

MANCHESTER H & AC CHRISTMAS HANDICAP

SUNDAY 18TH DECEMBER 2016

10 AM JUNIORS* - approx 1 MILE

*[*would parents please help marshal the route]*

SENIORS FOLLOW ON - approx 3.2 MILES

WYTHENSHAW PARK/TRACK AREA

WYTHENSHAW ROAD, MANCHESTER M23 0AB

THE HANDICAP WILL BE HELD IN WYTHENSHAW PARK. THE START WILL EITHER BE ON THE CINDER TRACK JUST BEYOND THE GATE FROM THE TRACK CAR PARK OR ON THE GRASS & CINDER PATH ON WYTHENSHAW ROAD JUST EAST OF THE ROAD LEADING INTO THE TRACK CAR PARK. In the event of icy conditions, changes may have to be made but the meeting area won't change.

Bring a Prize to Win a Prize

HANDICAP PRESENTATIONS AND MINCE PIES

PLUS RESULTS OF BALLOT FOR SPORTSMAN & SPORTSWOMAN OF THE YEAR WILL BE HELD AT THE CHEADLE SOCIAL CLUB, ASHFIELD CRESCENT (off Ashfield Road) CHEADLE SK8 1BQ (there's a large car park on Massie Street next door to the Social Club - free on Sunday)

For the Handicap - most important... SENIORS PLEASE TELL GEORGE LAWSON IF YOU WILL BE RUNNING OR IF YOU CAN HELP Tel: 0161-485 2261; JUNIORS PLEASE TELL DEBBIE BERESFORD IF YOU WILL BE RUNNING Tel: 07977 203478.

CHRISTMAS HANDICAP - 18 DEC 2016

MANCHESTER HARRIERS & ATHLETIC CLUB

CHRISTMAS HANDICAP

Some notes

for members who haven't done the Handicap

The Junior Race starts at 10 am and the younger children will be set off first. Parents of juniors are asked to help marshal the two lap course (approx one mile). The handicap is worked out by the Club's coaches. First and foremost - it's a fun event.

The Seniors two lap course is approximately 3.2 miles.

As soon as the Senior race is finished we'll make our way to the Cheadle Social Club for about 12 noon where we'll have the Presentation. All the junior runners should bring a selection box which will be put on a table. The runner finishing first will get first choice of the selection boxes, second finisher will get second choice, and so on. All those who bring a box will go home with one. *This is a handicap so it's unlikely that the fastest runner will win!*

The Seniors should also *bring a prize to win a prize* - usually wine or chocolates.

We then have the results of the ballot for Sportsman and Sportswoman of the Year and they will be presented with Trophies.

Please let me know if you are coming - more is better - it's great fun.

Any questions please give me a ring.

See you there!!

Debbie Beresford

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