

MANCHESTER HARRIERS & A.C. FIXTURES – 2024

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 WYTHENSHAW: Tuesday & Thursday 6 pm to 7 pm
TRAINING SESSIONS AT SPORTCITY: Monday & Wednesday 7 pm to 8:30 pm
ALL SESSIONS: Members are advised to check before attending.

JANUARY 2024	
SUN 7	SALE INDOOR OPEN TRACK & FIELD MEETING – <i>SPORTCITY</i> – 10 AM
SAT 13	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH THREE OF FIVE – <i>Tatton Park</i> – first race 12 noon. For Under 11's to Vets (<i>Note – U11's minimum age 9 as of 31/8/23</i>). All entries through the Club – contact Ed Fazakerley or Debbie Beresford <i>before the 5th Jan</i> to be entered. <u>NO ENTRIES ON MATCH DAY.</u> (If you competed in Match One and/or Two you are already entered but remember to take your number.) NB this was originally Match Four.
SAT 20 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT THREE OF FIVE - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help.</i>
SAT 27	START FITNESS NORTHERN CROSS COUNTRY CHAMPION-SHIPS – <i>all age groups from U13 (i.e. minimum age 11 as of 31/8/23) - East Park, Sedgfield, Stockton-on-Tees, County Durham TS21 2DA. Contact Ed Fazakerley (males) or Debbie Beresford (females) <u>BY 10 JAN</u> if you would like to run. Teams will be entered subject to interest.</i>
SUN 28	SALE INDOOR OPEN TRACK & FIELD MEETING – <i>SPORTCITY</i> – 10 AM
FEBRUARY 2024	
SAT 3 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – INCLUDING PARENTS & TEACHERS RACE - EVENT FOUR OF FIVE - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help.</i>
SAT 10	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FOUR OF FIVE – <i>Kenworthy Woods</i> – first race 12 noon. For Under 11's to Vets (<i>Note – U11's minimum age 9 as of 31/8/23</i>). All entries through the Club – contact Ed Fazakerley or Debbie Beresford <i>before the 2 February</i> to be entered. <u>NO ENTRIES ON MATCH DAY.</u> (If you competed in Match One, Two and/or Three you are already entered but remember to take your number.) NB this was originally Match Five.
SUN 11	BOLTON 5K - 9:30 AM – <i>Leverhulme Park, Long Lane, Bolton BL2 6EB</i>
SUN 18	SALE INDOOR OPEN TRACK & FIELD MEETING – <i>SPORTCITY</i> – 10 AM
SAT 24	ENGLISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS – <i>all age groups from U13 (i.e. minimum age 11 as of 31/8/23) - Weston Park, Weston-under-Lizard, Shifnal TF11 8LE. Contact Ed Fazakerley (males) or Debbie Beresford (females) if you would like to run. Teams will be entered subject to interest.</i>

