Club
Liverpool H & AC	West Cheshire AC
Salford Metropolitan AC	Winston Runners
plus new teams	

SENIOR MEN - B TEAMS = All B Teams

SENIOR MEN - C PLUS TEAMS = All C, D, E, F etc Teams

SENIOR WOMEN - DIVISION ONE

Altrincham & District AC	Sale H Manchester AC
Chorlton Runners	Salford H & AC
East Cheshire H & Tameside AC	Stockport H & AC
Macclesfield H & AC	Trafford AC
Manchester Triathlon	Wilmslow RC

SENIOR WOMEN - DIVISION TWO

Belle Vue Racers	St Helens Sutton AC
Bramhall Runners	Swinton RC
Glossopdale H	University of Manchester CCC
Manchester H & AC	Vale Royal AC
Manchester YMCA H	Winston Runners
Middleton H AC	

SENIOR WOMEN - DIVISION THREE

Dragons RC (Sale)	St Helens Tri
Horwich RMI	Warrington Tri Club
Hyde Village Striders	Wirral AC
Manchester Fronrunners	plus new teams

SENIOR WOMEN - B TEAMS = All B Teams

SENIOR WOMEN - C PLUS TEAMS = All C, D, E, F etc Teams

POST-MATCH ONE UPDATE continued

VETERAN MEN - DIVISION ONE

Altrincham & District AC	Stockport H & AC
East Cheshire H & Tameside AC	Swinton RC
St Helens Sutton AC	Trafford AC
Sale H Manchester AC	Vale Royal AC
Salford H & AC	Wilmslow RC

VETERAN MEN - DIVISION TWO

Bramhall Runners	Manchester Tri
Knutsford Tri Club	Manchester YMCA H
Macclesfield H & AC	Middleton H AC
Manchester H & AC	Warrington Tri
Manchester Frontrunners	West Cheshire AC

VETERAN MEN - DIVISION THREE

Belle Vue Racers	St Helens Tri
Chorlton Runners	Salford Metropolitan AC
Glossopdale Harriers	Winston Runners
Horwich RMI	plus new teams

VETERAN MEN - B TEAMS = All B Teams

VETERAN MEN - C PLUS TEAMS = All C, D, E, F etc Teams

VETERAN WOMEN - DIVISION ONE

Belle Vue Racers	Middleton H AC
East Cheshire H & Tameside AC	Sale H Manchester AC
Glossopdale H	Stockport H & AC
Macclesfield H & AC	Trafford AC
Manchester Triathlon	Wilmslow RC

VETERAN WOMEN - DIVISION TWO

Altrincham & District AC	Manchester YMCA H
Bramhall Runners	Salford H & AC
Chorlton Runners	Swinton RC
Manchester H & AC	Winston Runners
Manchester Frontrunners	

VETERAN WOMEN - DIVISION THREE

Horwich RMI	Vale Royal AC
Hyde Village Striders	Warrington Tri
St Helens Sutton AC	Wirral AC
plus new teams	

VETERAN WOMEN - B TEAMS = All B Teams

VETERAN WOMEN - C PLUS TEAMS = All C, D, E, F etc Teams

VIDEO You can still view the short promotional video made in 2013. 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.*

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 Administrator: 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.

NEXT MATCH – SATURDAY 7 NOV – SHERDLEY PARK

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