

MANCHESTER HARRIERS & A.C. FIXTURES – 2020

The listing below is given as a guide to what's on – it is a **provisional list** and you should **check dates & venues**. If an entry has a blue background it's an event the Club is committed to competing in, organising or assisting. Other events are included for information as they have been recommended by a member or we have members competing. For more details please contact the following: Debbie Beresford 07977 203478, Brenda Bradshaw 0161-796 6310, Lindsey Farrelly 07717 177609, Ed Fazakerley 0161-431 0059, David Gregory 0161-439 4884, George Lawson 0161-485 2261, Andrew Parsonage 07504 407360, Kes Salmon 07377 719394, Carl Summers 0161-718 6557. If they can't help they will re-direct you.

MARCH 2020	
SUN 1	CLOUD 9 MILE FELL RACE – <i>Congleton, Cheshire</i>
SAT 7 <u>HELP NEEDED</u>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT FIVE - Wythenshawe Park - 10AM PLUS Parents/Teachers Race – 11 am – if you can help please contact David Gregory on 0161-439 4884. For more information contact Caroline Baba on email caroline.mhac@outlook.com .
SUN 15	WILMSLOW HALF MARATHON – 10:30
SUN 15	BOLTON 5K – 9:30 AM – LEVERHULME PARK – <i>new date following postponement due to Storm Denis.</i>
SUN 15	SALE INDOOR OPEN TRACK & FIELD MEETING – SPORTCITY – 10:30 am – 60mH; Long Jump; Pole Vault; 60m; High Jump; Shot Put; 600m; 300m; 200m
SAT 21 <u>HELP NEEDED</u>	PRIMARY SCHOOLS CROSS COUNTRY RELAYS - Wythenshawe Park – 10am – if you can help please contact David Gregory on 0161-439 4884. For more information contact Debbie Beresford.
SUN 22	WIGAN HALF MARATHON (& 10 miler, 5K, family mile) - 9:30 am
THU 26 <u>NEW EVENT FOR CLUB MEMBERS</u>	<u>2020 MHAC CLUB PAARLAUF</u> – a form of team running in which teams of two runners complete a set number of laps of the track taking turns to complete 200 metres in a form of continuous relay. It's a classic, fun form of competition that supports a Spring training program. TWO RACES – 6:30 PM JUNIORS OVER 10 LAPS, 6:45 PM SENIORS OVER 20 LAPS – WYTHENSHAW PARK. Contact Malcolm Plant (malcplant2009@hotmail.com) to enter or to help.
SUN 29	LYME PARK TRUST 10K TRAIL RUN – 8:30 am
APRIL 2020	
SUN 5	MANCHESTER MARATHON
FRI 10	SALFORD 10K – 10 am - <i>Salford Sports Village, Lower Kersal, Salford</i>
SUN 19	CHESHIRE TRACK & FIELD LEAGUE – ROUND 1 – MACCLESFIELD – contact Debbie Beresford, Andrew Parsonage or Kes Salmon for details – for members aged 9 upwards [Host Club Macclesfield H & AC]
SUN 19	KNUTSFORD 10K
SUN 19	MERSEY TUNNEL 10K
SUN 26	2020 LONDON MARATHON
SUN 26	LYME PARK TRUST 10K – 9 am – register by 8:30 am
SUN 26	MADRID HALF MARATHON
MAY 2020	
SAT 2	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 2W – MATCH ONE – STANLEY PARK ARENA, BLACKPOOL FY3 9HQ - contact Debbie Beresford, Andrew Parsonage or Kes Salmon for details – for members aged 15 upwards (must be aged at least 15 on 31/8/20).
SAT 16	YOUTH DEVELOPMENT T&F LEAGUE – DIV WEST 3S - U13s & U15s – MATCH ONE – BANGOR – contact Lindsey Farrelly or Debbie Beresford if interested. For Under 13 & Under 15 members (must be aged at least 11 as of 31/8/20).
<i>continued overleaf.....</i>	

