

## Fresher's Taster Sessions

### Cross Country

**Wednesday 26<sup>th</sup> September 2018**

**Platt Fields Park 5Km**

We will meet at **Owen's Park Gates** at **3pm** and then walk down to Platt Fields together for a friendly 5km run around the park. This is a great chance to come and meet current members and find out more about the club! This will be followed by a social in the evening – details to be confirmed.

**Hope to see you all then!**

### Athletics

**Wednesday 26<sup>th</sup> September 2018**

For our taster session we will meet at **3pm** and travel up to SportCity as a group, we will meet outside the **Student's Union**. From here we will get a bus together to Piccadilly Gardens then on to SportCity. If you have a unirider bus pass this will work for both buses. The session will give you a chance to meet our coach and find out more about our training, as well as getting a feel for the club.

## Membership

If you come along to the freshers' session and decide you would like to join, we will be sending out membership forms after our first few training sessions.

The cost to join for the year is **£40**, and this means the majority of our coached sessions are free to attend (Small fees i.e. £2, for track entry and circuit hall hire are paid weekly) It also allows the club to subsidise weekends away and kit costs

England athletics affiliation is required for certain races. This is an additional **£10** – contact any of the cross-country committee to ask about whether or not you will need this.

## The Committee

### Athletics

**Captains:** San Nouri & Katie Rowe

**Secretary :** Pretty Joanes

**Social Secretary:** Folu Ogunyemi

**Event Secretary:** Mark Hearn

**Media Secretary:** Naomi Ogbeta

**Coach:** TBC

### Cross Country

**Captains :** Joseph Howe & Sophie Ralston

**Secretary :** Izzy Wignall

**Treasurer :** Hannah Stroud

**Social Secretary :** Alex McKail

**Relays Secretary :** Euan Gilchrist

**VP & Media Secretary :** Bethany Ansell

**Coach:** Geoff Wells

### Captain's Mobile Numbers:

Don't be shy about directing any relevant queries to the captains:

**Katie Rowe:** 07496334941

**San Nouri:** 07478753430

**Sophie Ralston:** sophie.ralston@student.manchester.ac.uk

**Joseph Howe:** 07795902857

# UNIVERSITY OF MANCHESTER ATHLETICS & CROSS COUNTRY CLUB



[www.umaccc.com](http://www.umaccc.com)



'University of Manchester  
Athletics and Cross Country'



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## About the club

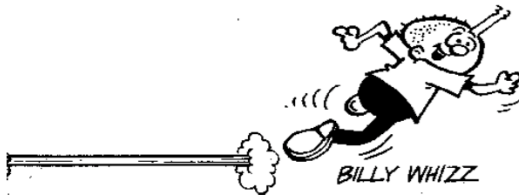
We are a fun and friendly club with a wide range of abilities, from people who train intensely to those who enjoy keeping fit and being sociable through running more casually with friends.

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!

We also maintain strong connections with past members, so it feels like one big running family!

(feel free to ask a current member about the significance of Billy Whizz...)



## Training

You are welcome to attend as many/few sessions as you like, and all abilities are welcome at every session

### Monday

XC: Intervals 6:30pm

Meet at Firs Pavillion (outside Armitage)

Athletics: 6:30pm-8:30pm

SportCity track

### Tuesday

Circuits 7pm

1<sup>st</sup> 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

XC: Track Session/Fartleck 6:30pm

Either at SportCity or Fallowfield

Athletics: 6:30pm-8:30pm

SportCity track

### Saturday

South Manchester Parkrun 9am

Platt fields Park

### Sunday

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

## Important Events

**26<sup>th</sup> September:** Fresher's Taster 5Km

**27<sup>th</sup> October 2018:** Manchester Relays in Wythenshawe followed by a curry and night out.

**14<sup>th</sup> November 2018:** Manchester Cup (indoors)

**November:** Braids Hill Race, Edinburgh

**December:** Leeds Uni Relays

**February:** BUCS XC Championships

**15<sup>th</sup>-17<sup>th</sup> Feb:** BUCS Indoor Championships (Sheffield)

**Mid-March:** Lancaster Cup (outdoors)

**March 2019:** Past Vs Present Race & cross country AGM

**19<sup>th</sup>-21<sup>st</sup> April 2019:** Isle of Man Easter Festival of Running

**May:** BUCS Outdoor Championships

**June:** Didsbury Dozen (pub crawl) and BBQ

**More races and social events will be organised throughout the year – keep an eye on the facebook page for details**