

## MANCHESTER HARRIERS & A.C. FIXTURES – 2023

The listing below is given as a guide to what's on and members are advised to **check dates and venues**. Events listed are those the Club is committed to competing in, organising or assisting in plus events either recommended by a member or we have members competing in. For more details contact any of the following: **Debbie Beresford 07977 203478, Brenda Bradshaw 0161-796 6310, 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 07462 902326 or Dave Wood 07483 771472**. If they can't help they will re-direct you.

**TRAINING SESSIONS AT WYTHENSHAWE: Tuesday & Thursday 6 pm to 7 pm**

**TRAINING SESSIONS AT SPORTCITY: Monday & Wednesday 7- 8:30 pm**

**ALL SESSIONS: Members are advised to check before attending. There is ongoing work at the Wythenshawe venue, to improve the facilities, which may affect sessions.**

MARCH 2023	
SAT 4 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT 4 - Wythenshawe Park – 10 am - <i>Please contact Dave Wood if you can help.</i> [NB: Originally scheduled for 21 <sup>st</sup> January, this event was postponed due to adverse weather conditions.]
SAT 11 <i>[ORIGINALLY 3RD DEC]</i>	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FIVE – <b>HEATON PARK</b> – first race 12 noon. For Under 11's to Vets. All entries through the Club – contact Ed Fazakerley or Debbie Beresford <b>before the 6<sup>th</sup> March</b> to be entered. (Note: if you competed in any of the previous matches you are already entered.) <b><u>NO ENTRIES ON MATCH DAY. IMPORTANT</u></b> – <i>we're the host club and need lots of help – please let Dave Wood know if you can help.</i>
SUN 12	SALE INDOOR OPEN TRACK & FIELD MEETING – <b>SPORTCITY</b> – 10 AM START
SAT 25 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT 5 plus PARENTS/TEACHERS RACE plus PRESENTATIONS – Wythenshawe Park – 10 am. <b>IMPORTANT</b> – <i>lots of help needed – please contact Dave Wood if you can help.</i>
<i>MARCH cont'd</i> SUN 26	WILMSLOW RUNNING FESTIVAL 10K (£20), HALF MARATHON (£29) at 10 am & FUN RUN (£5) at 10:10 am – Wilmslow RUFC, Memorial Ground, Kings Road SK9 5PZ
APRIL 2023	
SAT 1	NORTHERN 12 & 6 STAGE RELAYS - <b>REDCAR</b>
FRI 7	SALFORD 10K – 10 AM - <b>SALFORD SPORTS VILLAGE, LITTLETON ROAD, LOWER KERSAL</b> – <b>ONLINE ENTRY ONLY</b>
SUN 23	CHESHIRE TRACK & FIELD LEAGUE – ROUND 1 – <b>FOR MEMBERS AGED 9 UPWARDS - CLEAVLEY ATHLETIC TRACK, ECCLES.</b> <i>Queries / to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers.</i>
SUN 23	LONDON MARATHON
MAY 2023	
SAT 13 & SUN 14	GREATER MANCHESTER TRACK & FIELD CHAMPIONSHIPS – <b>LEIGH SPORTS VILLAGE.</b> <i>Details to follow.</i>
SAT 20	NORTH OF ENGLAND TRACK & FIELD LEAGUE – <b>DIV WEST 2 – U17, U20 &amp; SENIORS - MATCH ONE – WITTON PARK, BLACKBURN.</b> <i>Queries / to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon.</i>

