

MANCHESTER AREA CROSS COUNTRY LEAGUE

2019/2020 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

Just one match left for this season !

RESULTS FOR MATCH FOUR can be found on www.race-results.co.uk. Provisional results have been marked "final" but if you have any queries or corrections please contact Brenda (*not race-results*) at arnoldbradshaw@btinternet.com. Team Points & Positions can be found under "RESULTS" on www.maccl.co.uk. Remember we use the divisional team structure for the Senior and Veteran teams. *It's the best four from five results that count for both individuals & teams with the exception of the U11's for whom it's the best three from four.*

MATCH FOUR Thanks go to Brian Goulden for suggesting Tatton Park as a venue and for the massive amount of work he has put in to make it happen. Thanks too to Wilmslow RC who played host club for the first time and to Winston Runners who assisted them. Thanks too to the clubs who provided a volunteer to help with marshal duties. It was cold but thankfully dry for most of the day. 1,248 runners completed the course, a fantastic turnout for a new venue (*breakdown by category and a comparison with previous seasons can be found on page 2*). Many thanks to the **OFFICIALS** without whose help and support the League could not operate. Again, I urge competitors, supporters and spectators to read the notes overleaf under the heading "Start and Finish Areas" for advice on what happens and how to avoid problems. **SPONSORS** The League is very grateful for the support received from Run North West, Athlete Matters, City of Manchester Athletics and Colgate-Palmolive's Dental Health Unit. Our thanks to all of them.

RACE NUMBERS-MOST IMPORTANT Numbers have been allocated for the whole season. It is the responsibility of the club contacts and the runners themselves to ensure the correct number is worn. *Numbers are allocated for the whole season so runners should check they have theirs before travelling to the match. Runners who arrive without their number must report to Registration where they should purchase a replacement number. The fee is £1. Runners racing with a replacement number that hasn't been provided by the League or racing without their number risk disqualification. Race numbers must be worn on the chest, not on the waist and must be secured with four pins. Please ensure you have the right number for this League and for this season! Whilst some mistakes are spotted on match day, others delay the results being finalised.*

ADDITIONAL ENTRIES FOR MATCH FIVE will be accepted up to **MID-NIGHT ON WEDNESDAY 5TH FEBRUARY**. Designated club contacts should email entries to Brenda Bradshaw. Entries from any other source will not be accepted. Numbers will be ready for collection on match day. The entry list posted on the website prior to Match Four will be updated, if necessary, a week before Match Five with a final update being posted after the entry deadline.

MATCH FIVE – SATURDAY 8 FEBRUARY - VENUE DETAILS & COURSE MAP will be posted on the website but please watch out for updates right up to match day.

START & FINISH AREAS - *supporters and spectators are asked to note the following. The start line and the immediate area is for those competing and the officials. The finish area is for finishers and the officials. It's of huge importance that the officials' view is not restricted and that they aren't distracted in any way. Ducking under the finish funnel tape to save yourself a few yards is not acceptable at any time. **Finishers should not be approached until they have left the finish funnel.***

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ALL COMPETITORS PLEASE NOTE THE FOLLOWING:

- allow plenty of time to get to the Match and to check out the course
- bear in mind the “race number” note given on page one of this update!!
- treat your fellow competitors and the officials with respect
- clothing should be appropriate for competing in the winter in a public park and should be worn so as not to be objectionable
- keep to the set course
- you will be recorded as you cross the finish line, part way down the finish funnel and again at the end of the funnel so stay in order, don't leave the funnel before the end and wait until you've exited the funnel before turning to congratulate your fellow competitors

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

- don't return to the course to “pace” or “assist” another runner
- stopping your watch as you cross the finish line obscures your number so please don't do it
- 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 NEEDED If you are willing to help with marshalling at Match Five please let your Club know. Clubs who have volunteered to provide a marshal for Match Five are: Oldham & Royton H & AC, Quays RC, Salford H & AC, Salford Metropolitan AC, Stockport Tri, Swinton RC. **Volunteers** need to attend a marshal's briefing at 11 am when they will be allocated their marshal spot. Marshals are on duty from 12 noon until the last runner of the last race has passed them (approx.3½ hours) so they need clothing to suit the weather conditions and they also need to bring their own refreshments.

