

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 TWO UPDATE

RESULTS FOR MATCH TWO can be found on www.race-results.co.uk. Provisional results have been corrected (apologies for the delay!) 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 and 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 TWO – FACTS & FIGURES Many thanks to our host club Salford Harriers and to the clubs who helped them with marshal duties. Very many thanks to the Officials for their help and support. The races were well supported with a total of 1,017 runners. *Breakdown as follows with the previous five seasons shown for comparison:*

Season	Venue	U11	U13-U17	Women	Men	Total
Match Two 2016/17	Boggart Hole Clough	122	244	245	406	1017
Match Two 2015/16	Sherdley Park	84	224	206	339	853
Match Two 2014/15	Sherdley Park	68	221	219	390	898
Match Two 2013/14	Woodbank Park	103	249	206	378	936
Match Two 2012/13	Sherdley Park	80	226	153	302	761
Match Two 2011/12	Sherdley Park	73	174	145	311	703

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.*

MATCH THREE – SATURDAY 3 DECEMBER - VENUE DETAILS & COURSE

MAP – the course map and venue notes have been posted 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 (please don't fold them) using 4 pins; treat your fellow competitors and the officials with respect; **keep to the set course.** **Complaints about blatant corner cutting at Match Two have been received – please bear in mind that this is cheating and could result in disqualification – so stick to the 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.**

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*

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Post Match-Two Update continued.....

*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.*

ADDITIONAL ENTRIES FOR THE REMAINING MATCHES are accepted up to **5:30 pm ON THE WEDNESDAY PRIOR TO MATCH DAY**. 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 MUST ENTER THROUGH THEIR CLUB**. Pre-entries should be sent to BRENDA by email – arnoldbradshaw@btinternet.com. 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. REGRETTABLY IT WAS OBVIOUS THAT SOME CLUBS HAVE NOT MADE THEIR MEMBERS AWARE OF THE LEAGUE'S RULES REGARDING ENTRIES ON THE DAY NOR THE FACT THAT NUMBERS ARE ISSUED FOR THE WHOLE SEASON. WE ARE KEEPING A RECORD, BY CLUB, OF BOTH ENTRIES RECEIVED AND NUMBERS RE-ISSUED WHICH WILL BE PUBLISHED AT THE END OF THE SEASON. THESE ARE TWO TABLES IN WHICH CLUBS SHOULD STRIVE NOT TO FEATURE!***

MARSHALS FROM NON-HOST CLUBS – see rota below for Matches 3 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 me) 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 Three - Heaton Park - 3/12	Match Four - Univ. Playing Fields - 14/1	Match Five – Woodbank Park - 11/2
Glossopdale Marple Middleton Vale Royal Wilmslow (PS) Wirral	Altrincham Chorlton Horwich Macclesfield MMU St Helens Sutton Wilmslow (PS) Winston	Buxton Dragons Goyt Valley Knutsford Tri Salford Met Stockport Tri Univ of Manchester Warrington Wilmslow (PS)

For Match Three at Heaton Park volunteers are asked to arrive by 11 am to be allocated their marshal duty. George Lawson of Manchester Harriers will be allocating duties – if you ask for me I'll pass you on to George. Marshals will be on duty from 12 noon until the last runner of the last race has passed (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 volunteers to provide their own refreshments.* If clubs know their volunteer in advance please let me know (contact email – Brenda: arnoldbradshaw@btinternet.com).

CLUBS HELPING TO COURSE MARK & DISMANTLE – Salford Harriers were very grateful for the help received from **East Cheshire Harriers** at Boggart Hole Clough. **Middleton Harriers** are helping Manchester Harriers at Heaton Park. If you are a member of Middleton and you are willing to help with marshalling and dismantling the course (assistance not required for setting up) please let your Club know. It means an 11 am start, meeting up at the venue. The last race starts at 2:30 so dismantlers are looking at a 3:30'ish finish. *Please note that it's up to volunteers to provide their own refreshments.*

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Post Match-Two Update continued.....

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.*

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 it safe, bring 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.**

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, Manchester Met Uni AC (formerly known as MMU), 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.*

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.

WEBSITE www.maccl.co.uk. **TWITTER** MACCL@ManAreaXC. To find us search 'twitter' on google then put ManAreaXC in the twitter search box.

from Brenda Bradshaw

(again with apologies for not getting this done sooner!)

MATCH THREE – SATURDAY 3 DECEMBER – HEATON PARK

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