

# 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 FOUR / PRE-MATCH FIVE UPDATE

*One match left .....*

**RESULTS FOR MATCH FOUR** can be found on [www.race-results.co.uk](http://www.race-results.co.uk). Provisional results have been corrected but if you have any queries or corrections please contact me (*not race-results*) at [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com). Team Points & Positions have been posted under "RESULTS" on [www.maccl.co.uk](http://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.

**TEAM RESULTS FOR ALL FOUR MATCHES** can be found on the website under "RESULTS". 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 three from four. If you have any queries or corrections please contact me (*Brenda at [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com)*).

**CUMULATIVE TEAM RESULTS AFTER FOUR MATCHES** can be found on the League's website – they show points and positions after four matches. Again, please contact me if you have any queries. **CUMULATIVE INDIVIDUAL RESULTS** can be found on [www.race-results.co.uk](http://www.race-results.co.uk). Any queries please contact me (*Brenda at [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com)*).

**PRESENTATION OF OVERALL AWARDS** will take place at a **PRESENTATION EVENING** on **FRIDAY 3RD MARCH** at Wilmslow Rugby Club, Kings Road, Wilmslow SK9 5PZ. Details were given at Match Four and a flyer was posted on the website so hopefully everyone knows! The timetable is: 7:30 pm Junior Presentations, 8:15 pm Food Served, 9 pm Senior Presentations. Tickets for the Food are £5 (£3.50 for Juniors) and should be booked via club contacts - *not known? email Brenda at [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com) and we'll forward on.* **What does it mean?** - here's what our Chairman Nick Bishop says – *"..... no waiting around while the results are checked, comfortable surroundings to relax with team mates, a chance to support your club and mix with your rivals."* Do please give this new venture your support.

**ANNUAL GENERAL MEETING** – will take place before the Awards Presentation at 6:30 pm. This is for club contacts (or their representative). Any items for discussion under any other business should be given to Club Contacts and forwarded to the Hon.Sec. by Wednesday 1<sup>st</sup> March.

**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 Match Four were Arnold Bradshaw, David Brown, Dave Crosdale, Elaine Crosdale, Jennifer Crowther, George Lawson, Joan Royle, Mike Welford and Mike Wolfendale with help from new member Andy Watts. 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).

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

**LOST PROPERTY** – we have more items to add to the list of items which have been left behind at the various venues so it's worth getting in touch if you think you lost something at one of the matches. Items from the first three matches include a jacket, two pairs of gloves, a single glove, a child's t-shirt and a Visa debit card. Added from Match Four are a pair of green wellies, a pair of green running spikes with a bright pink band of tape, and a stripey woollen hat. Potential owners should contact me (*Brenda at [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com)*). **Would runners please check if they took home a pair of size 3 blue Hunter Wellies by mistake,**

**MATCH FOUR – FACTS & FIGURES** Many thanks to the volunteers from several clubs who helped host this match at the new venue. Particular thanks go to Mike Wharton of Sale Harriers Manchester for the tremendous amount of time and energy he devoted to the planning and organisation. Special thanks to Chorlton Runners, Manchester University and Wilmslow RC for co-hosting the day. The weather was good - cold but dry! *Breakdown as follows with the previous five seasons shown for comparison:*

Season	Venue	U11	U13-U17	Women	Men	Total
Match Four 2016/17	Univ PF/Kenworthy	123	233	238	379	973
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

This Season thus far	Venue	U11	U13-U17	Women	Men	Total
Match One	Wythenshawe Park	n/a	246	237	382	865
Match Two	Boggart Hole Clough	122	244	245	406	1017
Match Three	Heaton Park	103	221	214	341	879
Match Four	Univ PF/Kenworthy	123	233	238	379	973

### **MATCH FIVE – SATURDAY 11 FEBRUARY - VENUE DETAILS & COURSE MAP**

the course map and venue notes have been posted under “Venue Notes” on [www.maccl.co.uk](http://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 and **check that you have the number allocated to you**; treat your fellow competitors and the officials with respect and keep to the set course – i.e. don't cheat. 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.**

**ADDITIONAL ENTRIES FOR THE FINAL MATCH** will be accepted up to **5:30 PM ON WEDNESDAY 8<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! **INDIVIDUALS MUST ENTER THROUGH THEIR CLUB.** Entries should be sent to BRENDA by email – [arnoldbradshaw@btinternet.com](mailto: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.** **PLEASE REMEMBER WE ARE KEEPING A RECORD, BY CLUB, OF BOTH ENTRIES RECEIVED ON MATCH DAY AND NUMBERS RE-ISSUED WHICH WILL BE PUBLISHED AT THE END OF THE SEASON.**

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

**MARSHALS FROM NON-HOST CLUBS** – see below for Match Five. If you are a member of one of the clubs and you are willing to help please let your Club (*or me*) know.

Match Five – Woodbank Park – 11 February
Buxton, Dragons, Goyt Valley, Knutsford Tri, Salford Met Stockport Tri, Univ of Manchester, Warrington, Wilmslow (PS)

Volunteers are asked to report to Registration by 11 am when they will be passed to a member of the host club for allocation to a specific point on the course. They will also be briefed on what's required. 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, i.e. 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](mailto:arnoldbradshaw@btinternet.com)*).

**CO-HOSTING CLUBS WHO HAVE VOLUNTEERED TO HELP MARK, MARSHAL & DISMANTLE THE COURSE** – basically it's helping section leaders (there are usually 3 or 4 sections) to carry flags and bang them in. There may also be posts and tape to set up. They then marshal and collect the flags after the final race has finished. It means an early start (usually about 8:30 am), The last race starts at 2:30 so dismantlers are looking at a 3:30'ish finish. Clubs who have volunteered will be contacted.

**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 charge for a replacement, handwritten number! Runners racing in a number not provided by the League risk disqualification. Likewise, runners racing without their number also risk disqualification.**

**SPECIAL MERIT AWARD** - as for the last three 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 11<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.

Brenda Bradshaw  
on behalf of the Working Group

**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). **WEBSITE** [www.maccl.co.uk](http://www.maccl.co.uk). **TWITTER** [MACCL@ManAreaXC](mailto:MACCL@ManAreaXC). To find us search 'twitter' on google then put ManAreaXC in the twitter search box.

**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.*

## **MATCH 5 – SATURDAY 11 FEBRUARY – WOODBANK PARK**

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