

## 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>JULY 2016</b>	
<b>SUN 3</b>	<b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE – DIV 2W – MATCH THREE – TRAFFORD</b> - contact <i>Debbie Beresford, Ed Fazakerley or Kes Salmon for details – for members aged 15 upwards. [Hosts – Sale H Manchester]</i>
<b>SUN 10</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE – ROUND THREE – CONNAH'S QUAY</b> – contact <i>Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards [Host Club Deeside]</i>
<b>THU 14</b>	<b>MANCHESTER SALE 5K SIZZLER* – SECOND OF FOUR – 7:30 pm Wythenshawe Park</b> [NB training at Wythenshawe is usually cancelled – check with Debbie] *Named event in our Senior Road Race Championship – see back page for details.
<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 [not Warrington]</b> – if you are interested in taking part, please contact Team Managers <i>Ed Fazakerley or Melanie Barber. [Host Club–Colwyn Bay]</i>
<b>THU 28</b>	<b>MANCHESTER SALE 5K SIZZLER* – THIRD OF FOUR – 7:30 pm Wythenshawe Park</b> [NB training at Wythenshawe is usually cancelled – check with Debbie] *Named event in our Senior Road Race Championship – see back page for details.
<b>AUGUST 2016</b>	
<b>MON 1 – FRI 5</b>	<b>WEEK ONE OF SUMMER HOLIDAY STARTRACK ATHLETICS – WYTHENSHAW PARK ATHLETIC TRACK, WYTHENSHAW ROAD, M23 0AB – 10 AM TO 3 PM.</b> For 7 to 15 year olds, covering all the Athletic event groups – Speed, Jumps, Throws, Endurance – making it fun and a great introduction to athletics as well as a way for active youngsters to improve, learn skills and develop as an athlete. £40 for <u>all</u> 5 days. <b><u>Post Codes M22 &amp; M23</u></b> – there are a limited number of places at £15 per week. <b>Contact Debbie Beresford on 07977 203478.</b>
<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 <i>Debbie Beresford, Ed Fazakerley or Kes Salmon for details – for members aged 15 upwards.]</i> <b><i>If you can help please contact a member of the Committee.</i></b>
<b>SUN 7</b>	<b>INTER COUNTIES TRACK &amp; FIELD CHAMPIONSHIPS - HULL</b>
<b>MON 8 – FRI 12</b>	<b>WEEK TWO OF SUMMER HOLIDAY STARTRACK ATHLETICS – WYTHENSHAW PARK ATHLETIC TRACK, WYTHENSHAW ROAD, M23 0AB – 10 AM TO 3 PM.</b> See <i>WEEK ONE</i> above for details.
<b>THU 11</b>	<b>MANCHESTER SALE 5K SIZZLER* – FINAL OF FOUR – 7:30 pm Wythenshawe Park</b> [NB training at Wythenshawe is usually cancelled – check with Debbie] *Named event in our Senior Road Race Championship – see back page for details.
<b>SAT 13</b> <b>SUN 14</b>	<b>JUNIOR UNDER 17, UNDER 15 &amp; UNDER 13 NORTHERN ATHLETICS TRACK &amp; FIELD CHAMPIONSHIPS – MIDDLESBROUGH SPORTS VILLAGE</b>
<b>SEPTEMBER 2016</b>	
<b>SUN 4</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE – ROUND FOUR – WARRINGTON</b> – contact <i>Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards [Host Club St Helens Sutton AC]</i>
<i>MANCHESTER H &amp; AC – fixtures continued.....</i>	

