

MANCHESTER AREA CROSS COUNTRY LEAGUE

2023/2024 SEASON EA Registration Ref: 2662520

In partnership with Run North West and supported by: WORSLEY PHYSIO, CITY OF MANCHESTER ATHLETICS and COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT

PRE-MATCH FOUR UPDATE **SATURDAY 10TH FEBRUARY – UNIVERSITY PLAYING** **FIELDS/KENWORTHY WOODS**

One big request please. We were very close to losing this venue due to the damage caused in previous years. Damage was caused by people running across out of bounds football pitches etc. Please do keep off all pitches and remind all of your colleagues/fellow runners/spectators etc. Thank you.

ENTRIES FOR MATCH 4 CLOSE ON MONDAY 5 FEBRUARY. The entry list posted on the website prior to Match 3 will be updated after the closing date. Individuals spotting any errors or having any queries should contact their team manager- **not** the League.

MATCH FOUR – SATURDAY 10 FEBRUARY – KENWORTHY WOODS - COURSE MAP & VENUE NOTES will shortly be posted on our website (www.maccl.co.uk). **PLEASE NOTE THAT THE COURSE HAS CHANGED FROM PREVIOUS MATCHES.**

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. If runners have entered individually, their numbers will be included in their club's entries. Only guest and unattached runners can collect individual numbers. Race numbers for 'late entries' and any U11s not collected at earlier matches can be collected by team managers from the registration desk.

Chip Numbers are for all five matches so be sure to bring them to each match. There is one consecutive run of 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.

Please pass on the information below to your runners:

*In partnership with Run North West and supported by: ATHLETE MATTERS,
CITY OF MANCHESTER ATHLETICS and COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT*

1. **All runners must wear club vests or T-Shirts (runners were DQd from previous matches for not doing so)**
2. **Do not walk across the football pitches, duck under any marking tape or enter any area marked out of bounds (this will jeopardise our use of this venue next year)**
3. Runners who knowingly use another runner's number will be liable to disqualification
4. Treat your fellow competitors, marshals and officials with respect
5. **DNFs** - 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.** Your team manager will have a list of names with the corresponding chip number
7. **Keep to the set course** – no short cuts!
8. **Chip triggers** - Please do not go near the finish line wearing/holding your chip number as this triggered the chip on a couple of occasions during M1.
9. **Stay in order** until you have crossed the timing mat and are out of the funnel.

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.

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 enough helpers. 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. We will be in touch with those who have already volunteered for future matches but please do not hesitate to put yourself forward – we will take all the help we can get.

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.