

## MANCHESTER HARRIERS & A.C. FIXTURES – 2022/2023

The listing below is given as a guide to what's on and members are advised to **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, 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 07462 902326 or Dave Wood 07483 771472. If they can't help they will re-direct you.

**ALL SESSIONS:** Members are advised to check before attending. There is ongoing work at the Wythenshawe venue, to improve the facilities, which may affect sessions.

**TRAINING SESSIONS AT WYTHENSHAW:** Tuesday & Thursday 6 pm to 7 pm

**TRAINING SESSIONS AT SPORTCITY:** Monday & Wednesday 7- 8:30 pm

### DECEMBER 2022

**PLEASE NOTE THAT THE MANCHESTER AREA CCL MATCH SCHEDULED FOR 3<sup>RD</sup> DECEMBER HAS BEEN MOVED TO 11<sup>TH</sup> MARCH (details overleaf).**

SUN 4	SALE INDOOR OPEN TRACK & FIELD MEETING – <i>SPORTCITY</i> – 10 AM START
SUN 4	BRITISH MASTERS 5K ROAD CHAMPIONSHIPS – <i>BATTERSEA PARK, LONDON</i> – Entries closed.
SUN 11	GREATER MANCHESTER CROSS COUNTRY CHAMPIONSHIP – <i>LEVERHULME PARK, BOLTON BL2 6EX</i> – UNDER 13's to SENIORS. Teams will be entered subject to interest.
SUN 18	<b>CHRISTMAS HANDICAP</b> – WYTHENSHAW PARK – JUNIORS 10 AM – approx 1 mile; SENIORS FOLLOW ON – approx 3.2 miles. <u>MEN</u> please let George Lawson know if you want to run or if you can help; <u>JUNIORS &amp; WOMEN</u> please let Debbie Beresford know if you want to run. <b>PRESENTATION – 11:30 am for noon – in the new changing hut at the Track.</b>

### JANUARY 2023

SUN 8	SALE INDOOR OPEN TRACK & FIELD MEETING – <i>SPORTCITY</i> – 10 AM START
SAT 14	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH THREE – <i>Tatton Park</i> – first race 12 noon. For Under 11's to Vets. All entries through the Club – contact Ed Fazakerley or Debbie Beresford <u>before the 9<sup>th</sup> January</u> to be entered. (Note: if you competed in Match One, Two or Three, you are already entered.) <b><u>NO ENTRIES ON MATCH DAY</u></b>
SAT 21 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT 4 - Wythenshawe Park – 10 am – contact Dave Wood if you can help.
SAT 28	NORTHERN CROSS COUNTRY CHAMPIONSHIPS – <i>Witton Park, Blackburn</i> - Contact: Ed Fazakerley or Debbie Beresford if you would like to run. Teams will be entered subject to interest.
SUN 29	ST ANNE'S 10 MILE ROAD RACE – 10:30 am – <i>St Annes Pool, South Promenade</i>
SUN 29	SALE INDOOR OPEN TRACK & FIELD MEETING – <i>SPORTCITY</i> – 10 AM START

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2023 fixtures continued.....

## FEBRUARY 2023

SAT 11	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FOUR – <b>Sherdley Park</b> – first race 12 noon. For Under 11's to Vets. All entries through the Club – contact Ed Fazakerley or Debbie Beresford <b>before the 6<sup>th</sup> February</b> to be entered. (Note: if you competed in Match One, Two, Three or Four you are already entered.) <b><u>NO ENTRIES ON MATCH DAY</u></b>
SUN 12	SALE INDOOR OPEN TRACK & FIELD MEETING – <b>SPORTCITY</b> – 10 AM START
SAT 25	ENGLISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS – Bolesworth Castle, near Tattenhall, Chester.

## MARCH 2023

<del>SAT 11</del> NEW DATE TO BE ADVISED	<b>PLEASE NOTE THIS EVENT WILL BE MOVED DUE TO THE RE-SCHEDULED MANCHESTER AREA CCL – NEW DATE WILL BE ADVISED ASAP – SORRY!</b> PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT 5 - Wythenshawe Park – 10 am – contact Dave Wood if you can help.
SAT 11 NOTE NEW DATE – ORIGINALLY 3RD DEC	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FIVE – <b>Heaton Park</b> – first race 12 noon. For Under 11's to Vets. All entries through the Club – contact Ed Fazakerley or Debbie Beresford <b>before the 6<sup>th</sup> March</b> to be entered. (Note: if you competed in any of the previous matches you are already entered.) <b><u>NO ENTRIES ON MATCH DAY. VERY IMPORTANT</u></b> – we're the host club and need lots of help – please let David Gregory know if you can help.
SUN 12	SALE INDOOR OPEN TRACK & FIELD MEETING – <b>SPORTCITY</b> – 10 AM START
SAT 25 HELP NEEDED	PRIMARY SCHOOLS CROSS COUNTRY RELAYS & LEAGUE PRESENTATIONS – Wythenshawe Park – 10 am – contact Dave Wood if you can help.

## APRIL 2023

SUN 23	LONDON MARATHON
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## MAY 2023

SAT 13 & SUN 14	GREATER MANCHESTER TRACK & FIELD CHAMPIONSHIPS – <b>LEIGH SPORTS VILLAGE.</b> Details to follow.
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### **Provisional Dates & Venues for the 2023 Northern T&F League**

**Saturday 20<sup>th</sup> May – Witton Park, Blackburn**

**Sunday 18<sup>th</sup> June – Sheepmount Athletics Stadium, Carlisle**

**Sunday 9<sup>th</sup> July – Sportcity (we're hosting)**

**Saturday 19<sup>th</sup> August – Leigh Sports Village**

### **Joe's Meeting & The Mile - Provisional Dates for 2023:**

**Joe Moran Veterans T&F Meeting – Wednesday 7<sup>th</sup> June**

**The Manchester Mile – Wednesday 21<sup>st</sup> June**

## **2022 MEMBERSHIP RENEWALS**

*If you are one of the few who hasn't yet renewed,  
please renew as soon as possible  
or let us know that you wish to resign.*

*If you have any membership queries,  
please contact Brenda (Membership Secretary)  
([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 44 took place at the Committee Meeting on the 21<sup>st</sup> Nov.*

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

***SECOND – JEAN SKITT***

***THIRD – JOSEPH FARRELLY***

***DRAW 45 WILL TAKE PLACE  
TOWARDS THE END OF MARCH 2023***

***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 were presented at the Social Evening on the 15 October.***

*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*