

# 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 FOUR UPDATE

**RESULTS FOR MATCH FOUR** can be found on [www.race-results.co.uk](http://www.race-results.co.uk). If you have any queries or corrections, please contact Brenda (*not race-results*) **as soon as possible**. We need to have any queries resolved well before the final match.

**CUMULATIVE TEAM RESULTS** can be found on the League's two websites. Again, please contact Brenda **as soon as possible** if you have any queries.

**CUMULATIVE INDIVIDUAL RESULTS** are being worked on. The current listing (on [www.race-results.co.uk](http://www.race-results.co.uk)) has some issues which need resolving. We'll get them sorted as quickly as possible.

**MATCH FOUR** Competitor numbers, overall, held up well. Here's the breakdown (*comparison is done on the Match not on the venue*):

Season	Venue	U11	U13-U17	Women	Men	Total
Match Four 2015/16	Heaton Park	88	151	216	328	783
Match Four 2014/15	Heaton Park	66	162	193	333	754
Match Four 2013/14	Boggart Hole Clough	90	203	162	295	750
Match Four 2012/13	Boggart Hole Clough	91	181	134	232	638
Match Four 2011/12	Woodbank Park	70	152	139	259	620

*Entries to the League to-date total 2,161 (U11-U17 639; Women 584, Men 938).*

Very grateful thanks go to the host Club, Manchester Harriers & AC. Following high winds in the days leading up to the match, there were fallen trees to clear from the route in addition to the usual jobs. I wonder how many runners give any thought to the amount of time and effort that goes into hosting a match? Preparation starts months before and the day itself typically means an eight hour shift!

**OFFICIALS** The League can't operate without officials so it's fortunate that we have a very loyal, highly respected team. With grateful thanks to them all. On duty at Heaton Park were regulars Arnold Bradshaw, Carol Brown, Dave Crosdale, Elaine Crosdale, Jennifer Crowther, Joan Royle and Mike Welford with help from Bob Lynch and Andy Watts in the absence of regulars David Brown and Mike Wolfendale. George Tivey was on duty to keep everyone informed.

**PHOTOGRAPHS** You can view and purchase photos from the League's official photographer, Harry Shakeshaft, through his website [www.hsphotos.co.uk](http://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 Heaton Park.

**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.

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FOLLOWING MY GRUMBLE ABOUT THE NUMBER OF ENTRIES ON THE DAY AND RE-ISSUED NUMBERS AT MATCH TWO, THE IMPROVEMENT EXPERIENCED AT MATCH THREE ON ENTRIES CONTINUED INTO MATCH FOUR WITH 10 BUT, REGRETTABLY, THERE WAS AN INCREASE IN RE-ISSUES WITH 54 (see chart below). 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.

Match	Entries On the Day	Re-issued Numbers
One	58	n/a
Two	40	45
Three	13	37
Four	10	54

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

**ENTRIES FOR MATCH FIVE** ... will be accepted up to **5:30 pm** on **WEDNESDAY** the **10<sup>TH</sup> FEBRUARY**. 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**. Club contacts should send pre-entries to BRENDA by email no later than **5:30 pm** on **Wednesday 10<sup>th</sup> February**. 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 7<sup>th</sup> Feb. 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 it safe, bring it to the final 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 FIVE – SATURDAY 13 FEBRUARY - VENUE DETAILS & COURSE MAP** for Wythenshawe Park will be posted on both websites by 1<sup>st</sup> February.

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## 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
- **runners folding their number risk disqualification**
- treat your fellow competitors and the officials with respect
- **it isn't acceptable to throw out your arm in an attempt to stop a fellow competitor overtaking you!**
- 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!

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

<i>Match 5 Wythenshawe Park 13 February</i>
<i>Chorlton Runners</i>
<i>Manchester Tri</i>
<i>Swinton RC</i>
<i>Warrington AC</i>
<i>Wilmslow RC</i>
<i>Winston Runners</i>

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 knows 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](mailto:arnoldbradshaw@btinternet.com)*).

**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 Five where the owners may collect them.

**PRESENTATION OF U11, U13, U15, U17 OVERALL AWARDS** - SATURDAY 13<sup>TH</sup> 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.

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**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 6<sup>th</sup> 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](mailto:arnoldbradshaw@btinternet.com). Food tickets have to be pre-booked – we can't accept bookings after the 6<sup>th</sup> February (see flyer).

**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 6<sup>th</sup> 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](http://www.maccl.co.uk). We will keep both the current ([www.manchesterareaccl.com](http://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](mailto:nick@nickbishopsolutions.co.uk).** We're also on twitter MACCL@ManAreaXC - search 'twitter' on google then put ManAreaXC in the twitter search box. The twitter feed is on the new website.

## **CONTACT DETAILS**

**Chairman:** Nick Bishop, 4 Swann Grove, Cheadle Hulme, Cheshire SK8 7HW; Tel: 07919 565904; e-mail: [nick@nickbishopsolutions.co.uk](mailto: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](mailto: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](mailto:julie.laverock@talk21.com).

Brenda Bradshaw

***NEXT MATCH (final!!) – SAT. 13 FEBRUARY 2016 – WYTHENSHAW PARK***

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