

*Some notes
for members who haven't done the Handicap*

The toilets at the Club House at William Scholes will be available. It's just a short jog from the Club House to the start at the Kingsway High School.

The youngsters' race is first. The younger children will be set off first. Parents of juniors are asked to help marshal the 1.1 mile course. The handicap is worked out by the Club's coaches. First and foremost - it's a fun event.

The seniors will do the same course - but three times so there's plenty of opportunity for the youngsters to cheer them on.

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 pack 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 pack 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 the better - it's great fun.

Any questions please give me a ring.

See you there!!

Debbie Beresford
07977 203478