

MANCHESTER AREA CROSS COUNTRY LEAGUE
SPECIAL MERIT AWARD 2018/2019 SEASON
WINNER AND NOMINATIONS

SPECIAL MERIT AWARD

*We received eight nominations.
All eight were worthy nominees
and, after much deliberation,
it was decided the Award should go to*

Dave Rodgers

of Sale Harriers Manchester AC

*The Award was presented at the
Presentation Evening
on Friday 1st March 2019*

*The Working Group
Manchester Area Cross Country League*

[Nominations follow for information]

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**Rachel Dowle
Buxton AC**

I would like to nominate Rachel Dowle for the Special Merit Award.

Rachel is our Junior Squad Manager (also our Head Junior Coach), she sorts out all their entries and ensures they run on time. She also runs herself in the Vet Women's Categories.

Rachel put a bid in for a Club Tent and feather flags just before Christmas and she has been successful in securing the grant. We will have a lovely new tent for the next XC series to replace our pop up one.

Rachel works so hard for the Club and has won Volunteer of the Year awards both County & Nationally with England Athletics. The Junior Section of our Club could not run without her.

A thoroughly nice lass too.

Nomination submitted by

Sue Jeff
on behalf of Buxton AC

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**Sue Exon
Trafford AC**

At Trafford, we would like to nominate Sue Exon for the Special Merit Award.

Not only does she tirelessly manage both the girls and women's teams - coordinating lifts, reminders for times, encouraging, being the first to turn up and last to leave - but she also runs every race. She does all of this with humour and grace and a cheerful demeanour and the team are eternally grateful. She has done this for many, many years and, as a team, we are all so grateful and we think she deserves some recognition beyond the club.

Most importantly, she always lugs the huge team flag around and erects it herself and has spare pins for the numerous people that inevitably don't have any!

She is also attending the Presentation on Friday to represent the Club.

Nomination submitted by

Ruth Beresford
on behalf of Trafford Ac

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**The Kearney Family
Wirral AC**

I would like to nominate the Kearney family of Wirral AC for the Merit Award. Here are the reasons why:

Oberon Kearney convincingly won all races in the U11's league.

The U11 boys, coached by Sarah and Ronan Kearney, won the league.

Ellen-Mary Kearney won race 5 and was placed 2nd in the league.

Emily Kearney, whilst back from University for Christmas, won Match 3 ladies race quite convincingly. She did the same last year.

Sarah Kearney won the V40 category and has won or been placed in the veterans category for a number of years. I can get more statistics when I have time if required.

Sarah has consistently supported our senior ladies team who have been steadily creeping up the league and which have been placed in the veterans category. I'm not sure if we were this year as I can't find the results.

As a coach Sarah Kearney also supported the league by bringing her U15 squad. The boys won the league.

Coach Ronan Kearney was there to set up the tent and support the runners at every meeting.

We are probably amongst the clubs who travel the furthest to this league, being based on the Wirral. I think that the Kearney family have supported the league outstandingly this year and for the past few years too.

Nomination submitted by

Anne Rosbottom
on behalf of Wirral AC

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Iain Murdoch
Stockport Harriers & AC

I would like to nominate Iain Murdoch from Stockport Harriers for the Special Merit Award. Iain is the person who puts all the details and reminders about the forthcoming MACCL races on the Club's Facebook page and Website.

Iain organises getting the very important gazebo to the event in plenty of time to get a prime position before most other people are even thinking about getting out of bed!! Iain and his band of very able assistants ensure that we have chairs to sit on, hangers for our kit and most importantly lovely home-made cakes and hot drinks available in the gazebo.

He supports our very talented group of juniors, receiving the course beforehand with them, collecting their numbers and ensuring they are 'ready to run'. He supports the senior men and women, and of course always takes part in the races.

Iain is the last member of the Harriers to head home as he and his helpers then have to dismantle the gazebo, pack it up, get rid of any rubbish and usually collect together the odd pieces of kit left behind. Iain then ensures the gazebo and banner are returned safely to the storeroom at the Clubhouse.

I think Iain is the most important member of our Manchester Area Cross Country League squad and we couldn't manage without him.

Nomination submitted by

Alexis Dinsmor
on behalf of Stockport Harriers & AC

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Dave Rodgers
Sale Harriers Manchester AC

With regards to a nomination for a merit award, can I put forward the name of Dave Rodgers.

