

## 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 WYTHENSHAWE:** 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.

<b>JULY 2023</b>	
<b>TUE 4</b>	<b>ROCHDALE 10K – 7:15 PM – Springfield Park, Bolton Road, Rochdale</b>
<b>FRI 7</b>	<b>MANCHESTER SALE 5K SIZZLER – SECOND OF FOUR – 7:30 pm</b> Wythenshawe Park - <b>YES – IT IS A FRIDAY !</b>
<b>SUN 9</b>	<b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE – DIV WEST 2 – U17, U20 &amp; SENIORS - <i>MATCH THREE – LEIGH SPORTS VILLAGE.</i></b> <i>Queries/to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon.</i>
<b>SUN 16</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE – ROUND 3 – FOR MEMBERS AGED 9 UPWARDS – <i>MACCLESFIELD LEISURE CENTRE.</i></b> <i>Queries/to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers. Clubs: Bury, East Cheshire &amp; Tameside, Handforth &amp; Wilmslow, Macclesfield, Salford Met.</i>
<b>FRI 21 JULY</b>	<b>MANCHESTER SALE 5K SIZZLER – THIRD OF FOUR – 7:30 pm</b> Wythenshawe Park - <b>YES – IT IS A FRIDAY !</b>
<b>SUN 23</b>	<b>TRAFFORD MEDAL MEETING – see box at the end of the fixture listing for events &amp; eligible ages. Pre-entry £7 one event + £2 each extra event. Contact your coach if interested.</b>
<b>MON 31 JUL -FRI 4 AUG</b> <b><u>PLEASE LET DEBBIE KNOW IF YOU WOULD LIKE TO HELP</u></b>	<b>WEEK ONE OF SUMMER HOLIDAY STARTRACK</b> <b>ATHLETICS – 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 all 5 days. Wythenshawe Post Codes – there are a limited number of places at £40 per week. Contact Debbie Beresford on 07977 203478 if you would like to help.</b>
<b>AUGUST 2023</b>	
<b>THU 3</b>	<b>MANCHESTER SALE 5K SIZZLER – FINAL OF FOUR – 7:30 pm</b> Wythenshawe Park [NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].
<b>SUN 6</b>	<b>TRAFFORD MEDAL MEETING – see box at the end of the fixture listing for events &amp; eligible ages. Pre-entry £7 one event + £2 each extra event. Contact your coach if interested.</b>
<b>MON 7 – FRI 11</b>	<b>WEEK TWO OF SUMMER HOLIDAY STARTRACK</b> <b>ATHLETICS – for details see WEEK ONE – Monday 31 July – Friday 4 August (above) <i>PLEASE LET DEBBIE KNOW IF YOU WOULD LIKE TO HELP.</i></b>
<b>SAT 19</b> <b><u>CAN YOU HELP?</u></b>	<b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE – DIV WEST 2 – U17, U20 &amp; SENIORS - <i>MATCH FOUR – SPORTCITY.</i></b> <i>Queries/to enter: contact Debbie Beresford, Andrew Parsonage or Kes Salmon. Clubs: Border H/Seaton, Burnley AC, Deeside AAC, Leigh H&amp;AC, Pendle AC, St Helens Sutton AC, Salford Met AC. <b>WE'RE THE HOST CLUB - HELP NEEDED.</b></i>

