

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 FOUR UPDATE – SATURDAY 11 FEBRUARY 2023 SHERDLEY PARK, ST HELENS

ENTRIES FOR MATCH CLOSE ON MONDAY 6 FEBRUARY. The entry list posted on the website prior to Match 4 will be updated later this week. Individuals spotting any errors or having any queries should contact their team manager- **not** the League. **ENTRIES WILL NOT BE ACCEPTED ON MATCH DAY.**

COURSE MAP & VENUE NOTES have been posted on the 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 4, the course and best places to park may change so bear that in mind and check the website for updates.

Club Contacts/Team Managers should have collected race numbers at one of the previous matches. For Match 4 – race numbers for 'late entries' and guest runners can be collected from registration (MACCL orange and black gazebo)

Chip Numbers are for all five matches so make sure you bring them to each match. There is one consecutive run of numbers –all numbers have a green band 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. Please come to registration with £3 in cash if you have lost/mislaidd your 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 Team Structure on the website.

CLUB TENTS Club tents should be erected on the right hand side of the road into the site, no nearer than 50m from the entrance gates into the site (please refer to the course map)

Notes

- 1. All runners must wear club vests or T-Shirts**
- 2. All runners must keep to the marked course (no shortcuts!).**
- 3. The wearing of headphones is not permitted during the race (UKA rules)**
4. Runners who knowingly use another runner's number will be liable to disqualification.
5. It is important that non –finishers be reported. Please report to the referee if you DNF.
- 6. Please ensure that you are wearing the correct race number.** Hand written numbers or numbers from non-league races are not acceptable. Your team manager will have a list of names with the corresponding chip number
7. Please do not go near the finish line wearing/holding your chip number as this triggered the chip on a couple of occasions during previous matches.

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MATCH FOUR 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 5. **NB** it is the **best four from five** results that count for both individuals & teams with the exception of the U11s for whom it is the **best three from four**.

MARSHALS – non-host clubs have been asked to provide 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. If you have volunteered to marshal at Match 4, please report to registration **no later than 11:15 am and ask for Ruth Bardsley**. You'll be on duty from 12 noon 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.

COURSE SET UP & DISMANTLING – A few clubs have volunteered to help a host club set the course and dismantle it. This involves helping the host club's course director to carry and put in flags. There may also be posts and tape to set up. The last race starts at 2:30 so dismantlers are looking at a 3:45'ish finish. Volunteers need not be the same people all day - the duties can be split if there are sufficient 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 have been in touch with those who have already volunteered but please do not hesitate to put yourself forward for Match 5– we will accept any offers of help.

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 and make sure it is worn **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 (no short cuts!)**. At the finish, you will be recorded as you cross the chip-timing mat. **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

First Aid & Marshal Co-coordinator: Ruth Bardsley tel: 07867 747578 email: ruthfatcow@aol.com

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