SAT 30 SUN 31	GREATER MANCHESTER TRACK & FIELD CHAMPIONSHIPS – LONGFORD PARK, STRETFORD
JUNE 2020	
SAT 6	YOUTH DEVELOPMENT T&F LEAGUE – DIV WEST 3S - U13s & U15s – MATCH TWO – WREXHAM – contact Lindsey Farrelly or Debbie Beresford if interested. For Under 13 & Under 15 members (must be aged at least 11 as of 31/8/20).
SUN 7	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 2W – MATCH TWO – EDGE HILL UNIVERSITY, L39 4QP - contact Debbie Beresford, Andrew Parsonage or Kes Salmon for details – for members aged 15 upwards (must be aged at least 15 on 31/8/20).
WED 10 <u>OUR EVENT HELP NEEDED</u>	THE JOE MORAN MEMORIAL VETERANS TRACK & FIELD MEETING – SPORTCITY – 7:15pm to 9:15pm. MINIMUM AGE 35 YEARS. THIS IS OUR EVENT AND WE WILL NEED LOTS OF SUPPORT AND HELP. If you are not able to compete but are available to help, please contact George Lawson, Debbie Beresford or Brenda Bradshaw – experience not needed for many of the jobs. INCLUDES NORTHERN MASTERS TRACK & FIELD SERIES.
SAT 20 SUN 21	OLYMPIC TRIALS - SPORTCITY
WED 24 <u>OUR EVENT HELP NEEDED</u>	THE MANCHESTER MILE – SPORTCITY – FOR ALL AGES FROM UNDER 17 UPWARDS. THIS IS OUR PROMOTION AND WE WILL NEED LOTS OF SUPPORT AND HELP. If you are not able to compete but are available to help, please contact George Lawson, Debbie Beresford or Brenda Bradshaw – experience not needed for many of the jobs.
JULY 2020	
SUN 5	CHESHIRE TRACK & FIELD LEAGUE – ROUND 2 – venue tbc – contact Debbie Beresford, Andrew Parsonage or Kes Salmon for details – for members aged 9 upwards [Host Club tbc]
SUN 12 <u>WE'RE THE HOST CLUB HELP NEEDED</u>	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 2W – MATCH THREE – SPORTS CITY, MANCHETER - contact Debbie Beresford, Andrew Parsonage or Kes Salmon for details – for members aged 15 upwards (must be aged at least 15 on 31/8/20).
SAT 18	YOUTH DEVELOPMENT T&F LEAGUE – DIV WEST 3S - U13s & U15s – MATCH THREE – venue tbc (either Litherland or Wavertree) – contact Lindsey Farrelly or Debbie Beresford if interested. For Under 13 & Under 15 members (must be aged at least 11 as of 31/8/20).
AUGUST 2020	
SAT 1	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 2W – MATCH FOUR – venue tbc - contact Debbie Beresford, Andrew Parsonage or Kes Salmon for details – for members aged 15 upwards (must be aged at least 15 on 31/8/20).
SUN 2	CHESHIRE TRACK & FIELD LEAGUE – ROUND 3 – ASHTON-U-LYNE – contact Debbie Beresford, Andrew Parsonage or Kes Salmon for details – for members aged 9 upwards [Host Club East Cheshire H & TAC]
SAT 8	YOUTH DEVELOPMENT T&F LEAGUE – DIV WEST 3S - U13s & U15s – MATCH FOUR – ECCLES – contact Lindsey Farrelly or Debbie Beresford if interested. For Under 13 & Under 15 members (must be aged at least 11 as of 31/8/20).
SEPTEMBER 2020	
SAT 12 or SUN 13	CHESHIRE TRACK & FIELD LEAGUE – ROUND 4 – ECCLES – contact Debbie Beresford, Andrew Parsonage or Kes Salmon for details – for members aged 9 upwards [Host Club Salford Met AC] [Day tbc.]

**PLEASE CONTACT A COMMITTEE MEMBER
IF YOU CAN HELP WITH ANYTHING !**

PLEASE USE THE WEBSITE - www.manchesterharriers.co.uk

You'll find updates, news, photos, results and lots more.

If you have any ideas for improvements or you have something you want included, corrected or changed, we would like to hear from you.

We can alert you to new updates by email – just let us know. If you did decide to take advantage of this, your personal details wouldn't be disclosed and you may opt out at any time.

