

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 - <i>CLEAVLEY ATHLETIC TRACK, ECCLES</i>. Queries/to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers. Clubs: Crewe & Nantwich, Halton&Frodsham, Salford Met, Stockport H&AC, Trafford AC
SUN 23	LONDON MARATHON
SAT 29	IT'S A PIECE OF CAKE 10K – 10:30 AM – Boggart Hole Clough
MAY 2023	
MON 1	TRAFFORD MEDAL MEETING – see box at the end of the fixture listing for events & eligible ages. Pre-entry £7 one event + £2 each extra event. Contact your coach if interested.
FRI 5	MANCHESTER AREA CROSS COUNTRY LEAGUE – <i>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</i>
SAT 13 & SUN 14	GREATER MANCHESTER TRACK & FIELD CHAMPIONSHIPS – LEIGH SPORTS VILLAGE. <i>Details to follow.</i>
SAT 20	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2 – U17, U20 & SENIORS - <i>MATCH ONE – WITTON PARK, BLACKBURN</i>. Queries/to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon. Clubs: Border H/Seaton, Burnley AC, Deeside AAC, Leigh H & AC, Pendle AC, St Helens Sutton AC, Salford Met AC.
SUN 21 <u>MARSHALS NEEDED PLEASE HELP</u>	GREAT MANCHESTER RUNS – MANCHESTER CITY CENTRE – 10K & HALF MARATHON PLUS MINI 1.5K (FOR 3-8 YEAR OLDS) & JUNIOR 2.5K (FOR 9-15 YEAR OLDS) – we help marshal this event – if you can help please contact Dave Wood (davidwood49@aol.com) as soon as possible.
MON 29	TRAFFORD MEDAL MEETING – see box at the end of the fixture listing for events & eligible ages. Pre-entry £7 one event + £2 each extra event. Contact your coach if interested.
JUNE 2023	
SUN 4	BRITISH MASTERS ONE MILE ROAD CHAMPS – PART OF THE SCOTTISH MILE – 11 AM – Silverknowes Promenade, Edinburgh

WED 7 JUNE <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 JUNE	CHESHIRE TRACK & FIELD LEAGUE – ROUND 2 – FOR MEMBERS AGED 9 UPWARDS - <u>QUEENSWAY STADIUM, WREXHAM</u> – Queries/to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers. Clubs: Oldham & Royton, Salford Met, Warrington, West Cheshire, Wrexham.
SUN 18	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2 – U17, U20 & SENIORS - <u>MATCH TWO – SHEEPMOUNT ATHLETICS STADIUM, CARLISLE</u>. Queries/ to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon. Clubs: Border H/Seaton, Burnley AC, Deeside AAC, Leigh H & AC, Pendle AC, St Helens Sutton AC, Salford Met AC.
WED 21 <u>OUR</u> <u>EVENT</u> <u>HELP</u> <u>NEEDED</u>	<u>THE MANCHESTER MILE</u> – SPORTCITY – FOR ALL AGES FROM UNDER 17 UPWARDS (U17's must be aged 15 or 16 as at midnight 31st 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.
THU 22	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]. <u>NB – the second and third Sizzlers are on Friday this year.</u>
SAT 24	TRAFFORD MEDAL MEETING – see box at the end of the fixture listing for events & eligible ages. Pre-entry £7 one event + £2 each extra event. Contact your coach if interested.
JULY 2023	
TUES 4	ROCHDALE 10K – 7:15 PM – Springfield Park, Bolton Road, Rochdale
FRI 7	MANCHESTER SALE 5K SIZZLER – SECOND OF FOUR – 7:30 pm Wythenshawe Park - <u>YES – IT IS A FRIDAY !</u>
SUN 9 <u>CAN</u> <u>YOU</u> <u>HELP?</u>	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2 – U17, U20 & SENIORS - <u>MATCH THREE – SPORTCITY</u>. Queries/to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon. Clubs: Border H/Seaton, Burnley AC, Deeside AAC, Leigh H&AC, Pendle AC, St Helens Sutton AC, Salford Met AC. <u>WE'RE THE HOST CLUB - HELP NEEDED.</u>
SUN 16	CHESHIRE TRACK & FIELD LEAGUE – ROUND 3 – FOR MEMBERS AGED 9 UPWARDS – <u>MACCLESFIELD LEISURE CENTRE</u>. Queries/to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers. Clubs: Bury, East Cheshire & Tameside, Handforth & Wilmslow, Macclesfield, Salford Met.
FRI 21	MANCHESTER SALE 5K SIZZLER – THIRD OF FOUR – 7:30 pm Wythenshawe Park - <u>YES – IT IS A FRIDAY !</u>
SUN 23	TRAFFORD MEDAL MEETING – see box at the end of the fixture listing for events & eligible ages. Pre-entry £7 one event + £2 each extra event. Contact your coach if interested.
MON 31 – FRI 4 AUG <u>PLEASE LET</u> <u>DEBBIE KNOW</u> <u>IF YOU WOULD</u> <u>LIKE TO HELP</u>	<u>WEEK ONE OF SUMMER HOLIDAY STARTRACK ATHLETICS</u> – 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. £70 for <u>all</u> 5 days. <u>Wythenshawe Post Codes</u> – there are a limited number of places at £40 per week. Contact Debbie Beresford on 07977 203478 if you would like to help.
AUGUST 2023	
SUN 6	TRAFFORD MEDAL MEETING – see box at the end of the fixture listing for events & eligible ages. Pre-entry £7 one event + £2 each extra event. Contact your coach if interested.

