

*In partnership with Run North West and supported by: WORSLEY PHYSIO & CITY OF MANCHESTER  
ATHLETICS*

### **PRE-MATCH ONE UPDATE**

**ENTRIES FOR MATCH 1 CLOSE ON Sunday 6<sup>TH</sup> OCTOBER.** Full lists up to 6 October, by Club, will be sent to club contacts and posted on our website ahead of Match 1. 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 12 OCTOBER –HEATON PARK - COURSE MAP & VENUE NOTES** have been sent to club contacts and posted on our website ([www.maccl.co.uk](http://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 numbers –all numbers will have a **PURPLE** 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](http://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.**

- 1. All runners must wear club vests or T-Shirts or will be disqualified**
- 2. DNFs:** It is important non –finishers be reported. Please remind your runners to inform someone in the finish area if they DNF.
- 3. Please ensure that all your runners are given the correct race number.**
- 4. Chip Triggers:** Please ask your runners not to go near the finish line wearing/holding their chip numbers (unless they are racing) as this can trigger the chip
- 5. The wearing of headphones is not permitted in any XC match (UKA rules)**

**HELPERS** – non-host clubs have been asked to provide **at least** one person to help with marshal/finish line 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

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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.

**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. Volunteers may be allocated a marshal or finish line spot. 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 always 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, 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.

**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.**

**NOTE: The course for this match has been revised since last year. The old route is not suitable due fallen trees blocking part of the route near to the garden centre. The downside to the new route is that it contains an unavoidable section on a path (approx. 150m). This should be considered when deciding what type of shoe to wear.**

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](mailto:nick@nickbishopsolutions.co.uk).

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

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

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