TWENTY-FIVE CLUB

PLEASE support the Club - it's only £12 PER YEAR and you get THREE chances to win £25, £15 or £10 with draws in March, July & November.

***THE MORE MEMBERS JOIN,
THE MORE MONEY TO THE CLUB
AND TO THE WINNERS***

Up to 25 members the draw is for £25, £15 & £10, but for every 10 tickets sold above 25, an additional £20 goes to the Club and to the winning members.

Contact Brenda - email arnoldbradshaw@btinternet.com.

DRAW 38 (NOVEMBER) TOOK PLACE AT THE OFFICES OF COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT (DHU)

***WINNERS: FIRST – BRENDA BRADSHAW;
SECOND – JOAN BENNION; THIRD – JEAN SKITT***

The list and tickets were first checked and verified by two members of Colgate-Palmolive's Dental Health Unit.

The draw had 24 tickets purchased by 14 members and raised £46 for club funds. With thanks to the members who support the 25 Club.

***DRAW 39 WILL BE MADE
AT THE END OF MARCH 2020***

2020 MEMBERSHIP RENEWALS ARE DUE (1ST JANUARY).
Reminders are being emailed to members but please **contact Brenda Bradshaw (Membership Sec) at arnoldbradshaw@btinternet.com if you have any queries.**

*2020 SENIOR ROAD RACE CHAMPIONSHIP
HERE'S A REMINDER OF THE FORMAT*

The following distances are included:

5K x3, 5M x1, 10K x3, 10 Miles x2, Half Marathon x2, Marathon x2

plus three named events:

**Sale Sizzler (the best performance of the series, i.e. if you do three your best time will count in the Championship), Wilmslow Half Marathon
and for the Ladies only (obviously!!!) the Swinton Ladies 5.25 Miler.**

To qualify, you *must*: complete a minimum of five races; the races must be recognised, licenced events; they must be rated as "Road" races. The five races can be any combination, for instance if you've done two marathons and three 10Ks you've done enough to qualify. We will pick up results from the named events so you don't need to tell us you've done them but you do need to tell us when you race in other events - we'll need the race name, the date, your time, the winner's time and how many finished. The Championship runs throughout the year - 1st January to 31st December. Here's an example of how the points work: If you compete in 7 races and your positions within the Club are 2nd, 3rd, 1st, 2nd, 2nd, 2nd, 4th - your best five positions, i.e. 1st, 2nd, 2nd, 2nd, 2nd would be added to give a total of 9. The member with the lowest number of points wins. If you do more than the stated number of races, i.e. three 10 Milers, we'll use your best two times. The Sale Sizzler and the Wilmslow Half are stand alone events that do not count in the 5K or Half Marathon events, i.e. you can do the Wilmslow plus two other Half Marathons. If there is any doubt as to whether or not a race should be included, it will be discussed by the Committee and their decision will be final. **Awards to:** first Senior Man [aged 17 or over - including Veterans, i.e. if a veteran is first overall, he will be declared Senior Mens Road Champion]; first Man Over 40, Over 45, Over 50, Over 55, Over 60; first Senior Woman [aged 17 or over - including Veterans, i.e. if a veteran is first overall, she will be declared Senior Womens Road Champion]; first Woman Over 35, Over 40, Over 45, Over 50, Over 55, Over 60. In the happy event that we get a good increase in the number of members completing the championship, the number of awards will be increased.

Please send your results to Brenda ... by telephone: 0161-796 6310
or write to Brenda at: 12 Heaton Drive, Hollins Village, Bury BL9 8BQ
or e-mail Brenda c/o: arnoldbradshaw@btinternet.com.

2018 CHAMPIONS

ED FAZAKERLEY & WENDY WOODHEAD

*2019 SENIOR ROAD RACE CHAMPIONSHIP RESULTS ARE BEING WORKED ON
USING THE RESULTS POSTED ON POWER OF TEN SO, IF YOU KNOW YOU HAVE
A RESULT THAT DOESN'T APPEAR ON POWER OF TEN, LET BRENDA KNOW.*

Please contact Brenda at arnoldbradshaw@btinternet.com
with additions or corrections to the fixtures
or telephone Brenda on 0161-796 6310.