

MANCHESTER HARRIERS & A.C. FIXTURES – 2022

The listing below is given as a guide to what's on - or was on – or might be on - it is a provisional list and you should check dates & venues. Events listed are those the Club is committed to competing in, organising or assisting in plus other events recommended by a member or we have (or had) members competing in. For more details contact any of 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 or Carl Summers 0161-718 6557. If they can't help they will re-direct you.

TRAINING SESSIONS AT WYTHENSHAW AND SPORTCITY: Members should contact their coach before attending – please don't just turn up and please check the session times.
WYTHENSHAW – Tuesday & Thursday* 6pm to 7pm; **SPORTCITY** – Monday & Wednesday from 7:30 pm. Restrictions due to the corona virus can still happen with very short notice so it is **IMPORTANT** to make sure the session is going ahead. *NB: regret no Thursday sessions on 2nd & 30th June, 14th & 28 July, 11th August.

JUNE 2022

SUN 5	CHESHIRE TRACK & FIELD LEAGUE – ROUND 2 – LONGFORD PARK – contact Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards. Clubs: Manchester H & AC, Salford Metropolitan AC, Stockport H & AC, Trafford AC (Host), Warrington AC, West Cheshire AC
WED 8 <u>OUR EVENT HELP NEEDED</u>	THE JOE MORAN MEMORIAL VETERANS TRACK & FIELD MEETING IS BACK AFTER A TWO YEAR “COVID” BREAK – SPORTCITY – 7:15pm to 9:15pm. MINIMUM AGE 35 YEARS. 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 volunteer.
SUN 12	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 1S – U17 & SENIORS - MATCH TWO – THE SPORTS CENTRE, EDGE HLL UNIV., L39 4QP. Clubs: Liverpool H&AC; Liverpool Pembroke&Sefton H&AC (Hosts); Southport Waterloo AC; St Helens Sutton AC; Wirral AC
WED 29 <u>OUR EVENT HELP NEEDED</u>	THE MANCHESTER MILE IS ALSO BACK AFTER A TWO YEAR “COVID” BREAK – SPORTCITY – FOR ALL AGES FROM UNDER 17 UPWARDS (U17's must be aged 15 or 16 as at midnight 31st August 2022). <u>THIS IS OUR PROMOTION, WE WILL NEED LOTS OF SUPPORT AND HELP.</u> If you are not able to compete but are available to help, please volunteer.
THU 30	MANCHESTER SALE 5K SIZZLER – FIRST OF FOUR – 7:30 pm Wythenshawe Park [NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].
JULY 2022	
SUN 3	YOUTH DEVELOPMENT T&F LEAGUE – NW 3N DIV - U13s & U15s – MATCH 3 – WITTON PARK ATHLETICS TRACK, PRESTON OLD RD, BLACKBURN BB2 2TP – contact Lindsey Farrelly or Debbie Beresford if interested. For U13&U15 members aged at least 11 as of 31/8/22). Clubs: Border H&AC; E.Chesh H&Tameside AC; Horwich RMI H&AC (Host Club); Hyndburn AC; Salford Met AC
SUN 10	NORTH OF ENGLAND T&F LEAGUE – DIV WEST 1S – U17 & SENIORS - MATCH THREE – WAVERTREE ATHLETICS CENTRE, LIVERPOOL L15 4LE. Clubs: Liverpool H&AC (Host); Liverpool Pembroke&Sefton H&AC; Southport Waterloo AC; St Helens Sutton AC; Wirral AC
THU 14	MANCHESTER SALE 5K SIZZLER – SECOND OF FOUR – 7:30 pm Wythenshawe Park [NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].
<i>July 2022 – continued.....</i>	

July 2022 – continued.....

