

MANCHESTER AREA CROSS COUNTRY LEAGUE

2014/2015 SEASON EA Registration Ref: 2662520

In partnership with APTECO and CITY OF MANCHESTER ATHLETICS

*Supported by THE WATERS WILMSLOW HALF MARATHON
and COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT*

THE FOLLOWING 37 CLUBS HAVE AFFILIATED – ABC RUNNERS, ALTRINCHAM & DISTRICT AC, BELLE VUE RACERS, BRAMHALL RUNNERS, CHORLTON RUNNERS*, DRAGONS RC (SALE), EAST CHESHIRE H & TAMESIDE AC, GLOSSOPDALE HARRIERS*, HALTON & FRODSHAM AC, HYDE VILLAGE STRIDERS*, KNUTSFORD TRI CLUB, LIVERPOOL H & AC, MMU HARRIERS, MACCLESFIELD H & AC, MANCHESTER H & AC, MANCHESTER FRONTRUNNERS, MANCHESTER TRI CLUB, MANCHESTER YMCA HARRIERS, MIDDLETON H AC, RADCLIFFE AC*, RIBBLE VALLEY AC, ST HELENS STRIDERS, ST HELENS SUTTON AC, SALE HARRIERS MANCHESTER AC, SALFORD H & AC, SALFORD MET AC, STOCKPORT H & AC, SWINTON RC, TRAFFORD AC, UNIV OF MANCHESTER CCC, VALE ROYAL AC, WARRINGTON AC, WARRINGTON TRIATHLON CLUB, WEST CHESHIRE AC, WILMSLOW RC, WINSTON RR*, WIRRAL AC. [Welcome to the five clubs new* to the League and welcome back to Warrington Tri Club.]

MATCH ONE – SATURDAY 11 OCTOBER – WOODBANK PARK - VENUE DETAILS & COURSE MAP can be found under “MACCL - Course Maps & Venue Notes”. For other details including timetable, categories etc. look at updated Season’s Details under “Manchester Area XC – Details”.

ENTRY LISTS can be found under “Manchester Area XC – Details”. **Individuals** who aren’t on the list who want to run should contact their Club **not** the League. The League will **not** accept entries from individuals, they must go through their Club. If an entry is listed incorrectly, i.e. wrong category, incorrect spelling, please let the League know.

RACE NUMBERS should be collected from Registration by **Team Managers** at Match One. Registration will be in the Club House near the Track and will be open from 10:30 am. **The number allocated to each athlete is for all five matches so keep it safe, bring it to each match and remember safety pins! Runners are reminded that they will be charged 50p for a re-issued, handwritten number – payable on race day.** There are three basic sets all starting at No. 1, all with black numbers on a whiteground but with coloured bands as follows: **Boys & Girls U11, U13, U15 & U17 – yellow band; Senior, U20 & Veteran Women – pink band; Senior, Under 20 & Veteran Men – blue band.** All numbers carry the League’s name so no excuses for wearing the wrong number. It is the responsibility of Clubs to ensure their runners have the correct number for each match.

LATE ENTRIES will be accepted but please help us by sending them at least 48 HOURS BEFORE EACH RACE. PLEASE DON’T LEAVE IT UNTIL RACE DAY. We will, of course, accept entries on race day but that facility is meant for special circumstances when you really didn’t know that a runner was going to compete. Race day entries do cause more work and can be the cause of frustration if a queue forms! **Individuals** should check with their Team Manager that they are entered. **Team Managers** should contact the ENTRIES CO-ORDINATOR, JULIE LAVEROCK, by email or by telephone at least 48 hours before each race. Numbers will then be ready for collection on race day.

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Individuals who are not pre-entered: What to do on race day – bring along your EA Registration Card, complete an entry form (available from the Registration Desk), seek out your Team Manager and get him/her to enter you. As a last resort, if you are unable to find your Team Manager, present yourself to the Registration Team.

VOLUNTEERS FROM NON-HOST CLUBS – four non-host clubs are to provide one person each to help with marshal duties during the season. The rota is as follows:

Match 1	Dragons RC (Sale)	Knutsford Tri Club	Ribble Valley AC	St Helens Striders
Match 2	ABC Runners	Altrincham	Belle Vue Racers	West Cheshire
Match 3	Bramhall Runners	East Cheshire	Halton & Frodsham	Liverpool
Match 4	Macclesfield	M/cr Frontrunners	M/cr Triathlon	M/cr YMCA
Match 5	MMU	Middleton	Salford Met	Swinton

Volunteers should report to Registration at least 45 minutes prior to Match start time, (11:30 for Match One, 11:15 Matches Two to Five), to be allocated their marshal spot and have time to get to it. They will be on duty until the last runner of the last race has passed them (approx. 3½ hours) so they need to come well prepared. If a club wishes to swap matches, please contact Brenda as soon as possible. If clubs know their volunteer in advance of match day, please let Brenda know. Sorry for the short notice to Clubs allocated Match One but at least you'll get it out of the way!

