

## 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 and venues. Events listed are those the Club is committed to competing in, organising or assisting in plus events either recommended by a member or we have 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, Carl Summers 0161-718 6557 or Dave Wood 07483 771472. 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 session on Thursday 11<sup>th</sup> August as it's the final Sizzler night.

### AUGUST 2022

<b>MON 1 – FRI 5</b> <i><b><u>PLEASE LET DEBBIE KNOW IF YOU WOULD LIKE TO HELP</u></b></i>	<b>WEEK ONE OF SUMMER HOLIDAY STARTRACK ATHLETICS – WYTHENSHAW PARK ATHLETIC TRACK– 10 AM TO 3 PM</b> 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 <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.</i>
<b>SAT 6</b>	<b>NORTH OF ENGLAND T&amp;F LEAGUE – DIV WEST 1S – U17 &amp; SENIORS - MATCH FOUR – THE OVAL, BEBINGTON CH63 7LF.</b> Clubs: Liverpool H & AC); Liverpool Pembroke & Sefton H & AC; Southport Waterloo AC; St Helens Sutton AC; Wirral AC (Hosts)
<b>MON 8 – FRI 12</b>	<b>WEEK TWO OF SUMMER HOLIDAY STARTRACK ATHLETICS – for details see WEEK ONE – Monday 1–Friday 5 August (above) <i><b><u>PLEASE LET DEBBIE KNOW IF YOU WOULD LIKE TO HELP</u></b></i></b>
<b>THU 11</b>	<b>MANCHESTER SALE 5K SIZZLER – FOUR OF FOUR – 7:30 pm</b> Wythenshawe Park [ <i><b><u>NB training at Wythenshawe is cancelled – members should check with their coach for alternative session</u></b></i> ].

### SEPTEMBER 2022

<b>SUN 4</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE – ROUND 4 – <i><b><u>CLEAVLEY TRACK, ECCLES</u></b></i> – contact Debbie Beresford, Ed Fazakerley or Carl Summers for details – for members aged 9 upwards. Clubs: Crewe &amp; Nantwich AC, Halton &amp; Frodsham AC, Manchester H &amp; AC, St Helens Sutton AC, Salford Metropolitan AC (Host), Vale Royal AC</b>
<b>SAT 17</b> <i><b><u>HELP NEEDED</u></b></i>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT 1 -</b> Wythenshawe Park – 10 am – <i>contact Dave Wood if you can help.</i>

### OCTOBER 2022

<b>SAT 8</b> <i><b><u>HELP NEEDED</u></b></i>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT 2 -</b> Wythenshawe Park – 10 am – <i>contact Dave Wood if you can help.</i>
<b>SAT 15</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH ONE OF FIVE – venue not yet known – first race 12:15. For Under 13's to Vets (<i>Note – U11's eligible for Match Two onwards</i>). Entries through the Club – details to be advised.</b>

*Fixtures continued.....*

*Fixtures – continued.....*

**NOVEMBER 2022**

<b>SAT 12</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH TWO OF FIVE</b> – <i>venue not yet known – first race 12 noon. For Under 11's to Vets. Entries through the Club – details to be advised.</i>
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<b>SAT 19</b> <b><i>HELP NEEDED</i></b>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT 3 -</b> Wythenshawe Park – 10 am – <i>contact Dave Wood if you can help.</i>
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**DECEMBER 2022**

<b>SAT 3</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH THREE OF FIVE</b> – <i>venue not yet known – first race 12 noon. For Under 11's to Vets. Entries through the Club – details to be advised.</i>
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<b>SUN 11</b>	<b>GREATER MANCHESTER CROSS COUNTRY CHAMPIONSHIP – LEVERHULME PARK, BOLTON – UNDER 13's to SENIORS.</b> <i>Teams will be entered subject to interest.</i>
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**JANUARY 2023**

<b>SAT 14</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FOUR OF FIVE</b> – <i>venue not yet known – first race 12 noon. For Under 11's to Vets. Entries through the Club – details to be advised.</i>
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<b>SAT 21</b> <b><i>HELP NEEDED</i></b>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT 4 -</b> Wythenshawe Park – 10 am – <i>contact Dave Wood if you can help.</i>
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**FEBRUARY 2023**

<b>SAT 11</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – FINAL MATCH OF FIVE</b> – <i>venue not yet known – first race 12 noon. For Under 11's to Vets. Entries through the Club – details to be advised.</i>
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**MARCH 2023**

<b>SAT 11</b> <b><i>HELP NEEDED</i></b>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT 5 -</b> Wythenshawe Park – 10 am – <i>contact Dave Wood if you can help.</i>
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<b>SAT 25</b> <b><i>HELP NEEDED</i></b>	<b>PRIMARY SCHOOLS CROSS COUNTRY RELAYS &amp; LEAGUE PRESENTATIONS</b> – Wythenshawe Park – 10 am – <i>contact Dave Wood if you can help.</i>
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***2022 MEMBERSHIP RENEWALS – due 1<sup>st</sup> January***

***Thank you to all the members who have renewed.***

***If you are one of the few who hasn't yet renewed, you will be receiving another reminder this month.***

***After that, if we haven't heard from you we will, reluctantly, take you off the membership.***

***If you have any membership queries, please contact Brenda (Membership Secretary)***

***[\(\[arnoldbradshaw@btinternet.com\]\(mailto:arnoldbradshaw@btinternet.com\)\)](mailto: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](mailto:arnoldbradshaw@btinternet.com).

***DRAW 43 took place at the YDL match on the 30<sup>th</sup> July***

***WINNERS: FIRST – ARNOLD BRADSHAW;***

***SECOND – JEAN SKITT;***

***THIRD – JOAN BENNION***

***DRAW 44 WILL TAKE PLACE***

***AT THE END OF NOVEMBER 2022***

***PLEASE USE THE WEBSITE - [www.manchesterharriers.co.uk](http://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***

***Club Secretary, DAVID GREGORY***

## *2022 SENIOR ROAD RACE CHAMPIONSHIP*

*1<sup>st</sup> January 2022 to 31<sup>st</sup> 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 1<sup>st</sup> January 2022 to 31<sup>st</sup> December 2022. *Here's an example of how the points work:* If you compete in 7 races and your positions within the Club are 2<sup>nd</sup>, 3<sup>rd</sup>, 1<sup>st</sup>, 2<sup>nd</sup>, 2<sup>nd</sup>, 2<sup>nd</sup>, 4<sup>th</sup> - your best five positions, i.e. 1<sup>st</sup>, 2<sup>nd</sup>, 2<sup>nd</sup>, 2<sup>nd</sup>, 2<sup>nd</sup> 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](mailto: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 and venue of which will be advised as soon as we have them.*

*Please contact Brenda at  
[arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com)  
with additions or corrections to the fixtures  
or telephone Brenda on 0161-796 6310*