HELP MARK THE COURSE & DISMANTLE IT!! – Match Five – East Cheshire & Tameside AC has volunteered to assist host club Manchester H & AC by providing four volunteers. Basically it's helping the host club's section leaders to carry and put in flags. There may also be posts and tape to set up. Helpers would be allocated a marshal spot - possibly on the section they've been marking. The same teams then collect the flags after the final race has finished. It means an early start, meeting up at 8:45 am. There should be time between marking the course and marshalling to have a break. The last race starts at 2:30 pm so dismantlers are looking at a 3:45'ish finish. The first race starts at 12 noon and marshals need to be in place before it starts. Volunteers should come prepared for all weathers and bring their own refreshments. The aim is to relieve the host club of some of the burden of hosting.

BREAKDOWN - the number of competitors taking part in Match Four this season and the previous eight seasons are shown here:

Season	Venue	U11	U13-U17	Women	Men	Total
Match 4 2019/20	Tatton Park	139	302	328	479	1248
Match 4 2018/19	Heaton Park	149	263	313	466	1191
Match 4 2017/18	Woodbank Park	119	263	300	404	1086
Match 4 2016/17	Univ PF/Kenworthy	123	233	238	379	973
Match 4 2015/16	Heaton Park	88	151	216	328	783
Match 4 2014/15	Heaton Park	66	162	193	333	754
Match 4 2013/14	Boggart Hole Clough	90	203	162	295	750
Match 4 2012/13	Boggart Hole Clough	91	181	134	232	638
Match 4 2011/12	Woodbank Park	70	152	139	259	620

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Here's a reminder of how many have competed in the current season thus far:

<i>This Season</i>	<i>Venue</i>	<i>U11</i>	<i>U13-U17</i>	<i>Women</i>	<i>Men</i>	<i>Total</i>
Match One	Wythenshawe Park	n/a	324	283	416	1023
Match Two	Univ.PF/Kenworthy Wood	145	329	344	511	1329
Match Three	Arrowe Park	109	211	179	286	785
Match Four	Tatton Park	139	302	328	479	1248

Brenda Bradshaw

PRESENTATION OF OVERALL AWARDS - FRIDAY 6 MARCH 2020 AT 7:30 PM
AGM FOR CLUB CONTACTS – MONDAY 16 MARCH 2020 AT 7 PM

CONTACT DETAILS:

Chairman: Nick Bishop, tel: 07919 565904; e-mail: nick@nickbishopsolutions.co.uk.

Secretary, Entries & Results Co-ordinator: Brenda Bradshaw, tel: 0161-796 6310; email: arnoldbradshaw@btinternet.com.

Affiliations, Course Maps & First Aid Co-ordinator: Julie Laverock, tel: 01204 660227; email: julie.laverock@gmail.com.

WEBSITE & TWITTER: website: www.maccl.co.uk; twitter MACCL@ManAreaXC - search 'twitter' on google then put ManAreaXC in the twitter search box.

MISSING ITEM FROM MATCH 2: PAIR OF WOMEN'S SAUCONY, SIZE 6, GREEN SPIKES – IF YOU FIND YOU'VE PICKED THESE UP BY MISTAKE PLEASE LET ME KNOW. ITEMS FOUND AT MATCH 4: BLACK BADGE, SHIELD SHAPED WITH "SPORTS LEADER" IN GOLD; CREAM-COLOURED BOBBLE HAT WITH SILVER STAR MOTIF; BLACK "LOVE/HATE RUNNING" SNOOD; BLACK MEDIUM SIZED RUNNING GLOVES, ITEMS FOUND AT MATCH 3: CUP FROM METAL THERMOS FLASK; USB ADAPTOR. ITEMS LEFT AT MATCH 2: LIGHT COLOURED, CREAM-LINED WED'ZE BOBBLE HAT; SWEATY BETTY BLACK HEADBAND; WILKO BLACK FRAMED SPECTACLES; SiS YELLOW & BLACK PLASTIC DRINKS BOTTLE; PAIR OF INOV8 X TALON 212, SIZE 9½ SHOES.

If you think any of the above items belong to you, contact Brenda at arnoldbradshaw@btinternet.com or ask the Registration Team at Match Five.

AFFILIATED CLUBS (x45) *denotes new to the League (x3):

ALTRINCHAM & DISTRICT AC, BELLE VUE RACERS, BRAMHALL RUNNERS, BUXTON AC, CHORLTON RUNNERS, DIDSBURY RUNNERS*, DRAGONS RC SALE, EAST CHESHIRE H & TAMESIDE AC, GLOSSOPDALE HARRIERS, GOYT VALLEY STRIDERS, HALTON & FRODSHAM HARRIERS, HORWICH RMI HARRIERS, KNUTSFORD H & AC, KNUTSFORD TRI CLUB, LIVERPOOL H & AC, MACCLESFIELD H & AC, MANCHESTER FRONTRUNNERS, MANCHESTER H & AC, MANCHESTER METROPOLITAN UNIVERSITY AC, MANCHESTER TRI CLUB, MANCHESTER YMCA HARRIERS, MARPLE RUNNERS, MIDDLETON HARRIERS AC, OLDHAM & ROYTON H & AC, QUAYS RC, ST HELENS SUTTON AC, ST HELENS TRI, SALE H MANCHESTER AC, SALFORD H & AC, SALFORD METROPOLITAN AC, START2JOG*, STOCKPORT H & AC, STOCKPORT TRI CLUB, STYAL RC*, 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.

