MANCHESTER AREA CROSS COUNTRY LEAGUE
2016/2017 SEASON *EA Registration Ref: 2662520*

In partnership with Run North West *and supported by:* ATHLETE MATTERS, CITY OF MANCHESTER ATHLETICS *and* COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT

POST-MATCH ONE UPDATE

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 me ***(not** race-results)* at arnoldbradshaw@btinternet.com. Team Points & Positions will be posted under *"RESULTS" on www.maccl.co.uk.* Remember we use the divisional team structure for the Senior and Veteran teams (details on pages 4 and 5). *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 865 runners competed. This was down 52 on last season's record number due mainly to a weekend clash for the Seniors with a new event the following day – the Manchester Half Marathon and a European Marathon. *(Previous seasons: 917 15/16, 826 14/15, 784 13/14, 744 12/13, 726 11/12, 636 10/11)*. The break down is as follows: ***U13 to U17***: 246 *(207 15/16, 195 14/15, 229 13/14, 206 12/13, 192 11/12, 181 10/11). **WOMEN***: 237 *(257 15/16, 211 14/15, 212 13/14, 187 12/13, 171 11/12, 158 10/11). **MEN***: 382 *(453 15/16, 420 14/15, 343 13/14, 351 12/13, 363 11/12, 297 10/11).* It was a very mild, mostly sunny day and conditions underfoot on this flat, fast course, were good. Many thanks to our host club Sale Harriers Manchester and to the clubs who helped them. Thanks too to the Officials for their help and support. *Entries to-date 2203 (1905 in 15/16, 1858 in 14/15, 1667 in 13/14). Broken down as follows: U11-U17 636 [505 15/16, 546 14/15, 518 13/14], Women 611 [532 15/16, 478 14/15, 390 13/14], Men 856 [868 15/16, 834 14/15, 759 13/14].*

PHOTOGRAPHS You can view and purchase photos from The League's Official Photographer, Harry Shakeshaft, 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.*

ADDITIONAL ENTRIES FOR MATCH TWO …will be accepted up to **5:30 pm ON FRIDAY THE 4TH NOVEMBER NOT THE USUAL WEDNESDAY PRIOR TO MATCH DAY**. They should be sent to **STEPHEN HINDMARSH** using email shindmarshsh@gmail.com copying me in please using email arnoldbradshaw@btinternet.com. **THIS IS A SPECIAL ARRANGEMENT FOR MATCH TWO ONLY** whilst I'm swanning off on holiday! Entries on race day will be accepted 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 Club Contacts should contact STEPHEN HINDMARSH, by email, **by 5:30 pm on Friday 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.*** *The entry list posted on the website has been updated and now includes those who entered at Wythenshawe Park plus some additional entries received before the 20th October. Others have been received since the 20th and these are being dealt with by Stephen. Any discrepancies should be given to the League by the Club Contacts (email Stephen and copy me in). **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.

MATCH TWO – SATURDAY 12 NOVEMBER - VENUE DETAILS & COURSE MAP – the course map has been posted and venue notes will be posted soon for Boggart Hole Clough under "*Venue Notes"* on www.maccl.co.uk but please watch out for updates right up to match day. ***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; 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.

MARSHALS 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 for Match Two, Julie at the League)* know. ***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 one match seems very little to ask!*

Match 2 - Boggart H.C. - 12/11	*Match 3 - Heaton Park - 3/12*	*Match 4 - Univ. Playing Fields - 14/1*	*Match 5 – Woodbank Park - 11/2*
Belle Vue Racers	*Marple*	*Altrincham*	*Buxton*
East Cheshire	*Middleton*	*Chorlton*	*Dragons*
Glossopdale	*Vale Royal*	*Horwich*	*Goyt Valley*
Manchester Frontrunners	*Wilmslow (PS)*	*Macclesfield*	*Knutsford Tri*
Manchester YMCA	*Wirral*	*MMU*	*Salford Met*
Wilmslow (PS)		*St Helens Sutton*	*Stockport Tri*
		Wilmslow (PS)	*Univ of Manchester*
		Winston	*Warrington*
			Wilmslow (PS)

