

**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*

**POST MATCH FOUR UPDATE**

Results for Match 4 have been finalised and can be found on [Manchester Area Cross Country League \(race-results.co.uk\)](http://Manchester Area Cross Country League (race-results.co.uk)) Team/divisional results can be found here: [maccldivisions224.pdf \(race-results.co.uk\)](http://maccldivisions224.pdf (race-results.co.uk)) For information: OVERALL SNR & VET TEAMS: MEN & WOMEN: Trophies are awarded to the top 3 clubs in Division One (irrespective of the number of qualifying clubs). Trophies are awarded to the top 3 clubs in Divisions Two, Three, 'B' and 'C Plus', depending on the number of complete teams, i.e. 10 or more complete teams 1st, 2nd, 3rd; 6 to 9 complete teams 1st, 2nd; 5 or fewer teams 1st.

**Match Four: Competitor Numbers**

Match Four	Venue	U11	U13-U17	Women	Men	Total	- U11's
2022/23	Sherdley Park	104	244	238	319	<b>905</b>	801
2021/22	Tatton Park	112	301	358	470	<b>1241</b>	1129
2019/20	Tatton Park	139	302	328	479	<b>1248</b>	1109
2018/19	Heaton Park	149	263	313	466	<b>1191</b>	1042
2017/18	Woodbank Park	119	263	300	404	<b>1086</b>	967
2016/17	Univ/Kenworthy Woods	123	233	238	379	<b>973</b>	850
2015/16	Heaton Park	88	151	216	328	<b>783</b>	695
2014/15	Heaton Park	66	162	193	333	<b>754</b>	688
2013/14	Boggart Hole Clough	90	203	162	295	<b>750</b>	660
2012/13	Boggart Hole Clough	91	181	134	232	<b>638</b>	547
2011/12	Woodbank Park	70	152	139	259	<b>620</b>	550
2010/11	Woodbank Park	58	187	115	221	<b>571</b>	513
2009/10	Woodbank Park	78	171	101	173	<b>523</b>	445
2008/09	Woodbank Park	74	164	97	194	<b>529</b>	455
2007/08	Woodbank Park	57	148	96	150	<b>451</b>	394

Thanks to our host, club for Match 4, St Helens Sutton AC. Ian Hayburn, Ray Vose, Helena McGoldrick, Ian Roberts and their team did an excellent job in setting up (and clearing up) a great course for a very competitive match. Thanks also go to all of our officials, Crazy Legs (for the chip timing), Graham Fecitt at SportSoft Entries and Results and our AW reporter Stephen Green, as well as photographers JP Kearns and Harry Shakeshaft. Thanks to all the clubs that provided course marshals.

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**Match Five - Saturday 11 March: Heaton Park, Manchester** (hosted by Manchester Harriers & AC). Entries are now open and will close on **Monday 6 March**. If you did not enter in time for Matches 1 – 4 please get your team manager to enter you before the closing date. The cost will be £5 per runner for the final race of the season. Online entries can be made here: [SportSoft Entries & Results \(race-results.co.uk\)](http://SportSoft Entries & Results (race-results.co.uk)) Numbers can be collected from registration before the start of Match 5.

**ENTRIES AFTER THE CLOSING DATE OF 6 MARCH AND ENTRIES ON THE DAY ARE NOT ALLOWED.**

Venue details, the course map and updated entry lists will be posted on the MACCL website a week before Match 5.

#### **Notes from Match 4**

- **The wearing of headphones during the race is not permitted under UKA rules**
- **All runners must wear club vests or T-Shirts.**
- **If you bought a replacement number for Match 4, please use it for Match 5.** If you find your old number, throw it away as your new number is now recorded on the database. Please ensure that you are wearing the correct race number, not one belonging to someone from your club.
- **Do not to go near the finish line** wearing/holding your chip number as this has triggered the chip on a couple of occasions during previous matches
- **If you DNF** please report this to the match referee (not the marshals).
- **Lost property – a navy umbrella, Liverpool Harriers hoody, Linex black waterproof jacket and a Peter Storm fleece. Please contact Val Brennan if you have lost any of these items.**
- **Did anyone pick up a black backpack left near the Middleton Harriers and Marple Runners tents?**

#### **CONTACT DETAILS**

**Chair:** Nick Bishop, tel: 07919 565904; e-mail: [nick@nickbishopsolutions.co.uk](mailto:nick@nickbishopsolutions.co.uk).

**Secretary, Entries & Affiliations & Results Co-coordinator:** Val Brennan tel: 07429 579556; email: [valerie.brennan.53@btinternet.com](mailto:valerie.brennan.53@btinternet.com)

**First Aid & Marshal Co-coordinator:** Ruth Bardsley tel: 07867 747578 email: [ruthfatcow@aol.com](mailto:ruthfatcow@aol.com)

**WEBSITE & TWITTER** website address: [www.maccl.co.uk](http://www.maccl.co.uk). We are also on Twitter [MACCL@ManAreaXC](https://twitter.com/MACCL@ManAreaXC).

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