**Club** **Website** **Contact**

**Altrincham** [www.altrincham-athletics.co.uk](http://www.altrincham-athletics.co.uk) Mike Jones

**Belle Vue Racers** [www.bellevueracers.com](http://www.bellevueracers.com) Ruth Amin & Annie Hirsch

**Bramhall Runners** [www.bramhallrunners.co.uk](http://www.bramhallrunners.co.uk) Julie Fairclough

**Buxton AC** [www.buxtonac.org.uk](http://www.buxtonac.org.uk) Sue Jeff & Rachel Dowle

**Chorlton Runners** [www.runningmanchester.com](http://www.runningmanchester.com) Helen Stevens & Val Brennan

**Dragons Running Club** [www.dragonsrunningsale.co.uk](http://www.dragonsrunningsale.co.uk) Joanne Healy

**East Cheshire** [www.eastcheshireharriers.co.uk](http://www.eastcheshireharriers.co.uk) Gary Matthews & Francis Day

**Glossopdale Harriers** [www.glossopdaleharriers.wordpress.com](http://www.glossopdaleharriers.wordpress.com) Neil McGraw & Kirsty Johnson

**Goyt Valley Striders** [www.goytvalleystriders.org.uk](http://www.goytvalleystriders.org.uk) James Hobson

**Halton & Frodsham** [www.hfh.org.uk](http://www.hfh.org.uk) Nick Massey

**Horwich RMI Harriers** [www.horwichrmiharriers.co.uk](http://www.horwichrmiharriers.co.uk) David Jackson & Paul Massey

**Hyde Village Striders** [www.hydevillagestriders.org.uk](http://www.hydevillagestriders.org.uk) Samantha Hartley & Dominic Sexton

**Knutsford Tri Club** [www.knutsfordtriclub.co.uk](http://www.knutsfordtriclub.co.uk) John Goggins

**Liverpool Harriers** [www.liverpoolharriers.co.uk](http://www.liverpoolharriers.co.uk) Arwel Williams

**Macclesfield Harriers** [www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk) Rob Hasler & Daisy Pickles

**Manchester Frontrunners** [www.manchesterfrontrunners.org.uk](http://www.manchesterfrontrunners.org.uk) Jonathon Guilford & Jane Fletcher

**Manchester Harriers** [www.manchesterharriers.co.uk](http://www.manchesterharriers.co.uk) Debbie Beresford & Ed Fazakerley

**Manchester Met Univ** [www.theunionmmu.org](http://www.theunionmmu.org) Steve Green & Sam Garratt

**Manchester Tri Club** [www.man-tri-club.org.uk](http://www.man-tri-club.org.uk) Sonia Harris

**Manchester YMCA** [www.manyharrier.co.uk](http://www.manyharrier.co.uk) Jon Paramor & Steve Symons

**Marple Runners** [www.marplerunners.com](http://www.marplerunners.com) Jeremy Woodham

**Middleton Harriers** [www.middletonharriers.jimdo.com](http://www.middletonharriers.jimdo.com) Craig Sutherland & Cathie Murphy

**Oldham & Royton** [www.oldhamroytonharriers.co.uk](http://www.oldhamroytonharriers.co.uk) Brian Schofield

**St Helens Sutton** [www.st-helens-sutton.co.uk](http://www.st-helens-sutton.co.uk) Christine Dempsey & Helena McGoldrick

**St Helens Tri** [www.sthelenstriathlon.com](http://www.sthelenstriathlon.com) Lee Stinchcombe

**Sale Harriers** [www.saleharriersmanchester.com](http://www.saleharriersmanchester.com) Michael Wharton & Sinead Roche

**Salford Harriers** [www.salfordharriers.co.uk](http://www.salfordharriers.co.uk) Pete Budd & Jackie Mason

**Salford Met** [www.salfordmetac.org.uk](http://www.salfordmetac.org.uk) Debbie Hulme & Ged McDermott

**Stockport Harriers** [www.stockportharriers.co.uk](http://www.stockportharriers.co.uk) Alan Dilkes & Pete Torrance

**Stockport Tri Club** [www.stockporttriclub.co.uk](http://www.stockporttriclub.co.uk) Sally Moston & Gill Doolan

**Swinton** [www.swintonrunningclub.org.uk](http://www.swintonrunningclub.org.uk) Steven Doxey & Rebecca Mills

**Trafford** [www.traffordac.co.uk](http://www.traffordac.co.uk) Sue Exon & Jeff Prest

**University of Manchester** [www.umaccc.com](http://www.umaccc.com) Georgia Baynes & Daniel Lynch

**Vale Royal** [www.valeroyalathleticclub.co.uk](http://www.valeroyalathleticclub.co.uk) Colin Rathbone & Shaun McGrath

**Warrington** [www.warringtonathletic.org](http://www.warringtonathletic.org) Dave Spencer & Jim Russell

**West Cheshire** [www.westcheshireac.co.uk](http://www.westcheshireac.co.uk) Peter Smith & David Alexander

**Wilmslow** [www.wilmslowrunningclub.org](http://www.wilmslowrunningclub.org) Andrew Whittingham & Janine Ellis

**Winston Runners** [www.winstonrunners.com](http://www.winstonrunners.com) Paul Lockett & Jennifer Lutton

**Wirral AC** [www.wirralac.co.uk](http://www.wirralac.co.uk) Norman Waterson