

MANCHESTER HARRIERS & A.C. FIXTURES – 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.

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

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

ALL SESSIONS: Members are advised to check before attending.

APRIL 2023	
SAT 1	NORTHERN 12 & 6 STAGE RELAYS – REDCAR
FRI 7	SALFORD 10K – 10 AM - SALFORD SPORTS VILLAGE, LITTLETON ROAD, LOWER KERSAL – ONLINE ENTRY ONLY
SUN 23	CHESHIRE TRACK & FIELD LEAGUE – ROUND 1 – FOR MEMBERS AGED 9 UPWARDS - CLEAVLEY ATHLETIC TRACK, ECCLES . <i>Queries / to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers.</i>
SUN 23	LONDON MARATHON
MAY 2023	
SAT 5	MANCHESTER AREA CROSS COUNTRY LEAGUE – PRESENTATION EVENING – 7:30 PM - WILMSLOW RUGBY CLUB – Kings Road, Wilmslow SK9 5PZ. Tickets £7 – must be purchased in advance – closing date Monday 1st May. Queries: contact Debbie Beresford or Ed Fazakerley
SAT 13 & SUN 14	GREATER MANCHESTER TRACK & FIELD CHAMPIONSHIPS – LEIGH SPORTS VILLAGE. Details to follow.
SAT 20	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2 – U17, U20 & SENIORS - MATCH ONE – WITTON PARK, BLACKBURN . <i>Queries / to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon.</i>
JUNE 2023	
WED 7 <u>OUR EVENT</u> <u>HELP</u> <u>NEEDED</u>	THE JOE MORAN MEMORIAL VETERANS TRACK & FIELD MEETING – 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.
SAT 17	CHESHIRE TRACK & FIELD LEAGUE – ROUND 2 – FOR MEMBERS AGED 9 UPWARDS - QUEENSWAY STADIUM, WREXHAM – <i>Queries / to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers.</i>
SUN 18	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2 – U17, U20 & SENIORS - MATCH TWO – SHEEPMOUNT ATHLETICS STADIUM, CARLISLE . <i>Queries / to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon.</i>
WED 21 <u>OUR</u> <u>EVENT</u> <u>HELP</u> <u>NEEDED</u>	THE MANCHESTER MILE – SPORTCITY – FOR ALL AGES FROM UNDER 17 UPWARDS (U17's must be aged 15 or 16 as at midnight 31 st August 2023). THIS IS OUR PROMOTION, WE WILL NEED LOTS OF SUPPORT AND HELP. If you are not able to compete but are available to help, please volunteer.

JUNE 2023 – continued.....

THU 22	MANCHESTER SALE 5K SIZZLER – FIRST OF FOUR – 7:30 pm Wythenshawe Park <i>[NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].</i> <i>NB – the second and third Sizzlers are on Friday this year.</i>
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JULY 2023

FRI 7	MANCHESTER SALE 5K SIZZLER – SECOND OF FOUR – 7:30 pm Wythenshawe Park - <i>YES – IT IS A FRIDAY !</i>
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SUN 9 <i>HELP NEEDED</i>	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2 – U17, U20 & SENIORS - MATCH THREE – SPORTCITY. <i>Queries / to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon.</i> <i>We're hosting so lots of help needed – please let us know if you can help.</i>
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SUN 16	CHESHIRE TRACK & FIELD LEAGUE – ROUND 3 – FOR MEMBERS AGED 9 UPWARDS – MACCLESFIELD LEISURE CENTRE. <i>Queries / to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers.</i>
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FRI 21	MANCHESTER SALE 5K SIZZLER – THIRD OF FOUR – 7:30 pm Wythenshawe Park - <i>YES – IT IS A FRIDAY !</i>
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AUGUST 2023

THU 3	MANCHESTER SALE 5K SIZZLER – FINAL OF FOUR – 7:30 pm Wythenshawe Park <i>[NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].</i>
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SAT 19	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2 – U17, U20 & SENIORS - MATCH FOUR – LEIGH SPORTS VILLAGE. <i>Queries / to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon.</i>
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SEPTEMBER 2023

SUN 3	CHESHIRE TRACK & FIELD LEAGUE – ROUND 4 – FOR MEMBERS AGED 9 UPWARDS - CLEAVLEY ATHLETIC TRACK, ECCLES. <i>Queries / to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers.</i>
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NORTH OF ENGLAND TRACK & FIELD LEAGUE 2023 – DIV WEST 2 – we're with:

Clubs: Border H/Seaton, Burnley AC, Deeside AAC, Leigh H & AC, Pendle AC, St Helens Sutton AC, Salford Met AC

CHESHIRE TRACK & FIELD LEAGUE 2023 – we're with:

ROUND 1: Crewe & Nantwich, Halton & Frodsham, Salford Met, Stockport H & AC, Trafford AC

ROUND 2: Oldham & Royton, Salford Met, Warrington, West Cheshire, Wrexham

ROUND 3: Bury, East Cheshire & Tameside, Handforth & Wilmslow, Macclesfield, Salford Met

ROUND 4: Cheshire Dragons, Deeside, St Helens Sutton, Salford Met, Vale Royal

Please remember to CHECK DATES & VENUES

2023 MEMBERSHIP RENEWALS

Renewals are due

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.

DRAW 44 took place at the Committee Meeting on the 21st Nov.

WINNERS: FIRST – ARNOLD BRADSHAW

SECOND – JEAN SKITT

THIRD – JOSEPH FARRELLY

DRAW 45 DELAYED –

WILL TAKE PLACE DURING APRIL 2023

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
Club Secretary, DAVID GREGORY**

2023 SENIOR ROAD RACE CHAMPIONSHIP

1st January to 31st December 2023

**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 to 31st December 2023.

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 combined 2020/2021 CHAMPIONSHIP were presented at the Social Evening on the 15 October 2022.

Results for the 2022 CHAMPIONSHIP are being collated
ANY QUERIES e-mail Brenda arnoldbradshaw@btinternet.com

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