

Fresher's Taster Sessions

Cross Country

Wednesday 26th 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 26th September 2018

For our taster session we will meet at 3pm and travel up to SportCity as a group, we will have two meeting points, Owen's Park Gates and 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 **£45**, 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, kit costs and England athletics affiliation which is required for certain races.

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



'University of Manchester
Athletics and Cross Country'



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About the club

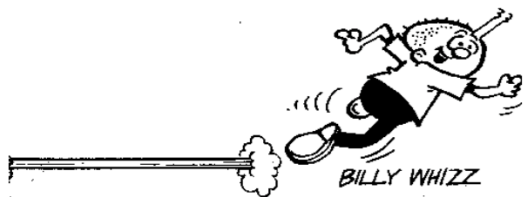
We are a fun and friendly club with a wide range of abilities, from people who train intensely to those who enjoy keeping fit and being sociable through running more casually with friends.

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

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

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

26th September: Fresher's Taster 5Km

28th October 2018: Manchester Relays in Wythenshawe followed by a curry and night out.

14th November 2018: Manchester Cup (indoors)

November: Braids Hill Race, Edinburgh

December: Leeds Uni Relays

February: BUCS XC Championships

15th-17th Feb: BUCS Indoor Championships (Sheffield)

Mid-March: Lancaster Cup (outdoors)

March 2019: Past Vs Present Race & cross country AGM

19th-21st 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