

MANCHESTER HARRIERS & A.C. FIXTURES – 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.

Members are invited to attend the Annual General Meeting of Manchester Harriers & Athletic Club to be held at the CHEADLE SPORTS CLUB, 225 KINGSWAY, CHEADLE SK8 1LA on MONDAY 17TH FEBRUARY 2020 commencing at 7.30 pm.

JANUARY 2020	
SUN 5	HIT THE TRAIL – 5 MILES – 11am - <i>Reddish Vale, Stockport</i>
SUN 5	SALE INDOOR OPEN TRACK & FIELD MEETING – <i>SPORTCITY – 10:30 am – 60mH; Long Jump; Pole Vault; 60m; High Jump; Shot Put; 600m; 300m; 200m</i>
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. NB – there's a vehicle entry fee payable on entering the Park – be sure to say you are there for the xc.</i>
SAT 18 <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 Caroline Baba on email caroline.mhac@outlook.com.</i>
SAT 25	NORTHERN CROSS COUNTRY CHAMPIONSHIPS – <i>Camp Hill Estate, Bedale, Yorkshire. Contact: Debbie Beresford (Women) or Ed Fazakerley (Men & All Juniors) as soon as possible if you would like to run. Teams will be entered subject to interest.</i>
SUN 26	ST ANNES 10 MILE ROAD RACE – <i>11 am - Lytham St Annes</i>
SUN 26	LYME PARK TRUST 10K TRAIL RUN – <i>8:30 am</i>
SUN 26	SALE INDOOR OPEN TRACK & FIELD MEETING – <i>SPORTCITY – 10:30 am – 60mH; Long Jump; Pole Vault; 60m; High Jump; Shot Put; 600m; 300m; 200m</i>
FEBRUARY 2020	
SAT 1	VAULT MANCHESTER - <i>SPORTCITY</i>
SAT 8 <i><u>WE'RE THE HOSTS HELP NEEDED</u></i>	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>
MON 17	ANNUAL GENERAL MEETING – <i>7:30 pm – Cheadle Sports Club, 225 Kingsway, Cheadle SK8 1LA</i>
SAT 22	NATIONAL CROSS COUNTRY CHAMPIONSHIPS – <i>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.</i>
<i>Fixtures continued overleaf.....</i>	

..... FEBRUARY fixtures continued.....	
SUN 23	LYME PARK TRUST 10K TRAIL RUN – 8:30 am
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
SAT 29	BENIDORM HALF MARATHON & 10K – 10 am – return home on March 3
MARCH 2020	
SUN 1	CLOUD 9 MILE FELL RACE – Congleton, Cheshire
SAT 7 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT FIVE - Wythenshawe Park - 10AM PLUS Parents/Teachers Race – 11 am – 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 15	WILMSLOW HALF MARATHON – 10:30
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 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY RELAYS - Wythenshawe Park – 10am – if you can help please contact David Gregory on 0161-439 4884. For more information contact Debbie Beresford.
SUN 22	WIGAN HALF MARATHON (& 10 miler, 5K, family mile) - 9:30 am
SUN 29	LYME PARK TRUST 10K TRAIL RUN – 8:30 am
APRIL 2020	
SUN 5	MANCHESTER MARATHON
FRI 10	SALFORD 10K – 10 am - Salford Sports Village, Lower Kersal, Salford
SUN 19	KNUTSFORD 10K
SUN 19	MERSEY TUNNEL 10K
SUN 26	2020 LONDON MARATHON
SUN 26	LYME PARK TRUST 10K – 9 am – register by 8:30 am
Sun 26	MADRID HALF MARATHON

more dates for your diary.....

Northern T&F League

Sat 2 May, Sun 7 June, Sun 12 July, Sat 1 August.

YOUTH DEVELOPMENT LEAGUE

Sat 16 May, Sat 6 June, Sat 18 July, Sat 8 August.

At Sportcity:

Joe Moran Meeting - Weds 10 June

Olympic Trials 20 & 21 June

Manchester Mile - Weds 24 June

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

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

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 38 (NOVEMBER) TOOK PLACE AT THE OFFICES OF COLGATE-PALMOLIVE'S DENTAL HEALTH UNIT (DHU)

***WINNERS: FIRST – BRENDA BRADSHAW;
SECOND – JOAN BENNION; THIRD – JEAN SKITT***

The list and tickets were first checked and verified by Laura MacKay and drawn by her and by Michaela Goodwin – who both work in the DHU

The draw had 24 tickets purchased by 14 members and raised £46 for club funds. With thanks to the members who support the 25 Club.

***DRAW 39 WILL BE MADE
AT THE END OF MARCH 2020***

2020 MEMBERSHIP RENEWALS ARE NOW DUE (1ST JAN).
Reminders are being emailed to members but please **contact Brenda Bradshaw (Membership Sec) at arnoldbradshaw@btinternet.com if you have any queries.**

2019 SENIOR ROAD RACE CHAMPIONSHIP RESULTS ARE BEING WORKED ON USING THE RESULTS POSTED ON POWER OF TEN SO IF YOU KNOW YOU HAVE A RESULT THAT DOESN'T APPEAR ON POWER OF TEN, LET BRENDA KNOW AS SOON AS POSSIBLE. HERE'S A REMINDER OF 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.