He needs no introduction to yourself and you will already be well aware of the unlimited efforts and enthusiasm he demonstrates in supporting a very large and mixed group of athletes running in the endurance section with the MACCL a clear goal for us to collectively work towards for the club.

Not only will he unfailingly turn up to sessions throughout the week - some attended by 60+ runners, some by less than a handful - in all weathers, but he will always be first to arrive on the Saturday morning to pitch the tent, sort numbers, give words of support - and then last to leave. And he will inevitably also have run the farthest on the day covering all areas of the course shouting encouragement (generally along the lines of the famous "All the way!").

Dave has run with and coached some outstanding athletes over the years. What makes him so special is the attention and enthusiasm he has to the current endurance section who, individually, will break no records but, as a group under his tutelage, will each look to excel and demonstrate all the hard work at MACCL.

I cannot stress enough how well deserved Dave is of this recognition.

Nomination submitted by

Olivier Gaillemin (Olly)
on behalf of Sale Harriers Manchester AC

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**Helen Stevens
Chorlton Runners**

We, the Committee, would like to nominate Helen Stevens for the Special Merit Award.

Helen has been involved in organising cross country for the Club for several years now. She doesn't often run in the matches herself but is always 100% committed to seeing others do well. She has supported our runners in many ways, answering queries, encouraging members to participate and organising the equipment to be taken to matches.

She has spent endless untold hours organising, doing admin and chasing people up. She has always worked hard to make it possible to include all those who wish to run, even when that is part way through the season. She has represented the club at several of the AGM's and has developed relationships across the League, assisting in developing Chorlton Runners role within the League. She is always completely unassuming and never asks for thanks but without her, cross country for the Club would not be the success it is.

She is stepping down this year and we would really like her to be recognised for all of the hard work she has put in for the Club.

Nomination submitted by

Sarah Renshaw, Tony Payne & Ann Carney
on behalf of Chorlton Runners

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Stephen Symons
Quays Running Club

I would like to nominate Stephen Symons (Symo) from Quays Running Club for the special merit award.

Symo has been at the front in helping set our new running club up which is based at Media City.

He is very much into his running and loves cross country as much as any other. As a new club with 12 registered runners, most of who are new to club running, he has encouraged others to take part in cross country and we have had 4 members in total from the club doing at least 1 race each.

Symo himself has competed in four of the races this year.

Symo has been a mainstay of The League for many years having previously been a member of Manchester YMCA Harriers.

Nomination submitted by

Neil Atherton
on behalf of Quays Running Club

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**Neal Wainwright
Chorlton Runners**

For the Special Merit award I would like to nominate Neal Wainwright from Chorlton Runners.

Neal has been a huge part of Chorlton Runners and has gone over and above where cross country is concerned. Neal was part of the initial team who made sure cross country was an enjoyable experience for both the runners and the spectators. He organised the Club flag, gazebo and flasks which have become a staple part of a trip out to a XC event. Carrying that cumbersome gazebo over muddy fields is never enjoyable, but always extremely appreciated by cold muddy runners. It's a surprise that wallpaper didn't peel from his kitchen walls as the house filled with steam from the boiling water pans needed to fill flasks for the CR team, often up to 100 runners strong at each meeting.

Neal has attended MACC League AGMs and a few years ago, when Chorlton Runners volunteered to be a host club, he stepped up to oversee this. He worked closely with Nick Bishop and the team to set up the new Kenworthy Woods event in the 2017-18 season and continued the success of the event hosting it again this season. He has organised teams of volunteers to display their best landscaping skills prepping the course before the event. As Race Director on the day his superb organisational and management skills ensured the races went ahead safely. Not content with all the massive effort Neal has put in over the years he will be taking over from myself as club contact next year ensuring everyone is signed up ready to race, no easy feat with Chorlton Runners having large numbers entering each year. When not organising, or actually putting on spikes to run at an event, Neal is chief photographer and cheer leader out on the courses cheering CRs and other clubs home.

Thank you Neal Wainwright, you have been an absolute gem all these years in cross country and you continue to shine as your enthusiasm never ceases.

Nomination submitted by

Helen Stevens
on behalf of Chorlton Runners