

MANCHESTER HARRIERS & A.C. FIXTURES – 2017

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.

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>
FRI 17	CELEBRATORY DINNER in Honour of Ian Burnett, Danny Herman, George Lawson & Richard Wilde – <i>to be held at the Village Hotel, Cheadle. Tickets limited. Enquiries please to Brenda at arnoldbradshaw@btinternet.com or telephone on 0161-796 6310.</i>
SAT 18	STANDISH HALL TRAIL 10K
MON 20	ANNUAL GENERAL MEETING – 7:30 pm – <i>Cheadle Sports Club, 225 Kingsway, Cheadle SK8 1LA</i>
SAT 25	NATIONAL CROSS COUNTRY CHAMPIONSHIPS - NOTTINGHAM – <i>entries through the Club. Queries – contact Ed or Debbie.</i>
SAT 25	RHYL 10 MILE ROAD RACE
SAT 25	STOCKPORT TRAIL HALF MARATHON
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>
MARCH 2017	
SAT 4 <i>Help needed</i>	PRIMARY SCHOOLS – WALTER HESKETH TROPHY CROSS COUNTRY RELAYS - Wythenshawe Park - 10AM – <i>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.</i>
SUN 5	SALE INDOOR TRACK & FIELD MEETING - SPORTCITY
SAT 11	INTER COUNTIES CROSS COUNTRY RELAYS
SUN 19	WILMSLOW HALF MARATHON – 10:30 AM
SUN 19	SALE INDOOR TRACK & FIELD MEETING – SPORTCITY
SAT 25	NORTHERN 12 & 6 STAGE ROAD RELAYS – HAIGH HALL, WIGAN
APRIL 2017	
SUN 2	GREATER MANCHESTER MARATHON - TRAFFORD
SAT 22	YOUTH DEVELOPMENT T&F LEAGUE – DIV NW3S - U13s & U15s – MATCH ONE – WARRINGTON – <i>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</i>
SUN 23	LONDON MARATHON
SUN 23	BOLTON 10K
SAT 29	PIECE OF CAKE 10K ROAD RACE – BOGGART HOLE CLOUGH
<i>continued overleaf.....</i>	

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

MAY 2017

SAT 6	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 3W – MATCH ONE – CLECKHEATON - contact Debbie Beresford, Ed Fazakerley or Kes Salmon for details – for members aged 15 upwards. [Hosts – Spenborough]
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

SUN 4	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 3W – MATCH TWO – LITHERLAND - contact Debbie Beresford, Ed Fazakerley or Kes Salmon for details – for members aged 15 upwards. [Hosts – Southport Waterloo]
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 – 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
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.
THU 6	MANCHESTER SALE 5K SIZZLER* – FIRST OF FOUR – 7:30 pm Wythenshawe Park [NB training at Wythenshawe is usually cancelled – check with Debbie]. *Named event in our Senior Road Race Championship – see back page for details.
SUN 9	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 3W – MATCH THREE – HALIFAX - contact Debbie Beresford, Ed Fazakerley or Kes Salmon for details – for members aged 15 upwards. [Hosts – Halifax Harriers]
SAT 15	YOUTH DEVELOPMENT T&F LEAGUE – DIV NW3S - U13s & U15s – MATCH FOUR – 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.

continued overleaf.....

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

THU 20	MANCHESTER SALE 5K SIZZLER* – SECOND OF FOUR – 7:30 pm Wythenshawe Park [NB training at Wythenshawe is usually cancelled – check with Debbie]. *Named event in our Senior Road Race Championship – see back page for details.
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.
MON 31 – FRI 4	WEEK ONE OF SUMMER HOLIDAY ATHLETICS ACADEMY – WYTHENSHAW PARK ATHLETIC TRACK, WYTHENSHAW ROAD, M23 0AB – 10 AM TO 3 PM. For 7 to 15 year olds. Experience a range of athletics events. Learn to run, jump, throw. Games and competition. A great introduction to athletics as well as a way for active youngsters to improve, learn skills and develop as an athlete. £45 for all 5 days . Wythenshawe Post Codes – there are a limited number of places at £20 per week. Contact Debbie Beresford on 07977 203478.

AUGUST 2017

THU 3	MANCHESTER SALE 5K SIZZLER* – THIRD OF FOUR – 7:30 pm Wythenshawe Park [NB training at Wythenshawe is usually cancelled – check with Debbie]. *Named event in our Senior Road Race Championship – see back page for details.
SAT 5	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 3W – MATCH FOUR – TRAFFORD - contact Debbie Beresford, Ed Fazakerley or Kes Salmon for details – for members aged 15 upwards. [Hosts – Trafford]
MON 7 – FRI 11	WEEK TWO OF SUMMER HOLIDAY ATHLETICS ACADEMY – WYTHENSHAW PARK ATHLETIC TRACK, WYTHENSHAW ROAD, M23 0AB – 10 AM TO 3 PM. See WEEK ONE above for details.
THU 17	MANCHESTER SALE 5K SIZZLER* – FINAL OF FOUR – 7:30 pm Wythenshawe Park [NB training at Wythenshawe is usually cancelled – check with Debbie]. *Named event in our Senior Road Race Championship – see back page for details.

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 - www.manchesterharriers.co.uk. 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 wouldn't be disclosed & you can opt out at any time.

2017 MEMBERSHIP RENEWALS - ANY QUERIES PLEASE CONTACT Brenda Bradshaw at arnoldbradshaw@btinternet.com.

PRIMARY LEAGUE CROSS COUNTRY RELAYS

4 MARCH '17 - JENNY MEADOWS, GB ATHLETE,

WORLD & EUROPEAN MEDALLIST, TO PRESENT THE AWARDS.

***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 30 WILL BE HELD AT THE END OF MARCH
WINNERS OF DRAW 29: FIRST – ARNOLD BRADSHAW
SECOND – JOAN BENNION; THIRD – STAN BENNION***

Draw 29 was held on Thursday 19th January following a track training session at Wythenshawe Park. Winning tickets were drawn by Club Secretary David Gregory.

***2016 SENIOR ROAD RACE CHAMPIONSHIP CLOSED ON THE
31ST DECEMBER 2016. HERE ARE THE RULES FOR 2017:***

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. please email Brenda with your results.

***PLEASE CONTACT A COMMITTEE MEMBER IF YOU CAN HELP WITH ANY
OF THE EVENTS WE HOST OR ANY OF THE LEAGUES WE SUPPORT.***

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*