

MANCHESTER HARRIERS & A.C. FIXTURES – 2016/17

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.

DECEMBER 2016	
SAT 3	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH THREE – HEATON PARK – <i>first race 12 noon.</i>
SUN 4	THE HOKA ONE STOCKPORT TEN MILE RACE – 10 AM – Woodbank Park, Stockport – undulating, multi-terrain, single lap - £19 club runners – minimum age on race day 17 years.
SUN 18	CHRISTMAS HANDICAP – WYTHENSHAW PARK – JUNIORS 10 AM; SENIORS FOLLOW ON – <i>full details will be posted on the website in due course</i> PLUS PRESENTATION at the CHEADLE SOCIAL CLUB, ASHFIELD CRESENT (off Ashfield Road) CHEADLE SK8 1BQ where there's a large car park on Massie Street next door to the Social Club – free on Sunday).
JANUARY 2017	
SAT 7	GREATER MANCHESTER CROSS COUNTRY CHAMPIONSHIPS – WOODBANK PARKK, STOCKPORT. Contact Debbie Beresford or Ed Fazakerley if you would like to run. Teams will be entered subject to interest.
SUN 8	SALE INDOOR TRACK & FIELD MEETING - SPORTCITY
SUN 8	HIT THE TRAIL RACE – 11 am – Tiviot Bridge Way Bridge over River Mersey – 100 metres from Portwood Roundabout, M60, Stockport, opposite Tesco Extra. Belle Vue Racers
SAT 14	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FOUR – UNIV. OF MANCHESTER PLAYING FIELDS/KENWORTHY WOODS – <i>first race 12 noon. For Under 11's to Vets – contact Debbie Beresford or Ed Fazakerley if you want to be entered.</i>
SAT 21 <i>Help needed</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT FOUR - Wythenshawe Park - 10AM – <i>if you can help please contact David Gregory on 0161-439 4884. For more information contact Debbie Beresford.</i>
SAT 28	NORTHERN CROSS COUNTRY CHAMPIONSHIPS - KNOWSLEY – <i>entries through the Club. Queries – contact Ed Fazakerley or Debbie Beresford.</i>
SUN 29	SALE INDOOR TRACK & FIELD MEETING - SPORTCITY
FEBRUARY 2017	
SAT 4 <i>Help needed</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT FIVE - Wythenshawe Park - 10AM – <i>if you can help please contact David Gregory on 0161-439 4884. For more information contact Debbie Beresford.</i>
SAT 11	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FIVE – WOODBANK PARK – <i>first race 12 noon. For Under 11's to Vets – contact Debbie Beresford or Ed Fazakerley if you want to be entered.</i>
SAT 25	NATIONAL CROSS COUNTRY CHAMPIONSHIPS - NOTTINGHAM – <i>entries through the Club. Queries – contact Ed or Debbie.</i>
SAT 25 & SUN 26	ENGLAND ATHLETICS OPEN UNDER 20, 17 & 15 INDOOR CHAMPS – EIS SHEFFIELD – <i>entries through the Club. Queries – contact Kes or Debbie.</i>
<i>continued overleaf.....</i>	

..... Fixtures continued.....

MARCH 2017

SAT 4 <i>Help needed</i>	PRIMARY SCHOOLS – WALTER HESKETH TROPHY CROSS COUNTRY RELAYS - Wythenshawe Park - 10AM – if you can help please contact David Gregory on 0161-439 4884. For more information contact Debbie Beresford. GREAT BRITAIN ATHLETE – WORLD & EUROPEAN MEDALLIST JENNY MEADOWS TO PRESENT THE AWARDS.
SUN 5	SALE INDOOR TRACK & FIELD MEETING - <i>SPORTCITY</i>
SAT 11	INTER COUNTIES CROSS COUNTRY RELAYS
SUN 19	WILMSLOW HALF MARATHON – 10:30 AM
SUN 19	SALE INDOOR TRACK & FIELD MEETING - <i>SPORTCITY</i>
SAT 25	NORTHERN 12 & 6 STAGE ROAD RELAYS – HAIGH HALL, WIGAN

APRIL 2017

SAT 22	YOUTH DEVELOPMENT T&F LEAGUE – DIV NW3S - U13s & U15s – MATCH ONE – WARRINGTON – contact Melanie Barber or Debbie Beresford if you are interested in competing. [Host Club Warrington AC] Clubs: Altrincham & District AC; Colwyn Bay AC/Deeside AC; Manchester H & AC; Oldham & Royton Harriers; St Helens Sutton AC; Warrington AC; Wrexham AC
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MAY 2017

SUN 7	CHESHIRE TRACK & FIELD LEAGUE – ROUND ONE / MATCH TWO – ASHTON-UNDER-LYNE – contact Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards [Host Club East Cheshire H & Tameside AC] Clubs: A-Altrincham, B-Bury, E-East Cheshire, Q-Manchester, P-St Helens Sutton, X-Wirral, Wrexham.
SAT 20 <u>WE'RE HOSTING SO LOTS OF HELP NEEDED</u>	YOUTH DEVELOPMENT T&F LEAGUE – DIV NW3S - U13s & U15s – MATCH TWO – SPORTCITY – contact Melanie Barber or Debbie Beresford if you are interested in competing.. Clubs: Altrincham & District AC; Colwyn Bay AC/Deeside AC; Manchester H & AC; Oldham & Royton Harriers; St Helens Sutton AC; Warrington AC; Wrexham AC. WE'RE THE HOST CLUB SO WE WILL NEED LOTS OF SUPPORT AND HELP. If you are not able to compete but are available to help, please contact George Lawson, Debbie Beresford or Brenda Bradshaw – experience not necessary.

