

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.

JUNE 2023	
SUN 4	BRITISH MASTERS ONE MILE ROAD CHAMPS – PART OF THE SCOTTISH MILE – 11 AM – Silverknowes Promenade, Edinburgh
WED 7 <u>OUR EVENT</u> <u>HELP</u> <u>NEEDED</u>	<u>THE JOE MORAN MEMORIAL VETERANS TRACK & FIELD MEETING</u> – SPORTCITY – 7:15pm to 9:15pm. <i>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.</i>
SAT 17	CHESHIRE TRACK & FIELD LEAGUE – ROUND 2 – <i>FOR MEMBERS AGED 9 UPWARDS - QUEENSWAY STADIUM, WREXHAM</i> – 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 - MATCH TWO – SHEEPMOUNT ATHLETICS STADIUM, CARLISLE. 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 – <i>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.</i>
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]. NB – the second and third Sizzlers are on Friday this year.
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	
TUE 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 - YES – IT IS A FRIDAY !
SUN 9	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2 – U17, U20 & SENIORS - MATCH THREE – LEIGH SPORTS VILLAGE. Queries/to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon.
SUN 16	CHESHIRE TRACK & FIELD LEAGUE – ROUND 3 – <i>FOR MEMBERS AGED 9 UPWARDS – MACCLESFIELD LEISURE CENTRE.</i> Queries/to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers. Clubs: Bury, East Cheshire & Tameside, Handforth & Wilmslow, Macclesfield, Salford Met.

FRI 21 JULY	MANCHESTER SALE 5K SIZZLER – THIRD OF FOUR – 7:30 pm Wythenshawe Park - YES – IT IS A FRIDAY !
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 JUL -FRI 4 AUG <u>PLEASE LET DEBBIE KNOW IF YOU WOULD LIKE TO HELP</u>	<u>WEEK ONE OF SUMMER HOLIDAY STARTRACK ATHLETICS</u> – WYTHENSHAWE 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 5 days</u> . <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	<u>WEEK TWO OF SUMMER HOLIDAY STARTRACK ATHLETICS</u> –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 CAN YOU HELP?	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2 – U17, U20 & SENIORS - MATCH FOUR – SPORTCITY . 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. WE'RE THE HOST CLUB - HELP NEEDED.
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 HELP NEEDED	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT ONE OF SIX - Wythenshawe Park – 10 am – please let Dave Wood know if you can help.
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.
OCTOBER 2023	
SAT 7 HELP NEEDED	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT TWO OF SIX - Wythenshawe Park – 10 am – please let Dave Wood know if you can help.
SAT 7	PRESENTATION EVENING – 7 pm ‘til late – includes awards for the following Club Championships: 2023 TRACK & FIELD, 2022/2023 CROSS COUNTRY, 2022 ROAD – to be held at the WYTHENSHAWE CRICKET & SPORTS CLUB, 78 Longley Lane, Northenden M22 4JF. Full details to follow.

<i>October continued.....</i>	
SAT 14	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH ONE OF FIVE – <i>details to follow.</i>
NOVEMBER 2023	
SAT 4 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT THREE OF SIX - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help.</i>
SAT 11	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH TWO OF FIVE – <i>details to follow.</i>
DECEMBER 2023	
SAT 2	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH THREE OF FIVE – <i>details to follow.</i>
SUN 17	CHRISTMAS HANDICAP – JUNIORS 10 am - <i>approx. 1 mile;</i> SENIORS FOLLOW ON – <i>approx. 3.2 miles. WYTHENSHAW PARK. Full details to follow.</i>
JANUARY 2024	
SAT 13	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FOUR OF FIVE – <i>details to follow.</i>
SAT 20 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT FOUR OF SIX - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help.</i>
FEBRUARY 2024	
SAT 3 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT FIVE OF SIX - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help.</i>
SAT 10	MANCHESTER AREA CROSS COUNTRY LEAGUE – FINAL MATCH OF FIVE – <i>details to follow.</i>
MARCH 2024	
SAT 2 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – FINAL EVENT OF SIX - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help.</i>
<p style="text-align: center;">TRAFFORD MEDAL MEETINGS – ORDER OF EVENTS</p> <p style="text-align: center;"><u>TRACK</u>: 70mH U13G; 75mH U15G, U13B; 80mH U15B, U17G; 100mH U17B, SnrW; 110mH U20M, SnrM; 600m U11B/G; 800m U13B/G, U15B/G; 100m U15B/G & Older; 75m U13B/G, U11B/G; 200m U15B/G & Older; 150m U13B/G, U11B/G; 300m U15B/G, U17G; 400m U17B, SnrM/W; 1200m U13B/G; 1500m U15B/G.</p> <p style="text-align: center;"><u>FIELD</u>: (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 style="text-align: center;">2023 SENIOR ROAD RACE CHAMPIONSHIP*</p> <p style="text-align: center;">1st Jan to 31st Dec 2023: 5Kx4, 5Mx1, 10Kx3, 10Mx2, HMx3, Mx2</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 <i>but you do need to tell us if you know a race isn’t recorded by PoT</i> – 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>	
<i>continued overleaf... ..</i>	

2023 Road Championship continued

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. ANY QUERIES e-mail Brenda arnoldbradshaw@btinternet.com. **If you have any results that don't appear on PoT please email Brenda giving the name and date of the race, your position and time.**

Awards for the 2022 CHAMPIONSHIP will be made at the Presentation Evening on Saturday 7 October at Wythenshawe Cricket & Social Club.

**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 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