MARCH 2024	
<u>MARCH DATE TO BE DECIDED</u>	PRIMARY SCHOOLS CROSS COUNTRY RELAY– FINAL EVENT OF FIVE - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help. PRESENTATION OF AWARDS – 11:15 AM</i>
SAT 2 <i>RESCHEDULED MATCH</i>	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FIVE OF FIVE – <i>Sherdley Park</i> (originally scheduled to take place on the 2nd December) - first race 12 noon. For Under 11's to Vets (<i>Note – U11's minimum age 9 as of 31/8/23</i>). All entries through the Club – contact Ed Fazakerley or Debbie Beresford <i>before the 26th February</i> to be entered. <u>NO ENTRIES ON MATCH DAY.</u> (If you competed in Match One, Two, Three and/or Four you are already entered but remember to take your number.)
SUN 10	SALE INDOOR OPEN TRACK & FIELD MEETING – SPORTCITY – 10 AM
SUN 24	WATERS WILMSLOW RUNNING FESTIVAL - 10K & HALF MARATHON – 10 AM – Wilmslow RUFC, Memorial Ground, Kings Road, Wilmslow SK9 5PZ
FRI 29	SALFORD 10K – 10 AM START – SALFORD SPORTS VILLAGE, LITTLETON ROAD, LOWER KERSAL
APRIL 2024	
SUN 21	TCS LONDON MARATHON – <i>if you enter and receive a rejection slip please let David Gregory know asap if you would like to go in the draw for the Club guaranteed place.</i>
MAY 2024	
SAT 4	IT'S A PIECE OF CAKE 10K - 10:30 AM – <i>Lakeside Café, Boggart Hole Clough, Charlestown Road, Blackley M9 7DF</i>
SAT 11 & SUN 12	GREATER MANCHESTER TRACK & FIELD CHAMPIONSHIPS – <i>Bury AC Track, Market Street, Bury BL9 9FX.</i>
SAT 18 <i>Structure to be confirmed</i>	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2S – U17 & SENIORS - <i>MATCH ONE – DEESIDE COLLEGE STADIUM CH5 4BR</i> Clubs: <i>Deeside AAC, Macclesfield H & AC, Manchester H&AC, Menai T&F, Salford Met AC.</i>
JUNE 2024	
SAT 15 <i>Structure to be confirmed</i>	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2S – U17 & SENIORS - <i>MATCH TWO – MACCLESFIELD LEISURE CENTRE, SK10 4AF.</i> Clubs: <i>Deeside AAC, Macclesfield H&AC, Manchester H&AC, Menai T&F, Salford Met AC.</i>
THU 20 <i>PROVISIONAL DATE TBC</i>	MANCHESTER SALE 5K SIZZLER – FIRST OF FOUR – 7:30 pm Wythenshawe Park [NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].
JULY 2024	
FRI 5 <i>PROVISIONAL DATE TBC</i>	MANCHESTER SALE 5K SIZZLER – SECOND OF FOUR – 7:30 pm Wythenshawe Park
SUN 14 <i>Structure and venue to be confirmed</i>	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 2S – U17 & SENIORS - <i>MATCH THREE – SPORTCITY, MANCHESTER M11 3FF.</i> Clubs: <i>Deeside AAC, Macclesfield H&AC, Manchester H&AC, Menai T&F, Salford Met AC. We are the host club so lots of help needed.</i>
FRI 19 <i>PROVISIONAL DATE TBC</i>	MANCHESTER SALE 5K SIZZLER – THIRD OF FOUR – 7:30 pm Wythenshawe Park
AUGUST 2024	
THU 1 <i>PROVISIONAL DATE TBC</i>	MANCHESTER SALE 5K SIZZLER – FINAL OF FOUR – 7:30 pm Wythenshawe Park [NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].
SAT 17 <i>Structure to be confirmed</i>	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 2S – U17 & SENIORS - <i>MATCH FOUR – CLEAVLEY ATHLETICS TRACK, Blantyre Street, Winton, Eccles M30 8HY.</i> Clubs: <i>Deeside AAC, Macclesfield H&AC, Manchester H&AC, Menai T&F, Salford Met AC.</i>

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

2023 SENIOR ROAD RACE CHAMPIONSHIP*

1st January to 31st December 2023

***Minimum of five races, combination of 5K up to four to count,
5M one to count, 10K up to three to count, 10M one or two to count,
Half Marathon up to three to count, Marathon one or two to count.***

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 of the above, for instance if you've done two marathons and three 10Ks, or four 5Ks and one 10K 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 1st January to 31st December 2023.

Here's an example of how the points work: If you compete in 7 races and your positions, based on time, amongst members of 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 overall wins. If you do more than the stated number of races, i.e. three 10 Milers, we'll use your best two 10 mile 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/Men to first: U20, V35, V40, V45, V50, V55, V60, V65, V70, V75. The overall winner will be declared Senior Men's Road Champion. Awards/Women to first: U20, V35, V40, V45, V50, V55, V60, V65, V70, V75. Overall Winner will be declared Senior Women's Road Champion.*

Results are being collected from the Power of Ten website.
ANY QUERIES e-mail Brenda arnoldbradshaw@btinternet.com.
***If you have any results that don't appear on PoT please email Brenda
giving the name and date of the race, your position and time.***

**2022 MENS CHAMPION - DAVE WALMSLEY
2022 WOMENS CHAMPION - CAROLINE BABA**

*Awards for the 2022 CHAMPIONSHIP were made at the
Presentation Evening on the 7th October 2023. Regrettably, results for two
members were not included. The results were subsequently corrected
resulting in the addition of one award. Full results and stats can be seen on
the website or email Brenda for a set.*

2024 SENIOR ROAD RACE CHAMPIONSHIP*

1st January to 31st December 2024

***The structure is currently being considered. If you have ideas on how the
structure may be bettered, please contact Brenda***

2024 MEMBERSHIP RENEWALS ARE NOW DUE. REMINDERS ARE BEING SENT BY EMAIL, MEANWHILE, IF YOU HAVE A QUERY, PLEASE CONTACT BRENDA BRADSHAW (MEMBERSHIP SECRETARY) email Brenda: 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.

DRAW 47 (November) took place at Wythenshawe Track Training Session on the 30th November.

WINNERS:

FIRST – DANNY HERMAN

SECOND – BRENDA BRADSHAW

THIRD – BRENDA BRADSHAW

DRAW 48 WILL TAKE PLACE AT THE END OF MARCH 2024

PLEASE USE THE WEBSITE

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 and click on “Subscribe by email”.

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