

MANCHESTER AREA CROSS COUNTRY LEAGUE
2022/2023 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*

PRE-MATCH ONE UPDATE

THE FOLLOWING 46 CLUBS HAVE AFFILIATED 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; HORWICH RMI HARRIERS; HYDE VILLAGE STRIDERS*; KNUTSFORD TRI CLUB; LEVENSHULME RUNNERS*; LIVERPOOL H & AC; MACCLESFIELD H & AC; MANCHESTER FRONTRUNNERS; MANCHESTER H & AC; MANCHESTER MET UNIV A; MANCHESTER ROAD RUNNERS*; MANCHESTER TRI CLUB; MANCHESTER YMCA HARRIERS; MARPLE RUNNERS; MIDDLETON HARRIERS AC; OLDHAM & ROYTON H & AC; QUAYS RC; RUNNING BEAR RC; SADDLEWORTH RUNNERS; ST HELENS SUTTON AC; SALE H. MANCHESTER AC; SALFORD HARRIERS & AC; SALFORD METROPOLITAN AC; START2JOG RC; STOCKPORT H & AC; STOCKPORT TRI; STYAL RC; SWINTON RC; TOTAL RUN TRAINING*; TRAFFORD AC; UNIV. OF MANCHESTER A & CCC; VALE ROYAL AC; WARRINGTON AC; WEST CHESHIRE AC; WILMSLOW RC; WILMSLOW STRIDERS; WINSTON RUNNERS; WIRRAL AC **denotes new to the League.*

ENTRIES FOR MATCH 1 CLOSED ON 10 OCTOBER. Full lists up to 10 October, by Club, have been sent to club contacts and posted on our website. Individuals who spot any errors or have any queries should contact their Club's contact for the League - **not** the League.

ENTRIES WILL NOT BE ACCEPTED ON MATCH DAY – PLEASE DO NOT ASK! Runners who knowingly use another runner's number will be liable to disqualification.

MATCH ONE – SATURDAY 15 OCTOBER – WYTHENSHAW PARK - COURSE MAP & VENUE NOTES have been sent to club contacts and posted on our website (www.maccl.co.uk). For other details including timetable, categories etc. look at the Season's Details on the website. **If the weather deteriorates before Match 1, the course and best places to park may change so bear that in mind and check the website for updates.**

Club Contacts/Team Managers at Match 1 will collect RACE NUMBERS. If runners have entered individually, their numbers will be included in their club's entries. Only guest/unattached runners can collect individual numbers. **Chip Numbers are for all five matches so be sure to bring them to each match. There will be one consecutive run of**

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numbers –all numbers will have a green colour banding to ensure all runners are wearing this season's MACCL numbers. Remember you will need four safety pins! Runners will be charged £3 for a re-issued number. It is the responsibility of Clubs to ensure their runners have the correct number for each match.

SENIOR & VET WOMENS TEAMS - all women (**U20/Seniors/Veterans**) run together at **1:30pm**. **SENIOR & VET MENS TEAMS** - all men (**U20/Seniors/Veterans**) run together at **2:30pm**. Seniors and Veterans can check which division their club will be competing in – see the Team Structure on the website.

MATCH ONE RESULTS will be available on www.race-results.co.uk. If you have any queries or corrections please contact Val Brennan (**not race.results**) as soon as possible to ensure the results are correct before going into Match 2. **NB it is the best four from five results that count for both individuals & teams with the exception of the U11's for whom it is the best 3 from 4.**

HELPERS – non-host clubs have been asked to provide **at least** one person to help with marshal duties at one match during the season. Anyone able to help should contact their Club or contact Val and we will forward your details. You will be asked to report **no later than 11:15 am** and you'll be on duty from 12 noon (**Match One 12:15**) to 3:45 pm (approx.) so you'll need clothing to suit the weather conditions and you'll also need to bring whatever refreshments you feel you need to keep yourself going.

HELP MARK THE COURSE & DISMANTLE IT! – Only a few clubs have volunteered to help a host club set the course, dismantle it and marshal. You help the host club's section leaders to carry and put in flags and there may be posts and tape to set up. Helpers may be allocated a marshal spot - possibly on the section they have been marking. The same teams then collect the flags after the final race has finished. It means an early start (usually about 8:30 am) but there is usually time between marking the course and marshalling to have a break. The last race starts at 2:30 so dismantlers are looking at a 3:45'ish finish. The first race starts at 12 noon (12:15 for the first Match), so marshals need to be in place just after noon. Volunteers do not need to be the same people all day- the duties can be split if there are enough helpers. Helpers 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. We will be in touch with those who have already volunteered but please do not hesitate to put yourself forward – we will take all the help we can get.

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. Club vests or club T-Shirts must be worn.

Treat your fellow competitors and the officials with respect; keep to the set course. At the finish, you will be recorded as you cross the chip-timing mat at the finish line. **Please stay in order until you have crossed the timing mat and are out of the funnel.**

CONTACT DETAILS

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

Secretary, Entries & Affiliations & Results Co-ordinator: Val Brennan tel: 07429 579556; email: valerie.brennan.53@btinternet.com

Marshal and First Aid Co-coordinator: Ruth Bardsley email: ruthfatcow@aol.com

WEBSITE & TWITTER website address: www.maccl.co.uk. We are also on Twitter MACCL@ManAreaXC.