<i>August continued.....</i>	
<b>MON 28 AUGUST</b>	<b>TRAFFORD MEDAL MEETING</b> – 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.
<b>SEPTEMBER 2023</b>	
<b>SUN 3</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE – ROUND 4 – FOR MEMBERS AGED 9 UPWARDS - CLEAVLEY ATHLETIC TRACK, ECCLES.</b> Queries/to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers. Clubs: Cheshire Dragons, Deeside, St Helens Sutton, Salford Met, Vale Royal.
<b>SAT 9</b>	<b>NORTH WEST COUNTIES ROAD RELAYS – INCORPORATING CHAMPIONSHIPS OF GREATER MANCHESTER, CHESHIRE, LANCASHIRE, MERSEYSIDE AND, POSSIBLY, CUMBRIA – FOR UNDER 11's UPWARDS - HEATON PARK – FIRST RACE (U11's 10:15 am).</b> Members interested in competing – please let your coach or club contact know.
<b>SAT 9</b>	<b>TRAFFORD MEDAL MEETING</b> – 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.
<b>SAT 23 <i>HELP NEEDED</i></b>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT ONE OF SIX</b> - Wythenshawe Park – 10 am – please let Dave Wood know if you can help.
<b>SAT 23</b>	<b>TRAFFORD MEDAL MEETING</b> – 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.
<b>OCTOBER 2023</b>	
<b>SAT 7 <i>HELP NEEDED</i></b>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT TWO OF SIX</b> - Wythenshawe Park – 10 am – please let Dave Wood know if you can help.
<b>SAT 7</b>	<b>PRESNTATION EVENING</b> – 7 pm ‘til late – includes awards for the following Club Championships: <b>2023 TRACK &amp; FIELD, 2022/2023 CROSS COUNTRY, 2022 ROAD</b> – to be held at the <b>WYTHENSHAWE CRICKET &amp; SPORTS CLUB, 78 Longley Lane, Northenden M22 4JF</b> . <b>Full details to follow.</b>
<b>SAT 14</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH ONE OF FIVE</b> – <b>details to follow.</b>
<b>NOVEMBER 2023</b>	
<b>SAT 4 <i>HELP NEEDED</i></b>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT THREE OF SIX</b> - Wythenshawe Park – 10 am – please let Dave Wood know if you can help.
<b>SAT 11</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH TWO OF FIVE</b> – <b>details to follow.</b>
<b>DECEMBER 2023</b>	
<b>SAT 2</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH THREE OF FIVE</b> – <b>details to follow.</b>
<b>SUN 17</b>	<b>CHRISTMAS HANDICAP – JUNIORS</b> 10 am - approx. 1 mile; <b>SENIORS FOLLOW ON</b> – approx. 3.2 miles. <b>WYTHENSHAWE PARK</b> . <b>Full details to follow.</b>
<b>JANUARY 2024</b>	
<b>SAT 13</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FOUR OF FIVE</b> – <b>details to follow.</b>

<i>January continued.....</i>	
SAT 20 <i>HELP NEEDED</i>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT FOUR OF SIX - Wythenshawe Park – 10 am – please let Dave Wood know if you can help.</b>
<b>FEBRUARY 2024</b>	
SAT 3 <i>HELP NEEDED</i>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT FIVE OF SIX - Wythenshawe Park – 10 am – please let Dave Wood know if you can help.</b>
SAT 10	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – FINAL MATCH OF FIVE – <i>details to follow.</i></b>
<b>MARCH 2024</b>	
SAT 2 <i>HELP NEEDED</i>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – FINAL EVENT OF SIX - Wythenshawe Park – 10 am – please let Dave Wood know if you can help.</b>
<b>TRAFFORD MEDAL MEETINGS – ORDER OF EVENTS</b>	
<p><u>TRACK:</u> <u>70mH U13G; 75mH U15G, U13B; 80mH U15B, U17G; 100mH U17B, SnrW;</u>  <u>110mH U20M, SnrM; 600m U11B/G; 800m U13B/G, U15B/G; 100m U15B/G &amp; Older;</u>  <u>75m U13B/G, U11B/G; 200m U15B/G &amp; Older; 150m U13B/G, U11B/G; 300m U15B/G, U17G;</u>  <u>400m U17B, SnrM/W; 1200m U13B/G; 1500m U15B/G.</u></p> <p><u>FIELD: (BOYS &amp; GIRLS): High Jump U13/U15; Long Jump U11/U13/U15;</u>  <u>Discus U13/U15; Shot U13/U15; Javelin U13/U15; Hammer U15.</u></p>	
<b>2023 SENIOR ROAD RACE CHAMPIONSHIP*</b>	
<b>1<sup>st</sup> Jan to 31<sup>st</sup> Dec 2023: 5Kx4, 5Mx1, 10Kx3, 10Mx2, HMx3, Mx2</b>	
<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 1<sup>st</sup> January to 31<sup>st</sup> 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 2<sup>nd</sup>, 3<sup>rd</sup>, 1<sup>st</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. <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. <u>Awards to:</u> 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>Results will be collected from the Power of Ten website. ANY QUERIES e-mail Brenda <a href="mailto:arnoldbradshaw@btinternet.com">arnoldbradshaw@btinternet.com</a>. <b>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.</b></p>	
<p><b>Awards for the 2022 CHAMPIONSHIP will made at the Presentation Evening on Saturday 7 October at Wythenshawe Cricket &amp; Social Club.</b></p>	

**2023 MEMBERSHIP RENEWALS WERE DUE ON THE 1<sup>ST</sup> JAN.**  
**NOT RENEWED YET? PLEASE CONTACT BRENDA**  
**(MEMBERSHIP SECRETARY)**  
***email [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 45 took place at the Committee Meeting on the 17<sup>th</sup> 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](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 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](mailto:arnoldbradshaw@btinternet.com) with additions  
or corrections to the fixtures or telephone Brenda on 0161-796 6310**