SUN 17	CHESHIRE TRACK & FIELD LEAGUE – ROUND 3 – RICHMOND STREET, ASHTON-U-LYNE – contact Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards. Clubs: Bury AC, East Cheshire H & Tameside AC (Host), Handforth & Wilmslow AC, Macclesfield H & AC, Manchester H & AC, Salford Metropolitan AC
THU 28	MANCHESTER SALE 5K SIZZLER – THIRD OF FOUR – 7:30 pm Wythenshawe Park [NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].
SAT 30	YOUTH DEVELOPMENT T&F LEAGUE – NW 3N DIV - U13s & U15s – MATCH FOUR – CLEAVELEY ATHLETICS TRACK, ECCLES – contact Lindsey Farrelly or Debbie Beresford if interested. For U13 & U15 members (must be aged at least 11 as of 31/8/22). Clubs: Border H&AC; East Cheshire H & Tameside AC; Horwich RMI H&AC; Hyndburn AC; Salford Met AC (Hosts)

AUGUST 2022

MON 1 – FRI 5 <i>PLEASE LET DEBBIE KNOW IF YOU WOULD LIKE TO HELP</i>	WEEK ONE OF SUMMER HOLIDAY STARTRACK ATHLETICS – WYTHENSHAW PARK ATHLETIC TRACK – 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. £50 for <u>all</u> 5 days. <u>Wythenshawe Post Codes</u> – there are a limited number of places at £30 per week. Contact Debbie Beresford on 07977 203478 if you would like to help.
SAT 6	NORTH OF ENGLAND T&F LEAGUE – DIV WEST 1S – U17 & SENIORS - MATCH FOUR – THE OVAL, BEBINGTON CH63 7LF . Clubs: Liverpool H&AC; Liverpool Pembroke&Sefton H&AC; Southport Waterloo AC; St Helens Sutton AC; Wirral AC (Hosts)
MON 8 – FRI 12	WEEK TWO OF SUMMER HOLIDAY STARTRACK ATHLETICS – for details see WEEK ONE – Monday 1–Friday 5 August (above) PLEASE LET DEBBIE KNOW IF YOU WOULD LIKE TO HELP
THU 11	MANCHESTER SALE 5K SIZZLER – FOUR OF FOUR – 7:30 pm Wythenshawe Park [NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].

SEPTEMBER 2022

SUN 4	CHESHIRE TRACK & FIELD LEAGUE – ROUND 4 – CLEAVELEY TRACK, ECCLES – contact Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards. Clubs: Crewe & Nantwich AC, Halton & Frodsham AC, Manchester H & AC, St Helens Sutton AC, Salford Metropolitan AC (Host), Vale Royal AC
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DATES FOR OUR 2022/2023

PRIMARY LEAGUE CROSS COUNTRY RACES

AND FOR THE

MANCHESTER AREA CROSS COUNTRY LEAGUE

WILL BE AVAILABLE SOON.....

2022 MEMBERSHIP RENEWALS – due 1st January

- renewal notes were sent out during January

if you have any queries

contact Brenda (Membership Secretary)

arnoldbradshaw@btinternet.com

TWENTY-FIVE CLUB

PLEASE support the 25 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 42 took place at our Committee Meeting on March 28th

WINNERS: FIRST – BRENDA BRADSHAW;

SECOND – KES SALMON;

THIRD – PHIL FARRELLY

DRAW 43 WILL TAKE PLACE

AT THE END OF JULY 2022

PLEASE USE THE WEBSITE - www.manchesterharriers.co.uk

You'll find updates, news, photos, results and lots more.

If 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 go to the
website to subscribe – it's really easy – and click on
“Subscribe by email”.***

**IF YOU WOULD LIKE TO HELP WITH
ANY ASPECT OF THE CLUB
PLEASE CONTACT A COMMITTEE MEMBER**

2022 SENIOR ROAD RACE CHAMPIONSHIP

1st January 2022 to 31st December 2022

**5K x4, 5 Mile x1, 10K x3, 10 Mile x2,
Half Marathon x3, Marathon x2**

To qualify, you need to complete a minimum of five races. The races must be recognised, licenced events and 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 Power of Ten so you don't need to tell us you've done them *but you do need to tell us if you know a race isn't recorded by PoT* - we'll need the race name, the date, your time, the winner's time and how many finished. This Championship runs from 1st January 2022 to 31st December 2022. *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. 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.

Results will be collected from the Power of Ten website.

e-mail Brenda arnoldbradshaw@btinternet.com.

If you have any results that don't appear on PoT please email them to me giving the name and date of the race, your position and your time.

Awards for the 2020/2021 CHAMPIONSHIP will be presented at a Social Evening - the date of which is currently being finalised.

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