

Manchester Harriers & A.C.

Manchester Area Cross Country League 2022/2023

Saturday 15 October 2022 – Wythenshawe Park

Saturday 12 November 2022 – Kenworthy Woods

Saturday 3 December 2022 – Heaton Park

Saturday 14 January 2023 – Tatton Park

Saturday 11 February 2023 – Sherdley Park

***No Under 11 race at Match One**

*Race 1 – 12 noon – *U11 Girls & Boys – 2,400 metres*

Race 2 – 12:15 pm – U13 Girls & Boys – 3,500 metres

Race 3 – 12:30 pm – U15 Girls & Boys – 5,000 metres

Race 4 – 12:50 pm – U17 - Girls & Boys – 6,500 metres

Race 5 – 1:30 pm – Senior, U20 & Vet Women – 8,000 metres

Race 6 – 2:30 pm – Senior, U20 & Vet Men – 9,600 metres

The Club has affiliated for the 2022/23 Season

The fee per member is £5 for the season – paid at the time of entry whatever the number of races

The Club will enter members who wish to compete and pay the entry fee

Please do not enter yourself – if you do you will end up paying **£5.75** (the fee plus admin charge) at your own expense

Entries for **Match One close on Friday 7 October 2022** so contact Debbie or Ed by Thursday 6th October at the very latest

The Club hopes members will want to compete but please only ask to be entered if you intend competing – remember we pay £5 upfront

Entries for following matches **will close at mid-night on the Wednesday preceding** each match

There are NO LATE ENTRIES and NO ENTRIES ON MATCH DAYS

Match Three * – 3rd December - Heaton Park: we're the host club so need lots of help - please let us know if you are available.

Enquiries and/or to be entered

contact Debbie Beresford at tinpet40@yahoo.co.uk

or Ed Fazakerley at samfazakerley@btinternet.com

If you want to compete in Match One, contact Debbie or Ed

By Thursday 6th October 2022 at the very latest