

MANCHESTER AREA CROSS COUNTRY LEAGUE 2011/2012 SEASON

SPONSORED BY CITY OF MANCHESTER ATHLETICS

The following 27 Clubs have affiliated or are in the process of affiliating: ABC RUNNERS, ALTRINCHAM & DISTRICT AC, BELLE VUE RACERS, EAST CHESHIRE H & TAMESIDE AC, HALTON & FRODSHAM HARRIERS, MACCLESFIELD H & AC, MMU HARRIERS, MANCHESTER H & AC, MANCHESTER FRONTRUNNERS, MANCHESTER TRIATHLON CLUB, MANCHESTER YMCA HARRIERS, MIDDLETON H AC, MOSTON & DISTRICT H & AC, ST HELENS SUTTON AC, SALE H MANCHESTER AC, SALFORD H & AC, SALFORD MET AC, SOUTH CHESHIRE HARRIERS, STOCKPORT H & AC, SWINTON RC, TRAFFORD AC, VALE ROYAL AC, WARRINGTON AC, WARRINGTON TRIATHLON, WEST CHESHIRE AC, WILMSLOW RC, WIRRAL AC.

MATCH ONE – Venue notes and the course map are available under “*Latest venue info*”.

SENIOR & VETERAN MENS TEAMS – DIVISION ONE

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

SENIOR & VETERAN WOMENS TEAMS – DIVISION ONE

<i>Senior Women</i>	<i>Veteran Women</i>
ALTRINCHAM & DISTRICT AC	ALTRINCHAM & DISTRICT AC
MACCLESFIELD H & AC	MACCLESFIELD H & AC
MANCHESTER FRONTRUNNERS	MANCHESTER TRIATHLON
SALE H MANCHESTER AC	SALE H MANCHESTER AC
SALE H MANCHESTER AC - B	STOCKPORT H & AC
STOCKPORT H & AC	TRAFFORD AC
TRAFFORD AC	TRAFFORD AC - B
TRAFFORD AC - B	WILMSLOW RC
WILMSLOW RC	WILMSLOW RC - B
WILMSLOW RC - B	WILMSLOW RC - C

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

RACE NUMBERS should be collected by **Team Managers** at Match One. **Numbers are 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 re-issued numbers.**

LATE ENTRIES should be made by Team Managers – EA registration numbers needed.

Individuals not pre-entered – 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.

Brenda Bradshaw (Hon.Sec.)

Kindly assisted by Colgate-Palmolive's Dental Health Unit