



ADAC Handbook – Seniors & Masters

Altrincham and District Athletic Club's vision is 'To be a sustainable club that encourages and inspires participation in athletics for people of all ages and abilities and is embedded within our Trafford community.'

This handbook is designed to support members in participating in the full range of club activities. Each section will show the races, leagues and matches included in club membership. In addition it shows other competitions open to members of ADAC & England Athletics (EA). Masters age categories are for age 35+. Activities included here are over and above the weekly training schedules advertised on the club web site here: <https://altrincham-athletics.co.uk/coaches-training-schedules/>. For more information about upcoming events: <https://altrincham-athletics.co.uk/training-events-calendar/>

Road races

	Who to contact?
Road races in the UK: EA membership is part of your ADAC membership and gives a £2 deduction from all road races events in the UK.	No need! All part of the deal
Road relays: These are held twice a year: Spring and Autumn and any member is eligible to take part Spring: Area (Northern), National road relays: 12 stage for Men and 6 stage for Women. Autumn: County (North West road relays), Northern, National road relays: 6 stage for Men and 4 stage for Women Depending on numbers there may be selection for these events but generally anyone wanting to run can be part of a team. There is no requirement to enter county champs to be in the team for the other events. Men's National Road Relays (normally held Sutton Park near Birmingham) require a top 25 finish in the Northern champs. Distance: 5k ADAC won the Northern Men's 6 stage road relays in 2012. More info: https://www.englishroadrunningassociation.co.uk/	Men's and Women's Road coordinators will advertise events on Facebook and via email to all members. Entry is included in your membership.



Welsh Castles Relay This historic event is held over a June weekend annually. With 20 stages totalling 209 miles from Caernarfon to Cardiff, it consists of 10 stages per day ranging from 8 to 13 miles (with six mountain stages). Each stage is held as an individual race with a specific start time & location. It is organised by Les Croupiers Running Club and is entered via a club ballot. ADAC has been fortunate to gain entry for one team for the last decade. The ADAC team is mixed (men, women and masters). The event is one of the best relays of the year with the focus on running as well having a fun social weekend. ADAC team selection is based on ability, reliability and availability. Team management is complex to ensure athletes are at their start on time and collected at the end of their stage; all teams have to marshal a section of a stage and we need our athletes to help with this as well. Athletes need to be prepared to commit to this event as late changes to the team are difficult (injuries are understandable but most other things are not welcome as an excuse to drop out). More info: Welsh Castles Relay - Les Croupiers Running Club	ADAC Welsh castles team captains will advertise the event on Facebook and via email to all members in early January. The team entry fee is included in your membership, all other associated costs are payable by the athlete.
Masters Road Relays: Take place in May each year; races for all age groups from V35 upwards for both Men (4 stage) and Women (3 stage). Distance 5k. ADAC women's team won bronze in V35 in 2001 and bronze in V45 in 2010. More info: https://bmaf.org.uk/british-masters-road-relay-championships/	Men's and Women's Road coordinators will advertise events on Facebook and via email to all members Entry is included in your membership
Club road race championship: This is an internal club competition with a range of races selected each year and advertised in PawPrints and on the web site in the calendar.	Look out for adverts when entries open for races in club championships Individuals should enter races themselves
Regional, Area and National AAA road championships: These are advertised on Northern & AAA web sites for 5k, 10k, 10 mile, half marathon and marathon. ADAC men's team won Northern 5k & 10k champs in 2012.	Individuals should enter races themselves, ideally agree with others to form a team



ADAC women's team won National AAA 10k champs in 1999, gained medals in AAA half marathon champs in 1998 and 2003. More info: https://www.northernathletics.co.uk/road-running/ https://www.englandathletics.org/competitions-and-events/national-championships/2025-championships/	
Masters road championships: There is a range of Regional (Northern Masters) & National championship races from 5k to 50k/100k for masters' age groups, these are open to all masters registered with a regional masters club (NMAC) which can be joined as a second claim members for a small membership fee. It's often possible to enter Regional champs as a guest without Northern Masters' membership. Numerous ADAC athletes have won medals at these events. More info: https://northernmasters.co.uk/fixtures/ Qualification for International events is by placing in National championships or gaining qualifying times; details are available on British Masters web site. Numerous ADAC athletes have gained England vests for these events. More info: https://bmaf.org.uk/fixtures/	Individuals should arrange membership of NMAC and enter races themselves

Cross Country

	Who to contact?
Leagues: Taking part in cross country means entering a league, ADAC members can join a number of leagues: Manchester Area Cross Country League (MACCL) is one of the largest leagues in the country. It holds 4 or 5 matches each winter and matches are held within easy travel distance of Manchester; juniors, men's and women's races are held separately. Courses are approximately 10k for men and 8k for women; men in older age groups can run in the women's race. Results are shown for each age group. For more info: https://maccl.co.uk/ Results: https://crazylegsevents.co.uk/results/	Cross country coordinator will advertise entry to the league in late Summer via Facebook and email to all members Entry is included in your membership



