

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 TWO UPDATE

RESULTS FOR MATCH TWO 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 (as well as Cumulative Team Points and Positions) can be found under "MACCL – Results" (*old website*) and under "RESULTS" on the new one. 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 TWO Many thanks to St Helens Sutton AC for hosting the Match and to the Officials. Whilst the course setters and the League's working group endured heavy showers and high winds, the poor weather, just like last season, cleared in time for the junior races with brilliant blue skies. Unfortunately it changed again whilst the women were out! Although 5% down on last season, it was a good turnout with 853 runners completing the course. Here's the breakdown, including figures for the previous four seasons (*comparison is done on the Match not on the venue*).

Season	Venue	U11	U13-U17	Women	Men	Total
Match Two 2015/16	Sherdley Park	84	224	206	339	853
Match Two 2014/15	Sherdley Park	68	221	219	390	898
Match Two 2013/14	Woodbank Park	103	249	206	378	936
Match Two 2012/13	Sherdley Park	80	226	153	302	761
Match Two 2011/12	Sherdley Park	73	174	145	311	703

REGRETTABLY IT WAS OBVIOUS THAT SOME CLUBS HAVE NOT MADE THEIR MEMBERS AWARE OF THE LEAGUE'S RULES REGARDING ENTRIES ON THE DAY NOR THE FACT THAT NUMBERS ARE ISSUED FOR THE WHOLE SEASON. THE REGISTRATION TEAM HAD TO DEAL WITH 50 NEW ENTRIES AND RE-ISSUE 45 NUMBERS AT SHERDLEY PARK. IF THESE FIGURES CONTINUE, THE LEAGUE WILL HAVE TO CONSIDER A LESS FLEXIBLE APPROACH TO ENTRIES AND A MORE PUNITIVE CHARGE FOR RE-ISSUED NUMBERS. WE'RE KEEPING A RECORD, BY CLUB, OF BOTH ENTRIES RECEIVED AND NUMBERS RE-ISSUED WHICH WILL BE PUBLISHED AT THE END OF THE SEASON. THESE ARE TWO TABLES CLUBS SHOULD STRIVE FOR NIL POINTS!

BEARING THE ABOVE IN MIND, PLEASE NOTE THE FOLLOWING INFORMATION FOR MATCH THREE

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ENTRIES FOR MATCH THREE ...will be accepted up to **5:30 pm** on **WEDNESDAY** the **2ND DECEMBER**. In **special circumstances** we will accept entries on race day but these should be made by **CLUBS - NOT INDIVIDUALS** and **NOT BY PARENTS OF JUNIOR RUNNERS**. 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**. Pre-entries should be sent to BRENDA by email no later than 5:30 pm on Wednesday 2nd December. 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 the 22nd November and a further update 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); runners competing for their second claim club must be declared on entry.*

RACE NUMBERS – MOST IMPORTANT - Numbers have been allocated for the whole season but, as already mentioned, **45** runners ignored this important fact and gave the Registration Team a lot of avoidable work! **PLEASE, REMEMBER TO KEEP YOUR NUMBER SAFE AND BRING IT TO EACH MATCH**. 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.*

PHOTOGRAPHS You can view and purchase photos from The League's Official Photographer, Harry Shakeshaft, through his website www.hsphotos.co.uk. Harry's done his usual fantastic job and there are hundreds of excellent photos to help you re-live your outing at Sherdley Park.

PHOTOGRAPHY *Anyone other than Harry Shakeshaft 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 THREE – SATURDAY 5 DECEMBER - VENUE DETAILS & COURSE MAP for Boggart Hole Clough have been posted under “MACCL–Course Maps & Venue Notes” on the website www.manchesterareaccl.com and on the new site www.maccl.co.uk.

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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** (that includes **not folding them**) using 4 pins to secure it; treat your fellow competitors and the officials with respect; keep to the set course – **cutting corners is cheating**. 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** and **please stay in the funnel**.

NEW WEBSITE & TWITTER The new website has been up and running since Match One – do please 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.

HELP FROM NON-HOST CLUBS – many thanks to the Clubs who provided help at Match Two – it was very much appreciated. The rota for the remaining matches follows. 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.

Match 3 Boggart Hole Clough 5/12	Match 4 Heaton Park 16/1	Match 5 Wythenshawe Park 13/2
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 and will receive a briefing from Bob Lynch at approximately 11:15 am. 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 swap 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*).

LOST PROPERTY – the following items were found at Sherdley Park: (1) a pair of children's wellingtons, blue with coloured stars, size 2; (2) an inhaler; (3) a wrist watch; (4) a peaked hat/cap in black and grey with a sparkle effect. All four items will be taken to Match Three where the owners may collect them.

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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.*

PRESENTATION OF OVERALL AWARDS – 13 FEB 2016: U11, U13, U15, U15 presentations will take place close to the finish area (weather permitting) as soon as possible after each race. **SENIOR, U20, Vet** presentations, as last season, will be made in in the COURTYARD CAFÉ 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 (must be pre-booked); 5:15 pm Presentation of Awards; Presentation of the Senior, Under 20 & Veteran Overall Awards. All are welcome but please have clean footwear – i.e. no muddy trainers! We'll aim to get the Presentation underway at 5 o'clock AND! you can have SOUP/ROLL & CAKE at the subsidised cost of 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 6th February AND! we're having a free Raffle ! Just bring along your race number and put it in the draw (prizes will be announced soon). The first womans' and the first mans' number drawn will be the winners BUT! the raffle is only open to Senior/U20/Vet runners who attend 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 Matches 3 & 4 (see flyer).

SPECIAL MERIT AWARD - *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).*

Brenda Bradshaw
Hon.Sec.

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 5 DECEMBER - BOGGART HOLE CLOUGH

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