



University of Manchester
Athletics and Cross Country

45th Manchester Relays Saturday 8th October 2011

University Playing Fields
Willenhall Road
Wythenshawe
Manchester
M23 0BD

The **University of Manchester Athletics and Cross Country Club** is pleased to announce the 45th running of the Manchester Relays. The race will be held on a grass course entirely enclosed on the University of Manchester **Wythenshawe Playing Fields** complex. Registration, changing and prize-giving will all be held at the complex pavillion. The format will be the usual teams of **six men** or **three ladies** each completing a **2.1 mile** leg on a traffic-free course suitable for spikes. The men's race will begin at **14.00** and the ladies will start at **14.05**.

The race is open to all-comers and is well attended by teams from universities and local clubs. As well as the usual **extensive prize list** for the top teams and fastest legs we have **perpetual trophies** for the winning teams and fastest athletes on the day.

Entry fees are **£10** and **£20** for ladies and gents teams, respectively, if entry forms are received before **1st October 2011**. Entering on the day will incur additional fee of **£5**. Registration will be open from **12.00**.

To be eligible for team prizes a team must consist of six or three individuals (for men and ladies, respectively) and be made up entirely of current students or alumni of a university or members of a single club. This means that composite teams or teams where one runner completes more than a one leg will not be eligible for team prizes. However, members of such teams will still be eligible for individual prizes.

In 2010 **Birmingham University** continued their dominance on the modern course with the ladies' B-team winning the race in **37min5s** and the men's A-team claiming victory in **64min16s**. Fastest individual times in 2010 were also set by Brum athletes with the Lauren "*I sometimes like to run*" Howarth (running for Leigh Harriers) getting around the course in **12min3s** while Nick "*I wanted to stop and just walk*" Goolab ran **10min32s** as part of an interval session. Ms. Howarth also holds the course record of **11min39s** set in 2008 while local lad Andi "*You can't beat a Royal Wedding*" Jones of Salford Harriers set the men's record at **10min18s**.

Last but not least, the post-race tradition of **curry**, **beer-racing** and **dancing** will be upheld and all competitors are encouraged to stay and enjoy the jovialities. Floor space can be provided for teams staying overnight.