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 should 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***. As you can see, Matches 3 and 4 have faired better than Matches 2 and 3 for volunteers! ***If a club wishes to swop matches involving Match Two, please contact Julie Laverock 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 Two please let Julie know. *(Between now and Match Two, please contact Julie by email julie.laverock@gmail.co.uk.)*

MATCHES 2 & 3 - CLUBS HELPING TO COURSE MARK & DISMANTLE – ***East Cheshire Harriers*** are helping Salford Harriers with Match Two and ***Middleton Harriers*** are helping Manchester Harriers with Match Three. If you are a member of either Salford or Middleton and you are willing to help please let your Club know. Basically it's helping a host section leader (there are usually 3 or 4 sections, each of which require between 2 & 4 helpers) to carry flags and bang them in. There may also be posts and tape to set up. They then collect the flags after the final race has finished. It means a 9 am start, meeting up at the venue. The last race starts at 2:30 so dismantlers are looking at a 3:30'ish finish. Ideally they would marshal too!

END OF SEASON PRESENTATIONS: ***JUNIORS*** - will take place, as usual, following completion of each race at Match Five. ***SENIORS*** - we are looking into the feasibility of holding the Senior Presentations on a separate date and combining them with the AGM. The evening of Friday 3rd March is under consideration. We'll let you know as soon as we have details.

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 £1 (not 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.***

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.*

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.

AFFILIATED CLUBS: *Altrincham & District AC, Belle Vue Racers, Bramhall Runners, Buxton AC*, Chorlton Runners, Dragons RC Sale, East Cheshire Harriers & Tameside AC, Glossopdale Harriers, Goyt Valley Striders*, Halton & Frodsham Harriers, Horwich RMI Harriers & AC, Hyde Village Striders, Knutsford Tri Club, Liverpool Harriers & AC, MMU (Manchester Metropolitan Univ), Macclesfield Harriers & AC, Manchester Frontrunners, Manchester Harriers & AC, Manchester Tri Club, Manchester YMCA Harriers, Marple Runners*, Middleton Harriers AC, St Helens Sutton AC, St Helens Tri, Sale Harriers Manchester AC, Salford Harriers & AC, Salford Met AC, Stockport Harriers & AC, Stockport Tri Club*, Swinton RC, Trafford AC, University of Manchester A & CCC (shown as Manchester University in the race-results), Vale Royal AC, Warrington AC, Warrington Tri Club, West Cheshire AC, Wilmslow RC, Winston Runners, Wirral AC.* **denotes new to the League.*

from Brenda Bradshaw (with apologies for not getting this done sooner!)

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.

Match Two Entries Administrator: Stephen Hindmarsh, email: shindmarsh.sh@googlemail.com copy in Brenda, 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 www.maccl.co.uk. ***TWITTER*** MACCL@ManAreaXC. To find us search 'twitter' on google then put ManAreaXC in the twitter search box.

NEXT MATCH – SATURDAY 12 NOV – BOGGART HOLE CLOUGH

In partnership with Run North West *and supported by:* ATHLETE MATTERS, CITY OF MANCHESTER ATHLETICS *and* COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT

TEAM STRUCTURE

SENIOR MEN - DIVISION ONE

- Altrincham & District AC
- Chorlton Runners
- East Cheshire H & Tameside AC *[P]*
- Manchester YMCA Harriers* *[P]*
- Sale H Manchester AC
- Salford H & AC
- Stockport H & AC
- Trafford AC
- University of Manchester CCC *[P]*
- Wilmslow RC

SENIOR MEN - DIVISION TWO

- Bramhall Runners
- Horwich RMI *[P]*
- Macclesfield H & AC *[R]*
- Manchester H & AC
- Manchester Frontrunners
- Manchester Tri *[R]*
- Middleton H AC
- Salford Metropolitan AC *[P]*
- Swinton RC *[R]*
- Vale Royal AC

