

Manchester Harriers & A.C.
Manchester Area
Cross Country League 2021/2022

PLEASE CHECK YOU ARE ENTERED - DON'T ASSUME !

(check list shown in MANHAC – MACCL 2021 2022 – Our Results)

Saturday 16 October 2021 – Wythenshawe Park

Saturday 13 November 2021 – Sherdley Park

Saturday 4 December 2021 – Kenworthy Woods

Saturday 15 January 2022 – Tatton Park

 **Saturday 19 February 2022 – Heaton Park** 

Race 1 – 12 noon – U11 Girls & Boys – 2,400 metres

Race 2 – 12:15 pm – U13 Girls & Boys – 3,500 metres

Race 3 – 12:30 pm – U15 Girls & Boys – 5,000 metres

Race 4 – 12:50 pm – U17 Girls & Boys – 6,500 metres

Race 5 – 1:30 pm – Senior, U20 & Vet Women – 8,000 metres

Race 6 – 2:30 pm – Senior, U20 & Vet Men – 9,600 metres

**WE'RE THE HOST CLUB AND NEED LOTS OF HELP – PLEASE
LET GEORGE OR DEBBIE KNOW IF YOU CAN HELP WITH:
MARKING THE COURSE; PUTTING UP OUR TENT;
MARSHALLING **OR** HELPING AT THE END OF THE DAY**

If you competed in Match One, Two, Three or Four you are eligible to compete in the final match at Heaton Park

If not already entered and you would like to compete in Match Five please let Debbie or Ed know **as soon as possible** but **not later than Sunday 13th February**

New for this season is chip timing

Numbers are allocated for the season

If you've been given your number remember to bring it to subsequent matches as there's a **£3 charge** for a **re-issued number!**

There are **no late entries** and **no entries on match day**

See list of members entered in the results document *(MANHAC – MACCL 2021 2022 – Our Results)*

Enquiries and/or to be entered

contact Debbie Beresford at tinpet40@yahoo.co.uk

or Ed Fazakerley at samfazakerley@btinternet.com

..... and to volunteer

contact George Lawson at georgelawson50@yahoo.co.uk

contact Debbie Beresford at tinpet40@yahoo.co.uk