SE Lancs League is a smaller league and athletes enter themselves for these matches. For more info: https://www.race-results.co.uk/	Individuals should enter races themselves
County, Area, National championships: County champs (Greater Manchester or Cheshire) are held in December; qualification is by birth or residence. Greater Manchester AAA web site is not currently operating, more info is on the site below. More info: https://gmaa.niftyentries.com/GMAA-XC-Champs-2024 Area (Northern) champs are held in January. ADAC Men's team won the Northern XC champs in 2012. For more info: https://www.northernathletics.co.uk/events/northern-cross-country-championships-2025/ Nationals are held in February. For more info: https://www.englandathletics.org/competitions-and-events/national-championships/2025-championships/	Cross country coordinator will advertise entry to these events via Facebook and email to all members. Individuals should enter themselves for county champs. Entry for Area (Northern) and Nationals are included in your membership and managed by the cross country coordinator.
Masters Cross Country championships: There is Regional & National championship races for masters' age groups, these are open to all masters registered with a regional masters club (NMAC) which can be joined as a second claim members for a small membership fee. It's often possible to enter Regional champs as a guest without Northern Masters' membership. Numerous ADAC athletes have won medals at these events. More info: https://northernmasters.co.uk/fixtures/ Qualification for International events is by placing in a qualification race; details are available on British Masters web site. More info: https://bmaf.org.uk/fixtures/	Individuals should arrange membership of NMAC and enter races themselves

Fells

	Who to contact?
Fell races: There are many fell races held around the Manchester area, the Lakes, North Wales and Peak District. Fell races are advertised	Individuals should enter races themselves



through the Fell Runners Association (there is no requirement to join but membership offers discount on race entries and lots of information about fell running) or race entry sites. For more info: https://www.fellrunner.org.uk/races Race entry site: https://www.sientries.co.uk/index.php?page=L (there are other sites)	
Fell relays: Team entries are by ballot so ADAC may not have a team entered each year. Generally the ADAC team is for senior men, although senior women and masters teams compete in the same 4 leg race (Teams of 6: 1 runner for legs 1&4, 2 runners per leg for leg 2&3); mixed teams are permitted. For more info: https://www.fellrunner.org.uk/races	Fell coordinator will advertise the event on Facebook and via email to all members Entry is included in your membership
Club fell championship: This is an internal club competition, a range of races are selected each year and advertised in PawPrints and on the web site in the calendar.	Look out for adverts when entries open for races in club championships Individuals should enter races themselves
Thursday fell running group Some members of ADAC are in a WhatsApp group that arranges runs & walks on local fells most weeks; these may be during the day or in the evening if daylight allows. It is not an official ADAC group and includes members of other local clubs that share an interest in fell running.	Contact the fell running coordinator.

Track & Field

	Who to contact?
ADAC does not compete in a league that seniors can take part in. However, Open meetings are held at a number of venues, including Longford Park, Sports City, Bury AC & Leigh Harriers. Our local events are high quality and held at Longford Park, for more info: https://www.traffordac.co.uk/php/index.php?script=openMeetsFixtures&menu_id=18	Individuals should enter events themselves
County, Area, National championships: County champs (Greater Manchester or Cheshire) are held in May; qualification is by birth or residence. Greater Manchester	Individuals should enter events themselves.



AAA web site is not currently operating, more info is on the site below. More info: https://gmaa.niftyentries.com/ Area (Northern) champs are held in the Summer and require qualification times/performances. For more info: https://www.northernathletics.co.uk/upcoming-northern-athletics-championships/ Nationals are held in the Summer and require qualification times/performances. For more info: https://www.englandathletics.org/competitions-and-events/national-championships/2025-championships/	Individuals should enter events themselves. Individuals should enter events themselves.
Masters track & field championships: There is a range of Regional (Northern Masters) & National championships for masters' age groups, these are open to all masters registered with a regional masters club (NMAC) which can be joined as a second claim members for a small membership fee. It's often possible to enter Regional champs as a guest without Northern Masters' membership. Numerous ADAC athletes have won medals at these events. More info: https://northernmasters.co.uk/fixtures/ Qualification for International events is by placing in National championships or gaining qualifying times; details are available on British Masters web site. More info: https://bmaf.org.uk/fixtures/	Individuals should arrange membership of NMAC and enter races themselves.
Officiating: ADAC Junior section takes part in YDL Lower league, help with managing teams and officiating for track and field events is always welcome. For more info: https://www.ukydl.org.uk/	Track & Field coordinator can provide more information

Club records:

Club records across all disciplines can be found here: <https://altrincham-athletics.co.uk/club-records/>