

## MANCHESTER HARRIERS & A.C. FIXTURES – 2016

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 is in **bold** it's an event the Club is committed to competing in or organising or helping with. For more details please contact one of the following: **Melanie Barber** 07443 560217, **Debbie Beresford** 07977 203478, **David Gregory** 0161-439 4884, **Brenda Bradshaw** 0161-796 6310, **Ed Fazakerley** 0161-431 0059, **George Lawson** 0161-485 2261, **Carl Summers** 0161-718 6557 or **Kes Salmon** 07948 187364.

<b>PLEASE NOTE THAT THE CLUB WILL NOT BE STAGING A RACE IN PLATT FIELDS THIS YEAR ALSO NOTE DATE PLUS VENUE CHANGE FOR YDL – NOW ON SUNDAY 22<sup>ND</sup> MAY!!</b>	
<b>MAY 2016</b>	
<b>SAT 7</b>	<b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE – DIV 2W – MATCH ONE – ROBIN PARK, WIGAN</b> - contact Debbie Beresford, Ed Fazakerley or Kes Salmon for details – for members aged 15 upwards. [Hosts – Wigan & District H & AC]
<b>SAT 7</b>	<b>SOCIAL EVENING – MEAL PLUS PRESENTATION OF 2015 SENIOR &amp; UNDER 17 AWARDS – 6:30 pm for 7 pm – ISTANBUL GRILL, 1-3 Gatley Road, Cheadle SK8 1LY. ENQUIRIES:</b> contact Debbie on 07977 203478 or email Debbie at <a href="mailto:tinpet40@yahoo.co.uk">tinpet40@yahoo.co.uk</a> .
<b>SAT 14</b> <b>SUN 15</b>	<b>CHESHIRE &amp; GREATER MANCHESTER TRACK &amp; FIELD CHAMPIONSHIPS – MACCLESFIELD – TWO DAYS</b> – contact Debbie or Ed for details
<b>SAT 21</b> <b><u>MARSHALS NEEDED</u></b>	<b>JUNIOR GREAT RUN (9-15 years/2 miles) &amp; MINI GREAT RUN (3-8 years/2K) – SPORTCITY</b> – we help marshal this event. Members who wish to help should contact Debbie Beresford – event starts at 10 am.
<b>SUN 22</b> <b><u>MARSHALS NEEDED</u></b>	<b>GREAT MANCHESTER 10K – MANCHESTER CITY CENTRE</b> – we help marshal this event. Members who wish to help should contact Debbie Beresford – first wave of five goes at 10:35 am.
<b>SUN 22</b> <b><u>NB: DATE &amp; VENUE CHANGE!</u></b>	<b>YOUTH DEVELOPMENT T&amp;F LEAGUE – DIV NW4 - U13s &amp; U15s – MATCH TWO – LONGFORD PARK, TRAFFORD</b> [not Oldham or Colwyn Bay and not on Saturday 21 <sup>st</sup> !] – if you are interested in taking part, please contact Team Managers Ed Fazakerley or Melanie Barber. [Host Club–Altrincham & District]
<b>JUNE 2016</b>	
<b>SAT 4</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE – ROUND TWO – WREXHAM</b> – contact Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards [Host Club Wrexham]
<b>SUN 5</b>	<b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE – DIV 2W – MATCH TWO – EDGE HILL, ORMSKIRK</b> - contact Debbie Beresford, Ed Fazakerley or Kes Salmon for details – for members aged 15 upwards. [Hosts–Liverpool Pembroke Sefton]
<b>WED 8</b> <b><u>OUR EVENT HELP NEEDED</u></b>	<b>THE JOE MORAN MEMORIAL VETERANS TRACK &amp; FIELD MEETING – SPORTCITY – 7:15pm to 9:15pm THIS IS OUR EVENT AND WE WILL NEED LOTS OF SUPPORT AND HELP.</b> If you are not able to compete but are available to help, please contact George Lawson, Debbie Beresford or Brenda Bradshaw – experience <b>not</b> needed.
<b>SAT 11</b> <b>SUN 12</b>	<b>SENIOR &amp; UNDER 20 NORTHERN ATHLETICS TRACK &amp; FIELD CHAMPIONSHIPS – SPORTCITY – TWO DAYS</b>
<b>SUN 19</b> <b><u>NB:VENUE CHANGE</u></b>	<b>YOUTH DEVELOPMENT T&amp;F LEAGUE – DIV NW4 - U13s &amp; U15s – MATCH THREE – WARRINGTON</b> [not Colwyn Bay] – if you are interested in taking part, please contact Team Managers Ed Fazakerley or Melanie Barber. [Host Club–St H Sutton]
<b>SUN 19</b>	<b>HORWICH 5K BRITISH MASTERS ROAD CHAMPIONSHIP – 10:45 am – 3 lap Town Centre course. OPEN 5K AT 12:15 pm.</b>
<b>WED 22</b> <b><u>OUR EVENT HELP NEEDED</u></b>	<b>THE MANCHESTER MILE – SPORTCITY – 7pm THIS IS OUR PROMOTION AND WE WILL NEED LOTS OF SUPPORT AND HELP.</b> If you are not able to compete but are available to help, please contact George Lawson, Debbie Beresford or Brenda Bradshaw – experience not needed.
<i>June fixtures continued overleaf.....</i>	

