

# MANCHESTER AREA CROSS COUNTRY LEAGUE

## 2018/2019 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 THREE / PRE-MATCH FOUR UPDATE

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

**MATCH THREE – FACTS & FIGURES** 1,114 runners competed – very similar to last season although the junior races were not as well supported.

Season	Venue	U11	U13-U17	Women	Men	Total
Match Three 2018/19	Woodbank Park	123	260	297	434	1114
Match Three 2017/18	Univ PF/Kenworthy	118	291	298	416	1123
Match Three 2016/17	Heaton Park	103	221	214	341	879
Match Three 2015/16	Boggart Hole Clough	68	153	175	285	681
Match Three 2014/15	Boggart Hole Clough	64	195	194	300	753
Match Three 2013/14	Sherdley Park	85	215	137	250	687
Match Three 2012/13	Wythenshawe Park	79	217	169	321	786
Match Three 2011/12	Wythenshawe Park	60	162	152	324	698

We were again lucky with the weather as it was mild and the little rain that did fall had finished well before the first race. Many thanks to Stockport Harriers who hosted the Match, and to the volunteers from Stockport Tri for their help in marking the course and marshalling. Thanks too to the Clubs who provided a volunteer to help marshal.

This Season thus far	Venue	U11	U13-U17	Women	Men	Total
Match One	Wythenshawe Park	n/a	277	307	436	1020
Match Two	Univ.PF/Kenworthy Woods	157	305	356	526	1344
Match Three	Woodbank Park	123	260	297	434	1114

We held a minute's silence before the start of the final race in memory of an old friend of the League, **Tony Riley** having learned of his recent death. Tony had been Chairman of the League and was the League's Referee until his retirement from athletics. He was also Referee for the Manchester & District League before the amalgamation in 2006. He'll be missed.

**ADDITIONAL ENTRIES BY CLUB CONTACTS FOR MATCH FOUR** can be made up to **MID-NIGHT ON WEDNESDAY THE 9TH JANUARY**. Club contacts should email additional entries to Brenda Bradshaw ([arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com)). **INDIVIDUALS MUST ENTER THROUGH THEIR CLUB**. Numbers will be ready for collection on Match day. *The entry list posted on the website prior to Match Three will be updated on the 28<sup>th</sup> December and again on the 11<sup>th</sup> January.*

**RACE NUMBERS – MOST IMPORTANT** Numbers have been allocated for the whole season so runners need to keep them safe and remember them for each match – and pins. ***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 a number also risk disqualification. Race numbers must be worn on the chest, not on the waist. They should not be folded nor cut down.***

**MATCH FOUR – SATURDAY 12 JANUARY - VENUE DETAILS & COURSE MAP** will be posted on the website but please watch out for updates right up to match day.

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**PHOTOGRAPHS** You can view and purchase photos taken at Matches One, Two and Three by the League's Official Photographer, Harry Shakeshaft, through his website [www.hsphotos.co.uk](http://www.hsphotos.co.uk). *Please note that anyone wishing to take photographs or videos on Match Day must first sign in at Registration and must stay clear of the start line, the finish line and the finish funnel.*

**OFFICIALS** the League is very grateful to the officials for their fantastic work. The majority of runners, team managers and supporters appreciate the work involved but regrettably there are a few who don't! So **SUPPORTERS and SPECTATORS PLEASE NOTE THE FOLLOWING, particularly when... supporting in the finish area - support competitors in a way that doesn't restrict the view of or distract the officials in any way; don't approach runners until they have left the finish funnel. ... supporting at the start – the start line area is for those competing and the officials – everyone else should stay clear.**

**ALL COMPETITORS PLEASE NOTE THE FOLLOWING:**

*allow plenty of time to get to the Match and to check out the course*

*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 wait until you have left the funnel before congratulating your fellow competitors*

*stopping your watch as you cross the finish line obscures your number so please don't do it*

*turning to talk to another runner in the finish funnel obscures your number*

*unless a judge recorder requests otherwise, keep walking to the end of the funnel*

