

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*

POST-MATCH TWO / PRE-MATCH THREE UPDATE

RESULTS FOR MATCH TWO can be found on www.race-results.co.uk. If you have any queries or corrections please contact Brenda (*not race-results*) at arnoldbradshaw@btinternet.com. Team Points & Positions for Match Two together with the Cumulative Team Points can be found under "RESULTS" on www.maccl.co.uk. Remember we use the divisional team structure for the Senior and Veteran teams (details on page 4). *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 who put in a massive amount of work in the months leading up to the match quite apart from their efforts on the day. Thanks too to East Cheshire Harriers who assisted Salford on the day, the Clubs who helped them with marshal duties and everyone who helped sweep up the mud for the Remembrance Day Parade the following day. As you will see from the chart below – competitor numbers soared with 1,263 enjoying a sunny day's running. *The breakdown shows the previous six seasons for comparison.*

Season	Venue	U11	U13-U17	Women	Men	Total
Match Two 2017/18	Boggart Hole Clough	141	299	330	493	1263
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

It was a record number of competitors. For the "record" Under 11's are not included as they don't compete in every match. So the number for the record at Boggart was 1122, which was 149 more than the previous record of 973 set at Match One this season. The first match of the League held in October 2007 had 419 competitors! Full stats covering competing numbers from the start of the League to the present can be found on the website.

OFFICIALS Many thanks to the Officials whose help, expertise and support is very much appreciated. Paul Yates stepped in to cover the Starter's duties in the absence of the League's Starter, David Brown. Sadly one of our Officials, Dave Crosdale, died last month and a minute's silence was held in his memory before the start of the Men's race.

ADDITIONAL ENTRIES FOR MATCH THREE ...will be accepted up to **5:30 pm ON THURSDAY THE 30TH NOVEMBER**. They should be sent to **BRENDA** using email arnoldbradshaw@btinternet.com. **INDIVIDUALS SHOULD CHECK THE ENTRY LISTS TO SEE IF THEY HAVE BEEN ENTERED – IF NOT THEY MUST ENTER THROUGH THEIR CLUB.** So, for **MATCH THREE** Club Contacts should contact BRENDA by email, **by 5:30 pm on Thursday 30th November**. Numbers will then be ready for collection on race day. ***Entries from individuals will not be accepted. Individuals please note – you can't compete if you haven't been entered through your Club so get yourself sorted in good time. The entry lists have been updated and include entries received up to and including the 20th November. 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!***

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PHOTOGRAPHS Jon-Paul Kearns of Stockport Harriers & AC again stepped in for Harry Shakeshaft. Links to Match One and Match Two photos can be found on the website – www.maccl.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.* Harry will be back with us for Match Three.

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 **so please stay in order, do not leave the funnel before the end** and please wait until you have left the funnel before congratulating your fellow competitors.

..... and please bear the following in mind:

*stopping your watch as you cross the finish line obscures your number so please don't do it
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
wait until you have left the funnel to talk to/congratulate 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.*

REGRETTABLY nine competitors were disqualified in the Under 17's race at Match Two. They changed the direction they were running at the behest of a spectator and, as a consequence, didn't complete the course. Things can and do go wrong on race days but this shouldn't have happened. We urge all competitors to check the course.

SUPPORTERS/SPECTATORS PLEASE NOTE THE FOLLOWING

Please do not stand either side of the finish funnel beyond the finish line – nor at the end of the finish funnel - you're in the way of the recorders. Don't duck under the finish funnel tape – walk round!

MARSHALS FROM NON-HOST CLUBS, HOST CLUBS & CLUBS HELPING TO COURSE MARK, MARSHAL & DISMANTLE – 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 Brenda at the League) know. **Bear in mind** that host clubs do a massive amount of work to put on a League Match so help from non-host clubs is very welcome.

Match 3 – 2 December 2017 Univ PF/Kenworthy Woods	Match 4 – 13 January 2018 Woodbank Park	Match 5 – 10 February 2018 Wythenshawe Park
Altrincham & District Bramhall Runners Halton & Frodsham Liverpool H & AC St Helens Tri	Belle Vue Racers Dragons RC Sale Goyt Valley Striders Hyde Village Striders Stockport Tri Club Warrington AC	Buxton AC Knutsford Tri Club Macclesfield H & AC West Cheshire AC Winston Runners University of Manchester
<i>Host Club plus Club assisting with course marking, marshalling & course dismantling</i>		
Chorlton Runners plus Trafford AC	Stockport H & AC plus Stockport Tri	Sale H Manchester AC plus Manchester Tri

Marshal volunteers should report to Registration at least 45 minutes prior to Match start time, i.e. no later than 11:15 am. They will be passed to the Host Club to be allocated their marshal spot or other duty. They will be on duty from 12 noon until the last runner of the last race has passed them (approx.3½

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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 the individual to provide their own refreshments. If a club wishes to swap matches, please contact Brenda Bradshaw as soon as possible.*** If clubs know their volunteer in advance of Match Two please let Brenda know (*contact Brenda by email arnoldbradshaw@btinternet.com*). **Course marking volunteers** - minimum requirement is four volunteers. They usually meet up about 8:30. They work under the direction of the host club - jobs include carrying flags, banging them in, setting up posts and tape etc. They then collect the flags etc after the final race has finished so dismantlers are looking at a 3:30'ish finish. Ideally they would marshal too! The three jobs don't have to be carried out by the same people – a helping club may have two or three sets of volunteers. ***As above, individuals should provide their own refreshments.***

MATCH THREE – SATURDAY 2 DECEMBER - VENUE DETAILS & COURSE MAP – the venue notes are on the website and the course map will be posted soon. Please watch out for updates right up to match day.