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SAT 10	NORTH WEST ROAD RELAYS – DELAMERE FOREST
SUN 11	GREAT NORTH RUN – HALF MARATHON – NEWCASTLE-GATESHEAD-SOUTH SHIELDS
<b>SAT 17</b> <i>Help needed</i>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT ONE - Wythenshawe Park - 10AM – if you can help please contact David Gregory on 0161-439 4884. For more information contact Debbie Beresford.</b>
SAT 24	NORTHERN ATHLETICS FOUR & SIX STAGE SENIOR PLUS YOUNG ATHLETES ROAD RELAYS – SEFTON PARK
SUN 25	THE SWINTON TEN MILE ROAD RACE – 9:30 AM – Registration at Swinton FC Clubhouse, Barton Road, Swinton M27 5LJ.
<b>OCTOBER 2016</b>	
<b>SAT 7</b> <i>Help needed</i>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT TWO - Wythenshawe Park - 10AM – if you can help please contact David Gregory on 0161-439 4884. For more information contact Debbie Beresford.</b>
<b>SAT 15</b> <i>provisional date</i>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH ONE – venue to be advised – first race 12:15 pm. Contact Debbie Beresford or Ed Fazakerley if you want to be entered.</b>
<b>NOVEMBER 2016</b>	
<b>SAT 12</b> <i>provisional date</i>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH TWO – venue to be advised – first race 12 noon. Open to all members aged 11 upwards – contact Debbie Beresford or Ed Fazakerley if you want to be entered.</b>
<b>SAT 19</b> <i>Help needed</i>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT THREE - Wythenshawe Park - 10AM – if you can help please contact David Gregory on 0161-439 4884. For more information contact Debbie Beresford.</b>
<b>SUN 27</b>	<b>CITY OF SALFORD LADIES 5.25 MILE RUN – 10:30 AM – Registration at Swinton FC Clubhouse, Barton Road, Swinton M27 5LJ</b> <i>This race counts in the women’s road race championship – see note on page 4.</i>
<b>DECEMBER 2016</b>	
<b>SAT 3</b> <i>provisional date</i>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH THREE – venue to be advised – first race 12 noon. Open to all members aged 11 upwards – contact Debbie Beresford or Ed Fazakerley if you want to be entered.</b>
<b>JANUARY 2017</b>	
<b>SAT 14</b> <i>provisional date</i>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FOUR – venue to be advised – first race 12 noon. Open to all members aged 11 upwards – contact Debbie Beresford or Ed Fazakerley if you want to be entered.</b>
<b>SAT 21</b> <i>Help needed</i>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT FOUR - Wythenshawe Park - 10AM – if you can help please contact David Gregory on 0161-439 4884. For more information contact Debbie Beresford.</b>
<b>SAT 28</b>	<b>NORTHERN CROSS COUNTRY CHAMPIONSHIPS - KNOWSLEY – entries through the Club. Queries – contact Ed Fazakerley or Debbie Beresford.</b>
<b>FEBRUARY 2017</b>	
<b>SAT 4</b> <i>Help needed</i>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT FIVE - Wythenshawe Park - 10AM – if you can help please contact David Gregory on 0161-439 4884. For more information contact Debbie Beresford.</b>
<b>SAT 11</b> <i>provisional date</i>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FIVE – venue to be advised – first race 12 noon. Open to all members aged 11 upwards – contact Debbie Beresford or Ed Fazakerley if you want to be entered.</b>
<b>SAT 25</b>	<b>NATIONAL CROSS COUNTRY CHAMPIONSHIPS - NOTTINGHAM – entries through the Club. Queries – contact Ed or Debbie.</b>

**FOLLOWING ARE THE PROVISIONAL DATES FOR  
THE MANCHESTER AREA CROSS COUNTRY  
LEAGUE FOR THE 2016/2017 SEASON**

*(as incorporated in the list above):*

**2016: 15 OCT + 12 NOV + 3 DEC**

**2017: 14 JAN + 11 FEB**

**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**

*(as incorporated in the list above):*

**2016: 17 SEPT + 7 OCT + 19 NOV**

**2017: 21 JAN + 4 FEB**

**END OF SEASON RELAYS - DATE TO BE ADVISED**

**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 USE THE WEBSITE

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 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 THE .....  
**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***

*Produced by Brenda Bradshaw - last update 1/7/16*