*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.*

**MARSHALS FROM NON-HOST CLUBS** – *Horwich RMI, Liverpool, Macclesfield, Middleton, Oldham & Royton, St Helens Tri and Warrington* are each providing a volunteer to help with marshalling at Match Four. If you are a member of one of the clubs and you are willing to help please let your Club know. **Volunteers** need to attend a marshal's briefing at 11 am when they will be allocated their marshal spot. Ideally they should have a mobile phone and be prepared to give their number to Julie Laverock for use in the event of a medical emergency. They will be on duty from 12 noon until the last runner of the last race has passed them (approx. 3½ hours) so they should come well prepared with suitable clothing, a flask of tea or coffee and something to eat.

*Brenda Bradshaw*

**CONTACT DETAILS:** **Chairman:** Nick Bishop, e-mail: [nick@nickbishopsolutions.co.uk](mailto:nick@nickbishopsolutions.co.uk), tel: 07919 565904; **Secretary, Entries & Results Co-ordinator:** Brenda Bradshaw, tel: 0161-796 6310; email: [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com); **Affiliations, Course Maps & First Aid Co-ordinator:** Julie Laverock, tel: 01204 660227; email: [julie.laverock@gmail.com](mailto:julie.laverock@gmail.com). **WEBSITE & TWITTER:** website: [www.maccl.co.uk](http://www.maccl.co.uk); twitter [MACCL@ManAreaXC](https://twitter.com/MANAREAXC) - search 'twitter' on google then put ManAreaXC in the twitter search box.

**MISSING ITEM FROM MATCH TWO: GIRLS WATERPROOF JACKET WITH CHEADLE HULME SCHOOL ON REVERSE AND SCHOOL EMBLEM ON THE FRONT.**

**ITEM LEFT ON THE REGISTRATION DESK AT MATCH THREE: PURPLE WITH GREEN TRIMMED TOP. SHAPED, SISTEMA BOTTLE.**

**ITEMS HANDED IN AT MATCH TWO: SKY BLUE NIKE PRO COMBAT LONG SLEEVED TOP; BLUE & SILVER TASTETECH BIRO; IVAX INHALER.**

**ITEMS FOUND AT MATCH ONE REMAIN UNCLAIMED: CHILD'S GEORGE, WATERPROOF, ZIPPED JACKET WITH HOOD, WITH THE NAME "Ella C" ON THE LABEL; CHILD'S DECATHLON KALENJI SPIKES – UK4 - BLACK WITH YELLOW TRIM.**

**MERRY CHRISTMAS & HAPPY NEW YEAR**

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## **AFFILIATED CLUBS (x44):**

*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*  
*HIGH PEAK AC\**  
*HORWICH RMI HARRIERS*  
*HYDE VILLAGE STRIDERS*  
*KNUTSFORD HARRIERS & AC\**  
*KNUTSFORD TRI CLUB*  
*LIVERPOOL HARRIERS & AC*  
*MACCLESFIELD HARRIERS & AC*  
*MANCHESTER FRONTRUNNERS*  
*MANCHESTER HARRIERS & AC*  
*MANCHESTER METROPOLITAN UNIVERSITY AC*  
*MANCHESTER TRIATHLON CLUB*  
*MANCHESTER YMCA HARRIERS*  
*MARPLE RUNNERS*  
*MIDDLETON HARRIERS AC*  
*OLDHAM & ROYTON HARRIERS & AC*  
*QUAYS RUNNING CLUB\**  
*ST HELENS SUTTON AC*  
*ST HELENS TRI*  
*SALE HARRIERS MANCHESTER AC*  
*SALFORD HARRIERS & AC*  
*SALFORD METROPOLITAN AC*  
*STOCKPORT HARRIERS & AC*  
*STOCKPORT TRI CLUB*  
*SWINTON RC*  
*TRAFFORD AC*  
*UNIVERSITY OF MANCHESTER A & CCC*  
*VALE ROYAL AC*  
*WARRINGTON AC*  
*WESPA FIRE ATHLETICS\**  
*WEST CHESHIRE AC*  
*WILMSLOW RC*  
*WILMSLOW STRIDERS\**  
*WINSTON RUNNERS*  
*WIRRAL AC*

*\*denotes new to the League (x5).*

# MANCHESTER AREA CROSS COUNTRY LEAGUE 2018/2019

## DIVISIONAL TEAM STRUCTURE

### SENIOR MEN - DIVISION ONE x10:

Bramhall Runners [P]; Chorlton Runners; East Cheshire H & Tameside AC [P]; Horwich RMI H; Sale H Manchester AC; Salford H & AC; Stockport H & AC; Trafford AC; Vale Royal AC [P]; Wilmslow RC.