JUNE 2017

WED 7 <u>OUR EVENT HELP NEEDED</u>	THE JOE MORAN MEMORIAL VETERANS TRACK & FIELD MEETING – SPORTCITY – 7:15pm to 9:15pm 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 contact George Lawson, Debbie Beresford or Brenda Bradshaw – experience not needed.
SUN 18	YOUTH DEVELOPMENT T&F LEAGUE – DIV NW3S - U13s & U15s – MATCH THREE – OLDHAM – contact Melanie Barber or Debbie Beresford if you are interested in competing. [Host Club Oldham & Royton Harriers] Clubs: Altrincham & District AC; Colwyn Bay AC/Deeside AC; Manchester H & AC; Oldham & Royton Harriers; St Helens Sutton AC; Warrington AC; Wrexham AC
WED 21 <u>OUR EVENT HELP NEEDED</u>	THE MANCHESTER MILE – SPORTCITY – 7pm THIS IS OUR PROMOTION AND WE WILL NEED LOTS OF SUPPORT AND HELP. If you are not able to compete but are available to help, please contact George Lawson, Debbie Beresford or Brenda Bradshaw – experience not needed.

JULY 2017

SUN 2	CHESHIRE TRACK & FIELD LEAGUE – ROUND TWO / MATCH THREE – CREWE – contact Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards [Host Club Crewe] Clubs: N-Crewe&Nantwich, F-Halton&Frodsham, H-Handforth&Wilmslow, J-Macclesfield, Q-Manchester, P-St Helens Sutton, G-Warrington, X-Wirral.
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continued overleaf.....

..... July fixtures continued.....

SAT 15	YOUTH DEVELOPMENT T&F LEAGUE – DIV NW3S - U13s & U15s – MATCH FOUR – CONNAH’S QUAY – contact Melanie Barber or Debbie Beresford if you are interested in competing. [Host Club: Deeside AC] Clubs: Altrincham & District AC; Colwyn Bay AC/Deeside AC; Manchester H & AC; Oldham & Royton Harriers; St Helens Sutton AC; Warrington AC; Wrexham AC.
SUN 30	CHESHIRE TRACK & FIELD LEAGUE – ROUND THREE / MATCH ONE – WARRINGTON – contact Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards [Host Club St Helens Sutton AC] Clubs: C-Colwyn Bay, Q-Manchester, P-St Helens Sutton, Y-Stockport, T-Trafford, W-West Cheshire, X-Wirral.

SEPTEMBER 2017

SUN 3	CHESHIRE TRACK & FIELD LEAGUE – ROUND FOUR / MATCH THREE – CONNAH’S QUAY – contact Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards [Host Club Deeside] Clubs: D-Deeside, L-Maldwyn, Q-Manchester, M-Menai, P-St Helens Sutton, S-Salford Met, V-Vale Royal, X-Wirral.
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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 can opt out at any time.

website address www.manchesterharriers.co.uk

2017 MEMBERSHIP RENEWALS

RENEWALS ARE DUE ON THE 1ST JANUARY. RENEWAL FORMS WILL BE SENT OUT LATE DECEMBER. ANY QUERIES PLEASE CONTACT

Brenda Bradshaw at arnoldbradshaw@btinternet.com.

YOU DON'T NEED TO WAIT FOR YOUR RENEWAL FORM – WE ARE VERY HAPPY TO RECEIVE RENEWAL FEES BEFOREHAND – JUST EMAIL BRENDA TO CONFIRM THE FEE DUE.

**PRIMARY LEAGUE CROSS COUNTRY RELAYS
4 MARCH 2017 - JENNY MEADOWS, GREAT BRITAIN
ATHLETE, WORLD & EUROPEAN MEDALLIST,
TO PRESENT THE AWARDS.**

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 FOR THE

PRIMARY LEAGUE MATCHES at Wythenshawe Park
*and the **CHRISTMAS HANDICAP***
at Wythenshawe Park on the 18th December

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.

DRAW 29 WILL TAKE PLACE ON 15 DECEMBER

**WINNERS OF DRAW 28: FIRST – FAY MORAN
SECOND – ANDREW BERESFORD; THIRD – IAN BURNETT**

**Draw 28 was held on Monday 25th July at the Committee Meeting.*

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 - 1st January to 31st December. ***Here's an example of how the points work:*** If you compete in 7 races and your positions within 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 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].

..... ends 31st December - email Brenda with your results

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

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

Produced by Brenda Bradshaw - updated 10/12/16