

Fresher's Taster Session

A friendly 5Km in Platt fields Park. A chance to meet the club and discover what we are about!

Wednesday 27th September 2017
Platt Fields Park 5Km

Meet at Owen's Park Gates at **3pm**.
We will then walk down to Platt fields together

This will be followed by a social in the evening.

Hope to see you all then!

Contact us!

If you have any questions, we would love to hear from you!

Social Media

Facebook

Like our Facebook page '*University of Manchester Athletics and Cross Country*'

Join our Facebook group '*University of Manchester Cross Country Club*'

Twitter

@UoMXC

Website

www.umaccc.com

Committee Contact Details: Cross Country

Men's Captain: Daniel Lynch
07948873327

Women's Captain: Georgia Baynes
07721777952

University of Manchester Athletics and Cross Country Club

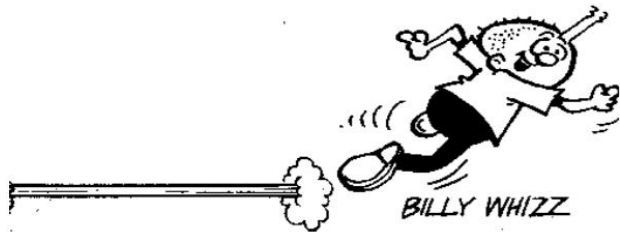


About the club

We are a fun and friendly club with a wide range of abilities, from people who train intensely to those who enjoy keeping fit with the occasional run.

Our club emphasises enjoyment through participation in sport. We have regular socials organised so make sure you regularly check our Facebook group for updates!

Combining races and meets with weekends away is what the club does best. Ask any member about the weekends away in London, Edinburgh, Leeds and the legendary Easter trip to the Isle of Man!



Training

You are welcome to attend as many/few sessions as you like.

Monday

Intervals 6:30pm
Meet at Firs Pavillion

Tuesday

Circuits 7pm- Club favourite!
1st floor Armitage Centre
£1 for members/£2 non-members

Wednesday

Steady Runs 6:30pm
Option of 3, 5 or 7 miles
Meet at Firs Pavillion

Thursday

Track Session/Fartleck 6:30pm
Either at Sportscity or Fallowfield

Saturday

South Manchester Parkrun 9am
Platt fields Park

Sunday

Long Run
Location and time varies- either in Fallowfield or the Peak District

Calendar

25th September: Training Begins

27th September: Fresher's Taster 5Km

28th October: Manchester Relays in Wythenshawe followed by a curry and night out.

14th November: Braids Hill Race, Edinburgh- weekend away!

2nd December: Leeds Uni Relays- weekend away!

9/16th December- tbc: Christmas Meal

3rd February: BUCS XC Champs in Uxbridge, London- weekend away!

March 2018: Past Vs Present Race & Club AGM

30th March- 2nd April: Isle of Man Easter Festival of Running

Spring: BUCS Outdoor Champs

June: Didsbury Dozen (pub crawl) and BBQ

More races will be organised through the year- watch this space!