

# MANCHESTER AREA CROSS COUNTRY LEAGUE

## 2017/2018 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

### PRE-MATCH ONE UPDATE

**THE FOLLOWING 39 CLUBS HAVE AFFILIATED** 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, HYDE VILLAGE STRIDERS, KNUTSFORD TRI CLUB, LIVERPOOL HARRIERS & AC, MACCLESFIELD HARRIERS & AC, MANCHESTER FRONTRUNNERS, MANCHESTER HARRIERS & AC, MANCHESTER METROPOLITAN UNIVERSITY, MANCHESTER TRIATHLON CLUB, MANCHESTER YMCA HARRIERS, MARPLE RUNNERS, MIDDLETON HARRIERS AC, OLDHAM & ROYTON HARRIERS & AC\*, ST HELENS SUTTON AC, ST HELENS TRI, SALE HARRIERS MANCHESTER AC, SALFORD HARRIERS & AC, SALFORD METROPOLITAN AC, STOCKPORT HARRIERS & AC, STOCKPORT TRI CLUB, SWINTON RC, TRAFFORD AC, UNIVERSITY OF MANCHESTER A & CCC, VALE ROYAL AC, WARRINGTON AC, WEST CHESHIRE AC, WILMSLOW RC, WINSTON RUNNERS, WIRRAL AC.  
\*denotes new to the League.

**..... and 2,324 entries have been received (1,983 last season).** Full lists, by Club, can be found on the website. Individuals not shown on the lists who wish to run **must contact their Club.** **The League will not accept entries from individual club members.** Late entries will be accepted from club contacts up to 5:30 pm on the THURSDAY PRIOR TO EACH MATCH. **ENTRIES WILL NOT BE ACCEPTED ON MATCH DAY – PLEASE DO NOT ASK!** **Clubs** should contact Brenda Bradshaw by email. Numbers will then be ready for collection on race day from Registration. **Runners who knowingly use another runner's number will be liable to disqualification. Using another runner's number because you haven't been entered in time will result in disqualification. No excuses!**

**MATCH ONE – SAT. 14 OCTOBER – HEATON PARK - VENUE DETAILS & COURSE MAP** have been posted on the website. For other details including timetable, categories etc. look at Season's Details on the website.

**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 £1 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.

**SENIOR & VET WOMENS' TEAMS** - all women (U20/Seniors/Veterans) run together at **1:30pm.** **SENIOR & VET MENS' TEAMS** - all men (U20/Seniors/Veterans) run together at **2:30pm.** Seniors and Veterans can check which division their club will be competing in – see Team Structure shown on pages 3 to 6 of the Season's Details.

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**MATCH ONE RESULTS** will be available on [www.race-results.co.uk](http://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 providing one person to help with marshal duties at a match during the season. Anyone able to help should contact their Club or contact Brenda 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*).

**HELP MARK THE COURSE & DISMANTLE IT!!** – a few clubs have volunteered to help a host club set the course and dismantle it (and marshal too if available). Basically it's helping a host section leader to carry flags and bang them in. There may also be posts and tape to set up. Helpers would be allocated a marshal spot - possibly on the section they've been marking. The same teams then collect the flags after the final race has finished. It means an early start (usually about 8:45 am) meeting up at the venue. There should be time between marking the course and marshalling to have a break. The last race starts at 2:30 so dismantlers are looking at a 3:30'ish finish. The first race starts at 12 noon (12:15 for the first Match) so marshals need to be in place just after noon.

Volunteers needn't be the same for all day. The duties can be split if there are sufficient helpers, Helpers should come prepared for all weathers and bring their own refreshments such as flask of tea, a sandwich, piece of fruit, a biscuit, bottle of water, whatever they feel they need. The aim is to relieve the host club of some of the burden of hosting. We'll be in touch with those who have already volunteered but please don't hesitate to put yourself forward – we'll take all the help we can get.

**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 as issued **on your chest (not your waist)**, using four pins to secure it - **do not fold it or cut it down**. 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** and please leave hugging your fellow competitors - or anything else that makes reading your number difficult for the recorders - until you are out of the finish funnel.

### **CONTACT DETAILS**

**Chairman:** Nick Bishop, tel: 07919 565904; e-mail: [nick@nickbishopsolutions.co.uk](mailto:nick@nickbishopsolutions.co.uk).

**Secretary, Entries & Results Co-ordinator:** Brenda Bradshaw, tel: 0161-796 6310; email: [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com).

**Affiliations, Course Maps & First Aid Co-ordinator:** Julie Laverock, tel: 01204 660227; email: [julie.laverock@gmail.com](mailto:julie.laverock@gmail.com).

**WEBSITE & TWITTER** website address: [www.maccl.co.uk](http://www.maccl.co.uk). 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.

## MATCH ONE – SATURDAY 14 OCTOBER 2017

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