DATE CHANGE – FINAL MATCH – Please note that, due to a fixture clash that affects the League's ability to produce results on the day, the final match at Wythenshawe Park will take place on **SATURDAY 14 FEBRUARY 2015** not 7 February. Please accept our apologies for the inconvenience caused.

Results for MATCH ONE will be available on www.race-results.co.uk on Saturday evening. Queries or corrections should be directed to Brenda Bradshaw (*not race-results*) as soon as possible to ensure the results are correct before going into Match Two. ***NB it's the best 4 from 5 results that count for both individuals & teams with the exception of the U11's for whom it's the best 3 from 4.***

COMPETITORS PLEASE NOTE the following when finishing a race.....

- *stopping your watch as you cross the finish line obscures your number*
- *do not leave the finish funnel mid-way along*
- *barging runners out of the way is unacceptable*
- *stay in finish order to the end of the finish funnel*
- *keep walking through the finish funnel (unless a judge recorder requests otherwise)*
- *do not stop to talk to fellow competitors until you have left the funnel*
- *if you have a query about your finish place or time bring it to the attention of the Race Referee – please don't interrupt the judge recorders and timekeepers.*

CONTACTS - **Chairman:** Nick Bishop, 4 Swann Grove, Cheadle Hulme, Cheshire SK8 7HW. Tel: 07919 565904. e-mail: info@completeperformance.co.uk. **Secretary & Results Co-ordinator:** Brenda Bradshaw, 12 Heaton Drive, Hollins Village, Bury BL9 8BQ. Tel: 0161-796 6310; email: arnoldbradshaw@btinternet.com. **Entries & Affiliations Co-ordinator:** Julie Laverock, 55 Knightswood, Bolton BL3 4UU. Telephone: 01204 660227; email: Julie.laverock@talk21.com.

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SENIOR & VETERAN MENS TEAMS – DIVISION ONE

<i>Senior Men</i>	<i>Veteran Men</i>
ALTRINCHAM & DISTRICT AC	BRAMHALL RUNNERS
EAST CHESHIRE H & TAMESIDE AC	EAST CHESHIRE H & TAMESIDE AC
SALE H MANCHESTER AC	ST HELENS SUTTON AC
SALFORD H & AC	SALE H MANCHESTER AC
SALFORD H & AC – B	SALFORD H & AC
STOCKPORT H & AC	SALFORD H & AC - B
SWINTON RC	STOCKPORT H & AC
TRAFFORD AC	TRAFFORD AC
TRAFFORD AC - B	WILMSLOW RC
WILMSLOW RC	WILMSLOW RC – B

SENIOR & VETERAN WOMENS TEAMS – DIVISION ONE

<i>Senior Women</i>	<i>Veteran Women</i>
MACCLESFIELD H & AC	ALTRINCHAM & DISTRICT AC
MANCHESTER TRIATHLON	MACCLESFIELD H & AC
SALE H MANCHESTER AC	MANCHESTER TRIATHLON
SALE H MANCHESTER AC - B	SALE H MANCHESTER AC
STOCKPORT H & AC	SALE H MANCHESTER AC - B
TRAFFORD AC	SWINTON RC
TRAFFORD AC - B	TRAFFORD AC
VALE ROYAL AC	WILMSLOW RC
WILMSLOW RC	WILMSLOW RC – B
WIRRAL AC	WIRRAL AC

SENIOR & VETERAN TEAMS – DIVISION TWO – all other teams.

TEAMS: in the event of a tie, taking the best four races, if one team finishes higher 3 times, that team wins. If both teams finish higher twice, the positions of the last counting runners in each of the four races will determine the winning team. For veteran teams the positions gained in the veteran race are used.

INDIVIDUALS: taking the best four races, if one runner has a higher finish position 3 times, that runner wins. If both runners finish higher twice, their category position in each of the four races will determine the winner.

TEAMS: the number of achievable points will be determined by the number of competing teams, i.e. if there are 45 Senior Mens teams in Match One, ten will be in Division One and 35 in Division Two. 35 will therefore be the number of points awarded to the first team in Division Two. If more teams finish in subsequent matches, the number of points will be changed accordingly and the previous match points updated. If fewer teams compete, the points will not be changed.

Brenda Bradshaw

7 October 2014

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