

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 THREE UPDATE

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, including cumulative points after three matches, will be posted soon on the League's two websites. [**see separate note re three corrections.*]

MATCH THREE Given the extremely wet conditions leading up to match day and the severe weather conditions on the day, competitor numbers don't compare too badly with the previous four years with just 72 fewer hardy souls braving the winds and mud (*comparison is done on the Match not on the venue*). Here's the breakdown:

Season	Venue	U11	U13-U17	Women	Men	Total
Match Three 2015/16	Boggart Hole Clough	68	153	175	285	681
Match Three 2014/15	Boggart Hole Clough	64	195	194	300	753
Match Three 2013/14	Sherdley Park	85	215	137	250	687
Match Three 2012/13	Wythenshawe Park	79	217	169	321	786
Match Three 2011/12	Wythenshawe Park	60	162	152	324	698

Entries to the League to-date total 2,100 (U11-U17 607; Women 580, Men 913).

Very grateful thanks go to Salford Harriers & AC for their commitment to putting the match on and for making the necessary changes to give runners a safe course on which to compete. Special thanks to the officials who had the unenviable task of standing, for four hours, on the most exposed point of the course without the comfort of a tent to shelter from the rain and wind.

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 plenty of excellent photos* to help you re-live your outing at Boggart Hole Clough. [**more being loaded.*]

PHOTOGRAPHY/FILMING 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.

FOLLOWING MY GRUMBLE ABOUT THE NUMBER OF ENTRIES ON THE DAY AND RE-ISSUED NUMBERS AT MATCH TWO, IT'S REALLY GOOD TO REPORT A MASSIVE IMPROVEMENT WITH 13 ENTRIES AND 37 RE-ISSUES AGAINST 40 AND 45. WE'RE GOING TO CONTINUE WITH THE RECORD KEEPING SO DO PLEASE KEEP UP THE GOOD WORK. REMEMBER, THE LEAGUE WILL HAVE TO CONSIDER A LESS FLEXIBLE APPROACH TO ENTRIES AND A MORE PUNITIVE CHARGE FOR RE-ISSUES IF CLUBS CAN'T KEEP THE FIGURES DOWN.

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

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ENTRIES FOR MATCH FOUR ...will be accepted up to **5:30 pm** on **WEDNESDAY** the **13TH JANUARY**. 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 13th January**. 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 both websites on (or before) the 19th December and a further update will be posted on the 2nd 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); runners competing for their second claim club must be declared on entry.*

RACE NUMBERS – MOST IMPORTANT - Numbers have been allocated for the whole season, **PLEASE, THEREFORE, 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.**

MATCH FOUR – SATURDAY 16 JANUARY - VENUE DETAILS & COURSE MAP for Heaton Park will be posted on both websites early in the New Year.

IT WOULD BE GREATLY APPRECIATED IF COMPETITORS (AND, WHERE RELEVANT, SUPPORTERS) WOULD REMEMBER THE FOLLOWING BASIC RULES

- allow plenty of time to get to the match and to check out the course
- wear your number as issued on your chest, not folded, using 4 pins to secure it
- treat your fellow competitors and the officials with respect
- keep to the course – cutting corners is cheating
- resist the temptation to 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 in the finish funnel 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 as it's a distraction they do not need when recording!

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HELP FROM NON-HOST CLUBS – many thanks to the Clubs who provided help at Match Three – 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 4 Heaton Park 16 January	Match 5 Wythenshawe Park 13 February
Altrincham Dragons Middleton MMU Salford Met	Chorlton Manchester Tri Swinton Warrington AC Wilmslow Winston

Volunteers should report to Registration at least one hour prior to Match start time, i.e. no later than 11 a.m. 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 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).

PRESENTATION OF U11, U13, U15, U17 OVERALL AWARDS - SATURDAY 13TH FEBRUARY 2016 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.

PRESENTATION OF SENIOR OVERALL AWARDS - SATURDAY 13TH FEBRUARY 2016 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 6th February AND! we are again 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).

LOST PROPERTY – the following items from Sherdley Park remain unclaimed: (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 Four where the owners may collect them.

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SPECIAL MERIT AWARD - as for the last two seasons, 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 6th 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).

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.*

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.

MERRY CHRISTMAS
and a
HAPPY NEW YEAR

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.

*Brenda Bradshaw
Hon.Sec.*

NEXT MATCH (4th of 5) - SATURDAY 16 JANUARY 2016 – HEATON PARK

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