SENIOR MEN – DIVISION THREE

- Belle Vue Racers *[R]*
- Buxton AC *[N]*
- Dragons RC (Sale)
- Glossopdale Harriers
- Goyt Valley Striders *[N]*
- Knutsford Tri Club *[R]*
- Liverpool H & AC
- Marple Runners *[N]*
- St Helens Tri
- St Helens Sutton *[R]*
- Stockport Tri Club *[N]*
- Warrington Tri Club
- West Cheshire AC
- Winston Runners

SENIOR WOMEN - DIVISION ONE

- Altrincham & District AC
- Chorlton Runners
- East Cheshire H & Tameside AC
- Glossopdale H *[P]*
- Sale H Manchester AC
- Stockport H & AC
- Swinton RC *[P]*
- Trafford AC
- University of Manchester A & CCC *[P]*
- Wilmslow RC

SENIOR WOMEN - DIVISION TWO

- Belle Vue Racers
- Bramhall Runners
- Macclesfield H & AC *[R]*
- Manchester H & AC
- Manchester Frontrunners *[P]*
- Manchester Triathlon *[R]*
- Manchester YMCA H
- Middleton H AC
- St Helens Tri *[P]*
- Salford H & AC *[R]*
- Wirral AC *[P]*

SENIOR WOMEN - DIVISION THREE

- Buxton AC *[N]*
- Dragons RC (Sale)
- Goyt Valley Striders *[N]*
- Hyde Village Striders
- Marple Runners *[N]*
- St Helens Sutton AC *[R]*
- Stockport Tri Club *[N]*
- Vale Royal AC *[R]*
- Warrington Tri Club
- Winston Runners *[R]*

VETERAN MEN - DIVISION ONE

Bramhall Runners *[P]*	Salford H & AC
East Cheshire H & Tameside AC	Stockport H & AC
Manchester H & AC *[P]*	Swinton RC
Manchester Tri *[P]*	Trafford AC
Sale H Manchester AC	Wilmslow RC

VETERAN MEN - DIVISION TWO

Altrincham & District AC *[R]*	Manchester YMCA H
Chorlton Runners *[P]*	Middleton H AC
Horwich RMI *[P]*	St Helens Sutton AC *[R]*
Knutsford Tri Club	Salford Metropolitan AC *[P]*
Macclesfield H & AC	Vale Royal AC *[R]*

VETERAN MEN - DIVISION THREE

Belle Vue Racers	Marple Runners *[N]*
Buxton AC *[N]*	Stockport Tri Club *[N]*
Glossopdale Harriers	Warrington Tri *[R]*
Goyt Valley Striders *[N]*	West Cheshire AC *[R]*
Manchester Frontrunners *[P]*	Winston Runners

VETERAN WOMEN - DIVISION ONE

Altrincham & District AC *[P]*	Sale H Manchester AC
Bramhall Runners *[P]*	Stockport H & AC
East Cheshire H & Tameside AC	Swinton RC *[P]*
Manchester Triathlon	Trafford AC
Middleton H AC	Wilmslow RC

VETERAN WOMEN - DIVISION TWO

Belle Vue Racers *[R]*	Manchester YMCA H
Chorlton Runners	St Helens Tri *[P]*
Glossopdale H *[R]*	Salford Metropolitan AC *[P]*
Macclesfield H & AC *[R]*	Wirral AC
Manchester H & AC	

VETERAN WOMEN - DIVISION THREE

Buxton AC *[N]*	Salford H & AC *[R]*
Goyt Valley Striders *[N]*	Stockport Tri Club *[N]*
Hyde Village Striders	Vale Royal AC
Manchester Frontrunners *[R]*	*Warrington Tri*
Marple Runners *[N]*	Winston Runners *[R]*
St Helens Sutton AC	

B, C, D, E, F etc TEAMS in: Snr Men, Snr Women, Vet Men, Vet Women

B TEAMS All B Teams

C TEAMS All C, D, E, F etc Teams

[P] denotes promoted; [R] denotes relegated; [N] denotes new

[NB: divisions don't mean separate races – all men compete together, all women compete together]