..... June Fixtures continued.....

<b>THU 30</b>	<b>MANCHESTER SALE 5K SIZZLER – FIRST OF FOUR – 7:30 pm</b> <b>Wythenshawe Park</b> [NB training at Wythenshawe is usually cancelled – check with Debbie]
<b>JULY 2016</b>	
<b>SUN 3</b>	<b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE – DIV 2W – MATCH THREE – TRAFFORD</b> tbc - contact Debbie Beresford, Ed Fazakerley or Kes Salmon for details – for members aged 15 upwards. [Hosts – Sale H Manchester]
<b>SUN 10</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE – ROUND THREE – CONNAH’S QUAY</b> – contact Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards [Host Club Deeside]
<b>THU 14</b>	<b>MANCHESTER SALE 5K SIZZLER – SECOND OF FOUR – 7:30 pm</b> <b>Wythenshawe Park</b> [NB training at Wythenshawe is usually cancelled – check with Debbie]
<b>SAT 16</b> <u>NB:VENUE CHANGE</u>	<b>YOUTH DEVELOPMENT T&amp;F LEAGUE – DIV NW4 - U13s &amp; U15s – MATCH FOUR – COLWYN BAY</b> [not Warrington] – if you are interested in taking part, please contact Team Managers Ed Fazakerley or Melanie Barber. [Host Club–Colwyn Bay]
<b>THU 28</b>	<b>MANCHESTER SALE 5K SIZZLER – THIRD OF FOUR – 7:30 pm</b> <b>Wythenshawe Park</b> [NB training at Wythenshawe is usually cancelled – check with Debbie]

**AUGUST 2016**

<b>SAT 6</b> <u>WE’RE THE HOSTS- HELP NEEDED</u>	<b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE – DIV 2W – MATCH FOUR – SPORTCITY</b> - contact Debbie Beresford, Ed Fazakerley or Kes Salmon for details – for members aged 15 upwards.] If you can help please contact a member of the Committee.
<b>SUN 7</b>	<b>INTER COUNTIES TRACK &amp; FIELD CHAMPIONSHIPS - HULL</b>
<b>THU 11</b>	<b>MANCHESTER SALE 5K SIZZLER – FINAL OF FOUR – 7:30 pm</b> <b>Wythenshawe Park</b> [NB training at Wythenshawe is usually cancelled – check with Debbie]
<b>SAT 13</b>	<b>JUNIOR UNDER 17, UNDER 15 &amp; UNDER 13 NORTHERN ATHLETICS TRACK &amp; FIELD CHAMPIONSHIPS – MIDDLESBROUGH SPORTS VILLAGE</b>
<b>SUN 14</b>	