MATCH FIVE – SATURDAY 8 FEBRUARY 2020
REMEMBER – NO ENTRIES ON MATCH DAY

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DIVISIONAL TEAM STRUCTURE

SENIOR MEN - DIVISION ONE x10:

Altrincham & District AC; Buxton AC; Chorlton Runners; Horwich RMI H; Manchester Tri; Sale H Manchester AC; Salford H & AC; Stockport H & AC; Trafford AC; Wilmslow RC.

SENIOR MEN - DIVISION TWO x10:

Bramhall Runners; East Cheshire H & Tameside AC; Macclesfield H & AC; Manchester H & AC; Manchester YMCA H; Salford Metropolitan AC; Stockport Tri Club; Swinton RC; University of Manchester A & CCC; Vale Royal AC.

SENIOR MEN – DIVISION THREE *plus Clubs fielding teams in future matches:*

Belle Vue Racers; Glossopdale Harriers; Goyt Valley Striders; Knutsford Tri Club; Manchester Frontrunners; Marple Runners; Middleton H AC; St Helens Tri plus new clubs: Didsbury Runners, Start2Jog, Styal Running Club.

SENIOR WOMEN - DIVISION ONE x10:

Chorlton Runners; East Cheshire H & Tameside AC; Macclesfield H & AC; Manchester Triathlon Club; Sale H Manchester AC; Salford H & AC; Stockport H & AC; Trafford AC; University of Manchester A & CCC; Wilmslow RC.

SENIOR WOMEN - DIVISION TWO x11:

Altrincham & District AC; Belle Vue Racers; Buxton AC; Manchester Frontrunners; Manchester H & AC; Manchester YMCA H; Salford Metropolitan AC; Stockport Tri Club; Swinton RC; Vale Royal AC; Wirral AC.

SENIOR WOMEN - DIVISION THREE *plus Clubs fielding teams in future matches:*

Bramhall Runners; Goyt Valley Striders; Knutsford Tri Club; Manchester Metropolitan Univ A & CCC; Marple Runners; Middleton H AC; Winston Runners + new clubs: Didsbury Runners, Start2Jog, Styal Running Club.

VETERAN MEN - DIVISION ONE x10:

Altrincham & District AC; Chorlton Runners; East Cheshire H & Tameside AC; Horwich RMI H; Manchester Tri; Sale H Manchester AC; Salford H & AC; Stockport H & AC; Trafford AC; Wilmslow RC.

VETERAN MEN - DIVISION TWO x8:

Buxton AC; Goyt Valley Striders; Macclesfield H & AC; Manchester H & AC; St Helens Tri; Stockport Tri Club; Swinton RC; Vale Royal AC.

VETERAN MEN - DIVISION THREE *plus Clubs fielding teams in future matches:*

Belle Vue Racers; Bramhall Runners; Glossopdale Harriers; Knutsford Tri Club; Manchester Frontrunners; Marple Runners; Middleton H AC; Salford Metropolitan AC + new clubs: Didsbury Runners, Start2Jog, Styal Running Club.

VETERAN WOMEN - DIVISION ONE x10:

Altrincham & District AC; Buxton AC; Chorlton Runners; Macclesfield H & AC; Sale H Manchester AC; Stockport H & AC; Trafford AC; Vale Royal AC; Wilmslow RC; Wirral AC.

VETERAN WOMEN - DIVISION TWO x9:

East Cheshire H & Tameside AC; Manchester Frontrunners; Manchester H & AC; Manchester Triathlon; Middleton H AC; St Helens Tri; Salford Metropolitan AC; Stockport Tri Club; Swinton RC.

VETERAN WOMEN - DIVISION THREE *plus Clubs fielding teams in future matches:*

Belle Vue Racers; Bramhall Runners; Goyt Valley Striders; Knutsford Tri Club, Manchester YMCA Harriers; Marple Runners; Salford H & AC; Winston Runners plus new clubs: Didsbury Runners, Start2Jog, Styal Running Club.

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

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

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