

MANCHESTER HARRIERS & A.C. FIXTURES – 2019/2020

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.

NOVEMBER 2019	
SAT 9	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH TWO – UNIV. PLAYING FIELDS & KENWORTHY WOODS, MANCHESTER – first race 12 noon. For Under 11's to Vets – contact Debbie Beresford or Ed Fazakerley if you want to be entered. <i>No entries on match day. If you competed in Match 1 you are already entered – but remember you need your number.</i>
SAT 16 <i>HELP NEEDED</i>	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 Caroline Baba on email caroline.mhac@outlook.com.
SUN 24	CITY OF SALFORD LADIES 5.25 MILE RUN – 10:30 am – Registration at Swinton FC Clubhouse, Barton Road, Swinton M27 5LJ <i>This race counts in the women's road race championship – see note on page 4.</i>
DECEMBER 2019	
SUN 1	SALE INDOOR OPEN TRACK & FIELD MEETING – SPORTCITY – 10:30 am – 60mH; Long Jump; Pole Vault; 60m; High Jump; Shot Put; 600m; 300m; 200m
SUN 8 <i>NOTE CHANGE FROM SATURDAY TO SUNDAY!</i>	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH THREE – ARROWE PARK, BIRKENHEAD – first race 12 noon. For Under 11's to Vets – contact Debbie Beresford or Ed Fazakerley if you want to be entered. <i>No entries on match day. If you competed in Match 1 or 2 you are already entered – but remember you need your number.</i>
SAT 14	GREATER MANCHESTER CROSS COUNTRY CHAMPIONSHIPS – BOGGART HOLE CLOUGH, MANCHESTER. Contact Debbie Beresford (Women) or Ed Fazakerley (Men & All Juniors) if you would like to run. Teams will be entered subject to interest.
SUN 15	STOCKPORT TEN MILE ROAD RACE – 10 am – Woodbank Park, Stockport
SUN 15	SALE INDOOR OPEN TRACK & FIELD MEETING – SPORTCITY – 10:30 am – 60mH; Long Jump; Pole Vault; 60m; High Jump; Shot Put; 600m; 300m; 200m
SUN 22	CHRISTMAS HANDICAP – WYTHENSHAW PARK – JUNIORS 10 AM; SENIORS FOLLOW ON. PRESENTATION at the <i>CHEADLE SOCIAL CLUB, ASHFIELD CRESENT (off Ashfield Road) CHEADLE SK8 1BQ</i> where there's a large car park on Massie St next door to the Social Club – free on Sunday).
JANUARY 2020	
SUN 5	SALE INDOOR OPEN TRACK & FIELD MEETING – SPORTCITY – 10:30 am – 60mH; Long Jump; Pole Vault; 60m; High Jump; Shot Put; 600m; 300m; 200m
<i>Fixtures continued overleaf.....</i>	

..... JANUARY fixtures continued.....	
SAT 11	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FOUR – TATTON PARK, KNUTSFORD – <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, 2 or 3 you are already entered – but remember you need your number.</i>
SAT 18 HELP NEEDED	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 Caroline Baba on email caroline.mhac@outlook.com.</i>
SUN 26	ST ANNES 10 MILE ROAD RACE – 11 am Lytham St Annes
SUN 26	SALE INDOOR OPEN TRACK & FIELD MEETING – SPORTCITY – 10:30 am – 60mH; Long Jump; Pole Vault; 60m; High Jump; Shot Put; 600m; 300m; 200m
FEBRUARY 2020	
SAT 8 <u>WE'RE THE HOSTS HELP NEEDED</u>	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FOUR – HEATON PARK – <i>first race 12 noon. For Under 11's to Vets – contact Debbie Beresford or Ed Fazakerley if you want to be entered. <u>WE'RE THE HOSTS SO WE NEED LOTS OF HELP</u> – please contact George Lawson. No entries on match day. If you've competed in Match 1, 2, 3 or 4 you are already entered – but remember you need your number.</i>
SAT 22	NATIONAL CROSS COUNTRY CHAMPIONSHIPS – WOLLATON PARK, NOTTINGHAM - Contact Debbie Beresford (Women) or Ed Fazakerley (Men & All Juniors) before 1st January if you would like to run. Teams will be entered subject to interest.
SUN 23	SALE INDOOR OPEN TRACK & FIELD MEETING – SPORTCITY – 10:30 am – 60mH; Long Jump; Pole Vault; 60m; High Jump; Shot Put; 600m; 300m; 200m
MARCH 2020	
SUN 15	SALE INDOOR OPEN TRACK & FIELD MEETING – SPORTCITY – 10:30 am – 60mH; Long Jump; Pole Vault; 60m; High Jump; Shot Put; 600m; 300m; 200m
SAT 21 HELP NEEDED	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT FIVE - Wythenshawe Park - 10AM PLUS Parents/Teachers Race – 11 am – <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>
APRIL 2020	
SUN 26	VIRGIN LONDON MARATHON – <i>Any paid up member receiving a rejection slip who would like to be considered for the guaranteed club place should contact David Gregory (Club Secretary) with proof of entry and rejection – email David at david-gregory5@sky.com.</i>
MAY 2020	
SAT 2	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 2W – MATCH ONE – <i>Leverhulme Park Athletics Stadium, Bolton - contact Debbie Beresford, Ed Fazakerley or Kes Salmon for details – for members aged 15 upwards.</i>
Provisional June dates for your diary: Joe Moran Meeting Wednesday 10th; Manchester Mile Wednesday 24th	
<u>MOST IMPORTANT</u>	
<u>ALWAYS CHECK DATES & VENUE DETAILS</u>	
<u>AS CHANGES/ERRORS DO HAPPEN!</u>	

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***

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

***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].

2018 CHAMPIONS
ED FAZAKERLEY & WENDY WOODHEAD

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