**SEPTEMBER 2016**

<b>SUN 4</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE – ROUND FOUR – WARRINGTON</b> – contact Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards [Host Club St Helens Sutton AC]
<b>SAT 10</b>	<b>NORTH WEST ROAD RELAYS – DELAMERE FOREST</b>
<b>SUN 11</b>	<b>GREAT NORTH RUN – HALF MARATHON – NEWCASTLE-GATESHEAD-SOUTH SHIELDS</b>
<b>SAT 24</b>	<b>NORTHERN ATHLETICS FOUR &amp; SIX STAGE SENIOR PLUS YOUNG ATHLETES ROAD RELAYS – SEFTON PARK</b>

FOLLOWING ARE PROVISIONAL DATES FOR THE MANCHESTER AREA CROSS COUNTRY LEAGUE FOR THE 2016/2017 SEASON (ALL SATURDAYS):

2016: 15 OCTOBER  
12 NOVEMBER  
3 DECEMBER  
2017: 14 JANUARY  
11 FEBRUARY

2016 MEMBERSHIP RENEWALS – MANY THANKS TO MEMBERS WHO HAVE RENEWED. MAY WE ASK THOSE WHO HAVEN'T TO DO SO AS SOON AS POSSIBLE.

IF YOU DIDN'T RECEIVE A RENEWAL FORM IN JANUARY OR YOU HAVE ANY QUERIES PLEASE CONTACT THE MEMBERSHIP SECRETARY – Brenda Bradshaw at [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com).

FOLLOWING ARE DATES FOR THE PRIMARY LEAGUE CROSS COUNTRY RACES

2016: 17 SEPTEMBER

7 OCTOBER

19 NOVEMBER

2017: 21 JANUARY

4 FEBRUARY

END OF SEASON RELAYS – DATE TO BE ADVISED AT START OF SEASON

### 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**

**PLEASE JOIN AND HELP THE CLUB.**

**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 28 WILL BE HELD AT THE END OF JULY**

**WINNERS OF DRAW 27: FIRST – JEAN SKITT  
SECOND – DAVID GREGORY; THIRD – IAN BURNETT**

*\*Draw 27 was held on Monday 4<sup>th</sup> April at the Committee Meeting.*

## PLEASE VISIT THE WEBSITE

If you have any ideas for improvements or you have something you want included, corrected or changed, we would love 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 would not be disclosed and you could opt out at any time.

website address [www.manchesterharriers.co.uk](http://www.manchesterharriers.co.uk)

PLEASE CONTACT A COMMITTEE MEMBER IF YOU CAN HELP WITH ANY OF THE EVENTS WE HOST OR ANY OF THE LEAGUES WE SUPPORT. FOR INSTANCE WE NEED LOTS OF HELP AT SPORTCITY FOR.....

**JOE MORAN VETS T&F MEETING – 8<sup>TH</sup> JUNE**

**MANCHESTER MILE – 22<sup>ND</sup> JUNE**

**NORTHERN T&F LEAGUE – 6<sup>TH</sup> AUGUST**

### **SENIOR ROAD RACE CHAMPIONSHIP - 2016**

**Here's 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 did 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 – 1<sup>st</sup> January to 31<sup>st</sup> December. **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. 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. **Contact by** telephone: 0161-796 6310, or write to: 12 Heaton Drive, Hollins Village, Bury BL9 8BQ, or e-mail Brenda c/o: [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com)].

**MOST IMPORTANT ALWAYS CHECK DATES**  
**& VENUE DETAILS AS CHANGES DO HAPPEN!**

Please contact Brenda at [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com)  
with additions or corrections or telephone Brenda on 0161-796 6310