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 it to each match and remember safety pins! Remember too that there is a £1 charge for replacement, handwritten numbers! Runners racing with a number not provided by the League risk disqualification. Likewise, runners racing without their number also risk disqualification. Wear your number as issued on your chest (not your waist), using four pins to secure it - do not fold it or cut it down.***

Brenda Bradshaw

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.

LOST & HANDED IN PROPERTY

LOST: SIZE 6 GIRLS NIKE, GREEN TRAINERS – please check you didn't pick them up in error. **HANDED IN PROPERTY:** DARK GLASSES WITH PINK TRIM; CHILD'S PUMA, YELLOW WITH BLACK TRIM, LONG-SLEEVED TOP; CHILD'S DECATHLON KALENJI SPIKE – RIGHT SHOE ONLY, BLACK WITH YELLOW TRIM. WE'LL BRING THEM TO MATCH THREE.

NEXT MATCH – SATURDAY 2 DECEMBER 2017
UNIV. PLAYING FIELDS & KENWORTHY WOODS, M23 0BD
PLEASE NOTE - NO ENTRIES ON MATCH DAYS – including Guests

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DIVISIONAL TEAM STRUCTURE

SENIOR MEN - DIVISION ONE x10:

Altrincham & District AC; Chorlton Runners; Horwich RMI [P]; Macclesfield H & AC [P]; Manchester Tri [P]; Sale H Manchester AC; Salford H & AC; Stockport H & AC; Trafford AC; Wilmslow RC.

SENIOR MEN - DIVISION TWO x10:

Belle Vue Racers [P]; Bramhall Runners; Dragons RC Sale [P]; East Cheshire H & Tameside AC [R]; Glossopdale Harriers [P]; Manchester H & AC; Manchester Frontrunners; Manchester YMCA Harriers [R]; University of Manchester CCC [R]; Vale Royal AC.

SENIOR MEN – DIVISION THREE x11 plus Clubs who haven't previously fielded teams:

Knutsford Tri Club; Liverpool H & AC; Middleton H AC [R]; Oldham & Royton H & AC [N]; St Helens Sutton; St Helens Tri; Salford Metropolitan AC [R]; Swinton RC [R]; West Cheshire AC; Winston Runners.

SENIOR WOMEN - DIVISION ONE x10:

Chorlton Runners; E Cheshire H & Tameside AC; Macclesfield H & AC [P]; Manchester Tri [P]; Sale H Manchester AC; Salford H & AC [P]; Stockport H & AC; Trafford AC; Univ of Manchester; Wilmslow RC.

SENIOR WOMEN - DIVISION TWO: x11:

Altrincham & District AC [R]; Belle Vue Racers; Bramhall Runners; Glossopdale Harriers [R]; Goyt Valley Striders [P]; Knutsford Tri Club [P]; Manchester Frontrunners; Manchester YMCA H; Swinton RC [R]; Vale Royal AC [P]; Wirral AC.

SENIOR WOMEN - DIVISION THREE x13 plus Clubs who haven't previously fielded teams:

Buxton AC; Dragons RC Sale; Hyde Village Striders, Manchester H & AC [R]; Marple Runners; Middleton H AC [R]; Oldham & Royton H & AC [N]; St Helens Sutton AC; St Helens Tri [R]; Salford Metropolitan AC; Stockport Tri Club; Winston Runners.

VETERAN MEN - DIVISION ONE x10:

Altrincham & District AC [P]; Bramhall Runners; Chorlton Runners [P]; Horwich RMI [P]; Manchester Tri; Sale H Manchester AC; Salford H & AC; Stockport H & AC; Trafford AC; Wilmslow RC.

VETERAN MEN - DIVISION TWO x8:

East Cheshire H & Tameside AC [R]; Knutsford Tri Club; Macclesfield H & AC; Manchester H & AC [R]; Manchester YMCA Harriers; Marple Runners [P]; Swinton RC [R]; Vale Royal AC [R].

VETERAN MEN - DIVISION THREE x14 plus Clubs who haven't previously fielded teams:

Belle Vue Racers; Buxton AC; Glossopdale Harriers; Goyt Valley Striders; Hyde Village Striders; Manchester Frontrunners; Middleton H AC [R]; Oldham & Royton H & AC [N]; St Helens Sutton AC [R]; St Helens Tri; Salford Metropolitan AC [R]; Stockport Tri Club; West Cheshire AC; Winston Runners.

VETERAN WOMEN - DIVISION ONE:

Altrincham & District AC; Bramhall Runners; Chorlton Runners [P]; Manchester Triathlon; Sale H Manchester AC; Salford Metropolitan AC [P]; Swinton RC; Trafford AC; Wilmslow RC; Wirral AC [P].

VETERAN WOMEN - DIVISION TWO:

Belle Vue Racers [R]; Buxton AC [P]; E Cheshire H & Tameside AC [R]; Macclesfield H & AC; Manchester Frontrunners [P]; Manchester H & AC; Middleton H AC [R]; Stockport H & AC [R]; Vale Royal AC [P].

VETERAN WOMEN - DIVISION THREE plus Clubs who haven't previously fielded teams:

Dragons RC Sale; Glossopdale Harriers [R]; Goyt Valley Striders; Hyde Village Striders; Knutsford Tri; Manchester YMCA Harriers [R]; Marple Runners; Oldham & Royton H & AC [N]; St Helens Sutton AC; St Helens Tri [R]; Salford H & AC; Stockport Tri; Winston Runners.

B TEAMS – WOMEN & MEN: All B Teams; C TEAMS = All C, D, E, F etc Teams

[P] denotes promoted; [R] denotes relegated; [N] denotes new

[NB: divisions don't mean separate races – all men compete together, all women compete together]

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