

**MANCHESTER AREA CROSS COUNTRY LEAGUE**  
**2022/2023 SEASON** EA Registration Ref: 2662520

*In partnership with RUN NORTH WEST and supported by: ATHLETE MATTERS,  
CITY OF MANCHESTER ATHLETICS and COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT*

***SPECIAL MERIT AWARD***

***To be presented at the Presentation Evening***

*On Friday 5<sup>th</sup> May 2023*

*Is there a member of your Club who deserves an award?*

*We would like each Club to nominate one of their members who has made a significant contribution to their Club's participation in the League. They don't have to be an athlete, they might be a coach or a team manager – someone who has contributed in some way.*

*Your nomination should be submitted to the League Secretary, Val Brennan,  
**Monday 1<sup>st</sup> May** with the reason why you feel  
this person merits a special award.*

*The League's Working Group will decide the winner.*

*Submissions by email please to the Secretary, Val Brennan,  
[@valerie.brennan.53@btinternet.com](mailto:valerie.brennan.53@btinternet.com)  
by Monday 1<sup>st</sup> May*

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