MON 7 – FRI 11 AUGUST	WEEK TWO OF SUMMER HOLIDAY STARTRACK ATHLETICS – for details see WEEK ONE – Monday 31 July – Friday 4 August (above) PLEASE LET DEBBIE KNOW IF YOU WOULD LIKE TO HELP.
THU 3	MANCHESTER SALE 5K SIZZLER – FINAL OF FOUR – 7:30 pm Wythenshawe Park [NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].
SAT 19 AUGUST	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2 – U17, U20 & SENIORS - MATCH FOUR – LEIGH SPORTS VILLAGE. Queries/to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon.
MON 28	TRAFFORD MEDAL MEETING – see box at the end of the fixture listing for events & eligible ages. Pre-entry £7 one event + £2 each extra event. Contact your coach if interested.
SEPTEMBER 2023	
SUN 3	CHESHIRE TRACK & FIELD LEAGUE – ROUND 4 – FOR MEMBERS AGED 9 UPWARDS - CLEAVLEY ATHLETIC TRACK, ECCLES. Queries/to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers. Clubs: Cheshire Dragons, Deeside, St Helens Sutton, Salford Met, Vale Royal.
SAT 9	TRAFFORD MEDAL MEETING – see box at the end of the fixture listing for events & eligible ages. Pre-entry £7 one event + £2 each extra event. Contact your coach if interested.
SAT 23	TRAFFORD MEDAL MEETING – see box at the end of the fixture listing for events & eligible ages. Pre-entry £7 one event + £2 each extra event. Contact your coach if interested.
<p align="center">TRAFFORD MEDAL MEETINGS – ORDER OF EVENTS</p> <p>TRACK: <u>70mH</u> U13G; <u>75mH</u> U15G, U13B; <u>80mH</u> U15B, U17G; <u>100mH</u> U17B, SnrW; <u>110mH</u> U20M, SnrM; <u>600m</u> U11B/G; <u>800m</u> U13B/G, U15B/G; <u>100m</u> U15B/G & Older; <u>75m</u> U13B/G, U11B/G; <u>200m</u> U15B/G & Older; <u>150m</u> U13B/G, U11B/G; <u>300m</u> U15B/G, U17G; <u>400m</u> U17B, SnrM/W; <u>1200m</u> U13B/G; <u>1500m</u> U15B/G.</p> <p>FIELD: (BOYS & GIRLS): <u>High Jump</u> U13/U15; <u>Long Jump</u> U11/U13/U15; <u>Discus</u> U13/U15; <u>Shot</u> U13/U15; <u>Javelin</u> U13/U15; <u>Hammer</u> U15.</p>	
<p align="center">2023 SENIOR ROAD RACE CHAMPIONSHIP*</p> <p align="center">1st Jan to 31st Dec 2023: <u>5Kx4</u>, <u>5Mx1</u>, <u>10Kx3</u>, <u>10Mx2</u>, <u>HMx3</u>, <u>Mx2</u></p> <p>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 <u>but you do need to tell us if you know a race isn’t recorded by PoT</u> – 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.</p> <p><u>Here’s an example of how the points work:</u> 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. <u>If you do more than the stated number of races</u>, 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. <i>Awards to:</i> 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.</p> <p align="center"><i>Results will be collected from the Power of Ten website.</i></p>	

ROAD CHAMPIONSHIP - ANY QUERIES 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.

**2023 MEMBERSHIP RENEWALS WERE DUE ON THE 1ST JAN.
NOT RENEWED YET? PLEASE CONTACT BRENDA
(MEMBERSHIP SECRETARY) email 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 45 took place at the Committee Meeting on the 17th April.

WINNERS: FIRST – FAY MORAN

SECOND – DEBBIE BERESFORD

THIRD – DAVID GREGORY

DRAW 46 WILL TAKE PLACE AT THE END OF JULY 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 THE Club Secretary, DAVID GREGORY

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