

MANCHESTER HARRIERS & A.C. FIXTURES – 2019

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 has a blue background it's an event the Club is committed to competing in, organising or assisting. Other events are included for information as they have been recommended by a member or we have members competing. For more details please contact the following: **Debbie Beresford 07977 203478, Brenda Bradshaw 0161-796 6310, Lindsey Farrelly 07717 177609, 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 0161-718 6557**. If they can't help they will re-direct you.

AUGUST 2019	
THU 1 <i>commenced 29 July</i>	WEEK ONE OF SUMMER HOLIDAY STARTRACK ATHLETICS – WYTHENSHawe PARK ATHLETIC TRACK, WYTHENSHawe ROAD, M23 0AB. <i>See below for WEEK TWO.</i>
SUN 4	CHESHIRE TRACK & FIELD LEAGUE – ROUND 3 MATCH 1 – <i>WARRINGTON</i> – contact Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards [Host Club Halton & Frodsham]
MON 5 – FRI 9 <i><u>PLEASE LET DEBBIE KNOW IF YOU WOULD LIKE TO HELP</u></i>	WEEK TWO OF SUMMER HOLIDAY STARTRACK ATHLETICS – WYTHENSHawe PARK ATHLETIC TRACK, WYTHENSHawe ROAD, M23 0AB – 10 AM TO 3 PM. For 7 to 15 year olds. <i>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. £50 for all 5 days. Wythenshawe Post Codes – there are a limited number of places at £30 per week. Contact Debbie Beresford on 07977 203478 if you would like to help.</i>
THU 8	MANCHESTER SALE 5K SIZZLER* – FINAL OF FOUR – 7:30 pm <i>Wythenshawe Park</i> [NB training at Wythenshawe is usually cancelled – check with Debbie]. *Named event in our Senior Road Race Championship – see back page for details.
SAT 10 <i><u>WE'RE THE HOSTS - HELP NEEDED</u></i>	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 3W – MATCH FOUR – <i>Sportcity</i> - contact Debbie Beresford, Andrew Parsonage or Kes Salmon for details – for members aged 15 upwards (must be aged at least 15 on 31/8/19). <i>We're the host club so we need LOTS OF HELP.</i>
SEPTEMBER 2019	
SUN 1	CHESHIRE TRACK & FIELD LEAGUE – ROUND 4 MATCH 3 – <i>RICHMOND STADIUM, RICHMOND STREET, ASHTON-UNDER-LYNE OL7 9HG</i> – contact Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards [Host Club East Cheshire H & Tameside AC]
SUN 8	NORTH WEST ROAD RELAYS – Edge Hill University, Ormskirk - contact Debbie Beresford or Ed Fazakerley if you are interested in competing.
PROPOSED DATE SAT 21 <i><u>HELP NEEDED</u></i>	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 Caroline Baba on email caroline.mhac@outlook.com .
SAT 28	SOCIAL NIGHT - GET TOGETHER & PRESENTATION EVENING – SENIOR & JUNIOR AWARDS – 7 PM - Didsbury Cricket Club, 860A Wilmslow Road, Manchester M20 5QP – Cold Buffet. Adults £8; Under 16's £4; Family £20. ALL WELCOME.
<i>continued overleaf.....</i>	

p.2Fixtures continued.....

OCTOBER 2019

PROPOSED DATE SAT 5 HELP NEEDED	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT TWO - Wythenshawe Park - 10AM – <i>if you can help please contact David Gregory on 0161-439 4884. For more information contact Caroline Baba on email caroline.mhac@outlook.com.</i>
SUN 6	NORTHERN MASTERS 10,000 METRE TRACK CHAMPIONSHIP – RICHMOND STADIUM, RICHMOND STREET, ASHTON-U-LYNE OL7 9HG
SAT 12	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH ONE – WYTHENSHAWE PARK – <i>first race 12:15 pm. For Under 13's to Vets – contact Debbie Beresford or Ed Fazakerley if you want to be entered. No entries on match day.</i>

NOVEMBER 2019

SAT 9	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH TWO – UNIV. PLAYING FIELDS & KENWORTHY WOODS, MANCHESTER – <i>first race 12 noon. For Under 11's to Vets – contact Debbie Beresford or Ed Fazakerley if you want to be entered. No entries on match day. If you competed in Match 1 you are already entered – but remember you need your number.</i>
PROPOSED DATE SAT 16 HELP NEEDED	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT ONE - Wythenshawe Park - 10AM – <i>if you can help please contact David Gregory on 0161-439 4884. For more information contact Caroline Baba on email caroline.mhac@outlook.com.</i>

DECEMBER 2019

SAT 7 NOTE EVENT CORRECTION !	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH THREE – <i>venue to be advised – first race 12 noon. For Under 11's to Vets – contact Debbie Beresford or Ed Fazakerley if you want to be entered. No entries on match day. If you competed in Match 1 and/or 2 you are already entered – but remember you need your number.</i>
SUN 22	CHRISTMAS HANDICAP – WYTHENSHAWE PARK – JUNIORS 10 AM; SENIORS FOLLOW ON. PRESENTATION at the CHEADLE SOCIAL CLUB, ASHFIELD CRESENT (off Ashfield Road) CHEADLE SK8 1BQ where there's a large car park on Massie St next door to the Social Club – free on Sun).

PROPOSED 2020 DATES FOR THE PRIMARY LEAGUE CROSS COUNTRY RACES - SATURDAY 18 JANUARY; SATURDAY 7 MARCH - END OF SEASON RELAYS - SATURDAY 21 MARCH

2020 DATES FOR THE MANCHESTER AREA CROSS COUNTRY LEAGUE - SATURDAY 11 JANUARY; SATURDAY 8 FEBRUARY – 8 FEB WE'RE THE HOSTS – HELP WILL BE NEEDED

2019 MEMBERSHIP RENEWALS WERE DUE ON 1ST JAN.
Not renewed? If you have a query please contact Brenda Bradshaw (Membership Secretary) at arnoldbradshaw@btinternet.com

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 like 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 and you may opt out at any time.

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.***

***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 37 TOOK PLACE AT TRACK TRAINING
ON THE 1ST AUGUST***

***WINNERS: FIRST – ARNOLD BRADSHAW;
SECOND – GEOFF SKITT; THIRD – MAVIS GREGORY***

*Tickets were first checked and verified by member Lydia Kelly
and drawn by three members – Lydia, Jack Brown-Schofield, India Bradley*

*The draw had 26 tickets purchased by 15 members and raised £54 for club funds.
With thanks to the members who support the 25 Club.*

***DRAW 38 WILL BE MADE
AT THE END OF NOVEMBER***

***PLEASE CONTACT A COMMITTEE MEMBER
IF YOU CAN HELP WITH ANYTHING !***

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

2019 SENIOR ROAD RACE CHAMPIONSHIP

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.

*Please send your results to Brenda by telephone: 0161-796 6310
or write to Brenda at: 12 Heaton Drive, Hollins Village, Bury BL9 8BQ
or e-mail Brenda c/o: arnoldbradshaw@btinternet.com.*

**NB: 2018 Awards will be presented at the
Social Evening on 28th September (see page 1 for details).**

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