### SENIOR MEN - DIVISION TWO x10:

Altrincham & District AC [R]; Buxton AC [P]; Glossopdale Harriers; Macclesfield H & AC [R]; Manchester H & AC; Manchester Frontrunners; Manchester Tri [R]; Manchester YMCA H; St Helens Tri [P]; Swinton RC [P]

### SENIOR MEN – DIVISION THREE x9 plus additional Clubs fielding teams in future matches:

Goyt Valley Striders; Knutsford Tri Club; Marple Runners; Middleton H AC; Oldham & Royton H & AC; Salford Metropolitan AC; Stockport Tri Club; University of Manchester A & CCC [R]; Winston Runners.

### SENIOR WOMEN - DIVISION ONE x10:

Altrincham & District AC [P]; Manchester Frontrunners [P]; Manchester Triathlon Club; Sale H Manchester AC; Salford H & AC; Stockport H & AC; Trafford AC; University of Manchester A & CCC; Wilmslow RC; Wirral AC [P].

### SENIOR WOMEN - DIVISION TWO: x11:

Bramhall Runners; Buxton AC [P]; Chorlton Runners [R]; East Cheshire H & Tameside AC [R]; Knutsford Tri Club; Macclesfield H & AC [R]; Manchester YMCA H; Middleton H AC [P]; Salford Metropolitan AC [P]; Swinton RC; Vale Royal AC.

### SENIOR WOMEN - DIVISION THREE x7 plus additional Clubs fielding teams in future matches:

Belle Vue Racers [R]; Manchester H & AC; Manchester Metropolitan University AC; Marple Runners; St Helens Tri; Stockport Tri Club; Winston Runners.

### VETERAN MEN - DIVISION ONE x10:

Altrincham & District AC; Chorlton Runners; Macclesfield H & AC [P]; Sale H Manchester AC; Salford H & AC; Stockport H & AC; Swinton RC [P]; Trafford AC; Vale Royal AC [P]; Wilmslow RC.

### VETERAN MEN - DIVISION TWO x8:

Bramhall Runners [P]; Buxton AC [P]; East Cheshire H & Tameside AC; Horwich RMI H [R]; Manchester Triathlon [R]; Marple Runners; St Helens Tri [P]; Salford Metropolitan AC [P].

### VETERAN MEN - DIVISION THREE x8 plus additional Clubs fielding teams in future matches:

Glossopdale Harriers; Goyt Valley Striders; Hyde Village Striders; Knutsford Tri Club [R]; Manchester H & AC [R]; Oldham & Royton H & AC; West Cheshire AC; Winston Runners.

### VETERAN WOMEN - DIVISION ONE:

Altrincham & District AC; Chorlton Runners; Manchester Frontrunners [P]; Manchester Triathlon; Middleton H AC [P]; Sale H Manchester AC; Trafford AC; Vale Royal AC [P]; Wilmslow RC; Wirral AC.

### VETERAN WOMEN - DIVISION TWO:

Bramhall Runners [R]; Buxton AC; Knutsford Tri [P]; Macclesfield H & AC; Manchester YMCA H [P]; Salford Metropolitan AC [R]; Stockport H & AC; Stockport Tri [P]; Swinton RC [R].

### VETERAN WOMEN - DIVISION THREE x7 plus additional Clubs fielding teams in future matches:

Belle Vue Racers [R]; East Cheshire H & Tameside AC [R]; Goyt Valley Striders; Manchester H & AC [R]; Marple Runners; St Helens 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**

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

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