<b>JUNE 2023</b>	
<b>WED 7</b> <u><b>OUR EVENT</b></u> <u><b>HELP</b></u> <u><b>NEEDED</b></u>	<b>THE JOE MORAN MEMORIAL VETERANS TRACK &amp; 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 volunteer.</b>
<b>SAT 17</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE – ROUND 2 – FOR MEMBERS AGED 9 UPWARDS - <b>QUEENSWAY STADIUM, WREXHAM</b> – Queries / to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers.</b>
<b>SUN 18</b>	<b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE – DIV WEST 2 – U17, U20 &amp; SENIORS - <b>MATCH TWO – SHEEPMOUNT ATHLETICS STADIUM, CARLISLE.</b> Queries / to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon.</b>
<b>WED 21</b> <u><b>OUR</b></u> <u><b>EVENT</b></u> <u><b>HELP</b></u> <u><b>NEEDED</b></u>	<b>THE MANCHESTER MILE – SPORTCITY – FOR ALL AGES FROM UNDER 17 UPWARDS (U17's must be aged 15 or 16 as at midnight 31<sup>st</sup> August 2023). <u><b>THIS IS OUR PROMOTION, WE WILL NEED LOTS OF SUPPORT AND HELP.</b></u> If you are not able to compete but are available to help, please volunteer.</b>
<b>THU 22</b>	<b>MANCHESTER SALE 5K SIZZLER – FIRST OF FOUR – 7:30 pm</b> Wythenshawe Park [NB training at Wythenshawe is cancelled – members should check with their coach for alternative session]. <b>NB – the second and third Sizzlers are on Friday this year.</b>
<b>JULY 2023</b>	
<b>FRI 7</b>	<b>MANCHESTER SALE 5K SIZZLER – SECOND OF FOUR – 7:30 pm</b> Wythenshawe Park - <b>YES – IT IS A FRIDAY !</b>
<b>SUN 9</b> <u><b>HELP</b></u> <u><b>NEEDED</b></u>	<b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE – DIV WEST 2 – U17, U20 &amp; SENIORS - <b>MATCH THREE – SPORTCITY.</b> Queries / to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon.</b> <b>We're hosting so lots of help needed – please let us know if you can help.</b>
<b>SUN 16</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE – ROUND 3 – FOR MEMBERS AGED 9 UPWARDS – <b>MACCLESFIELD LEISURE CENTRE.</b></b> Queries / to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers.
<b>FRI 21</b>	<b>MANCHESTER SALE 5K SIZZLER – THIRD OF FOUR – 7:30 pm</b> Wythenshawe Park - <b>YES – IT IS A FRIDAY !</b>
<b>AUGUST 2023</b>	
<b>THU 3</b>	<b>MANCHESTER SALE 5K SIZZLER – FINAL OF FOUR – 7:30 pm</b> Wythenshawe Park [NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].
<b>SAT 19</b>	<b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE – DIV WEST 2 – U17, U20 &amp; SENIORS - <b>MATCH FOUR – LEIGH SPORTS VILLAGE.</b></b> Queries / to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon.
<b>SEPTEMBER 2023</b>	
<b>SUN 3</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE – ROUND 4 – FOR MEMBERS AGED 9 UPWARDS - <b>CLEAVLEY ATHLETIC TRACK, ECCLES.</b></b> Queries / to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers.
<p><b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE 2023 – DIV WEST 2 – we're with:</b>  <b>Clubs: Border H/Seaton, Burnley AC, Deeside AAC, Leigh H &amp; AC, Pendle AC, St Helens Sutton AC, Salford Met AC</b></p> <p><b>CHESHIRE TRACK &amp; FIELD LEAGUE 2023 – we're with:</b>  <b>ROUND 1: Crewe &amp; Nantwich, Halton &amp; Frodsham, Salford Met, Stockport H &amp; AC, Trafford AC</b>  <b>ROUND 2: Oldham &amp; Royton, Salford Met, Warrington, West Cheshire, Wrexham</b>  <b>ROUND 3: Bury, East Cheshire &amp; Tameside, Handforth &amp; Wilmslow, Macclesfield, Salford Met</b>  <b>ROUND 4: Cheshire Dragons, Deeside, St Helens Sutton, Salford Met, Vale Royal</b></p>	
<b>Please remember to CHECK DATES &amp; VENUES</b>	

**2023 MEMBERSHIP RENEWALS**

Renewals are due

**Any membership queries,**  
**please contact Brenda (Membership Secretary)**  
**([arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com))**

***TWENTY-FIVE CLUB***

***PLEASE support the 25 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](mailto:arnoldbradshaw@btinternet.com).***

***DRAW 44 took place at the Committee Meeting on the 21<sup>st</sup> Nov.***

***WINNERS: FIRST – ARNOLD BRADSHAW***

***SECOND – JEAN SKITT***

***THIRD – JOSEPH FARRELLY***

***DRAW 45 WILL TAKE PLACE***  
***TOWARDS THE END OF MARCH 2023***

***PLEASE USE THE WEBSITE - [www.manchesterharriers.co.uk](http://www.manchesterharriers.co.uk)***

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

***If 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 go to the  
website to subscribe – it's really easy – and click on  
“Subscribe by email”.***

**IF YOU WOULD LIKE TO HELP WITH  
ANY ASPECT OF THE CLUB PLEASE CONTACT  
Club Secretary, DAVID GREGORY**

## **2023 SENIOR ROAD RACE CHAMPIONSHIP**

**1<sup>st</sup> January to 31<sup>st</sup> December 2023**

**5K x4, 5 Mile x1, 10K x3, 10 Mile x2,  
Half Marathon x3, Marathon x2**

To qualify, you need to complete a minimum of five races. The races must be recognised, licenced events and 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 Power of Ten so you don't need to tell us you've done them *but you do need to tell us if you know a race isn't recorded by PoT* - we'll need the race name, the date, your time, the winner's time and how many finished. This Championship runs from 1<sup>st</sup> January to 31<sup>st</sup> December 2023.

*Here's an example of how the points work:* If you compete in 7 races and your positions within the Club are 2<sup>nd</sup>, 3<sup>rd</sup>, 1<sup>st</sup>, 2<sup>nd</sup>, 2<sup>nd</sup>, 2<sup>nd</sup>, 4<sup>th</sup> - your best five positions, i.e. 1<sup>st</sup>, 2<sup>nd</sup>, 2<sup>nd</sup>, 2<sup>nd</sup>, 2<sup>nd</sup> 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. 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.

*Results will be collected from the Power of Ten website.*

*e-mail Brenda [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com).*

***If you have any results that don't appear on PoT please email them to me giving the name and date of the race, your position and your time.***

***Awards for the combined 2020/2021 CHAMPIONSHIP were presented at the Social Evening on the 15 October 2022.***

*Results for the 2022 CHAMPIONSHIP are currently being collated*

**ANY QUERIES e-mail Brenda [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com)**

*Please contact Brenda at [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com)*

*with additions or corrections to the fixtures*

*or telephone Brenda on 0161-796 6310*