

## 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.

<b><u>TRAINING SESSIONS AT WYTHENSHAW:</u> Tuesday &amp; Thursday 6 pm to 7 pm</b> <b><u>TRAINING SESSIONS AT SPORTCITY:</u> Monday &amp; Wednesday 7- 8:30 pm</b> <b><u>ALL SESSIONS:</u> Members are advised to check before attending.</b>	
<b>SEPTEMBER 2023</b>	
<b>SUN 3</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE – ROUND 4 – FOR MEMBERS AGED 9 UPWARDS - <i>CLEAVLEY ATHLETIC TRACK, ECCLES</i>. Queries/to enter: contact Debbie Beresford, Ed Fazakerley or Carl Summers. Clubs: Cheshire Dragons, Deeside, St Helens Sutton, Salford Met, Vale Royal.</b>
<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 (aged at least 9 as of 31/8/23) - HEATON PARK – FIRST RACE (U11's 10:15 am). Members interested in competing – please let your coach or club contact know.</b>
<b>SAT 9</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>SAT 23</b> <b>HELP NEEDED</b>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT ONE OF SIX - Wythenshawe Park – 10 am – please let Dave Wood know if you can help.</b>
<b>SAT 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>SUN 24</b>	<b>NORTHERN ROAD RELAYS – Birkenhead Park</b>
<b>OCTOBER 2023</b>	
<b>SAT 7</b> <b>HELP NEEDED</b>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT TWO OF SIX - Wythenshawe Park – 10 am – please let Dave Wood know if you can help.</b>
<b>SAT 7</b>	<b>PRESENTATION EVENING – 7 pm 'til late – includes awards for the following Club Championships: 2023 TRACK &amp; FIELD, 2022/2023 CROSS COUNTRY, 2022 ROAD – to be held at the WYTHENSHAW CRICKET &amp; SPORTS CLUB, 78 Longley Lane, Northenden M22 4JF. Get your tickets in advance at training or on the website.</b>
<b>SAT 14</b> <b>HELP NEEDED - WE'RE THE HOST CLUB</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH ONE – <i>Heaton Park</i> – first race 12 noon. For Under 11's to Vets (<i>Note – U11's minimum age 9 as of 31/8/23</i>). All entries through the Club – contact Ed Fazakerley or Debbie Beresford <i>before the 6<sup>th</sup> October</i> to be entered. <b><u>NO ENTRIES ON MATCH DAY</u></b> <i>VERY IMPORTANT – we're the host club and need lots of help – please let Dave Wood know if you can help.</i></b>
<b>SAT 21</b>	<b>NORTHERN CROSS COUNTRY RELAYS – Graves Park, Sheffield</b>

<b>NOVEMBER 2023</b>	
<b>SAT 4</b> <i>HELP NEEDED</i>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – EVENT THREE OF SIX - Wythenshawe Park – 10 am – please let Dave Wood know if you can help.</b>
<b>SAT 4</b>	<b>ENGLISH CROSS COUNTRY RELAYS – Berry Hill Park, Mansfield</b>
<b>SAT 11</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH TWO OF FIVE – <i>Wythenshawe Park – venue to be confirmed</i> – first race 12 noon. For Under 11's to Vets (<i>Note – U11's minimum age 9 as of 31/8/23</i>). All entries through the Club – contact Ed Fazakerley or Debbie Beresford <i>before the 3<sup>rd</sup> November</i> to be entered. <u><b>NO ENTRIES ON MATCH DAY.</b></u> (If you competed in Match One you are already entered but remember to bring your number.)</b>
<b>SUN 21</b>	<b>NORTHERN CROSS COUNTRY RELAYS – Graves Park, Sheffield</b>
<b>DECEMBER 2023</b>	
<b>SAT 2</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH THREE OF FIVE – <i>Sherdley Park</i> – first race 12 noon. For Under 11's to Vets (<i>Note – U11's minimum age 9 as of 31/8/23</i>). All entries through the Club – contact Ed Fazakerley or Debbie Beresford <i>before the 24<sup>th</sup> November</i> to be entered. <u><b>NO ENTRIES ON MATCH DAY.</b></u> (If you competed in M1 and/or 2 you are already entered but remember to bring your number.)</b>
<b>SAT 16</b>	<b>GREATER MANCHESTER CROSS COUNTRY CHAMPIONSHIPS – Wythenshawe Park</b>
<b>SUN 17</b>	<b>CHRISTMAS HANDICAP – JUNIORS 10 am - approx. 1 mile; SENIORS FOLLOW ON – approx. 3.2 miles. WYTHENSHAW PARK. <i>Full details to follow.</i></b>
<b>JANUARY 2024</b>	
<b>SUN 7</b>	<b>SALE INDOOR OPEN TRACK &amp; FIELD MEETING – SPORTCITY – 10 AM START</b>
<b>SAT 13</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FOUR OF FIVE – <i>Tatton Park</i> – first race 12 noon. For Under 11's to Vets (<i>Note – U11's minimum age 9 as of 31/8/23</i>). All entries through the Club – contact Ed Fazakerley or Debbie Beresford <i>before the 5<sup>th</sup> January</i> to be entered. <u><b>NO ENTRIES ON MATCH DAY.</b></u> (If you competed in Match 1, 2 and/or 3 you are already entered but remember to bring your number.)</b>
<b>SAT 20</b> <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>SAT 27</b>	<b>NORTHERN CROSS COUNTRY CHAMPIONSHIPS – venue tba</b>
<b>FEBRUARY 2024</b>	
<b>SAT 3</b> <i>HELP NEEDED</i>	<b>PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – INCLUDING PARENTS &amp; TEACHERS RACE - EVENT FIVE OF SIX - Wythenshawe Park – 10 am – please let Dave Wood know if you can help.</b>
<b>SAT 10</b>	<b>MANCHESTER AREA CROSS COUNTRY LEAGUE – FINAL MATCH OF FIVE – <i>Kenworthy Woods</i> – first race 12 noon. For Under 11's to Vets (<i>Note – U11's minimum age 9 as of 31/8/23</i>). All entries through the Club – contact Ed Fazakerley or Debbie Beresford <i>before the 2<sup>nd</sup> February</i> to be entered. <u><b>NO ENTRIES ON MATCH DAY.</b></u> (If you competed in Match 1, 2, 3 and/or 4 you are already entered but remember to bring your number.)</b>

<b>FEBRUARY 2024 - continued</b>	
<b>SAT 24</b>	<b>ENGLISH CROSS COUNTRY CHAMPIONSIPS – Weston-under-Lizard, Shifnal</b>
<b>MARCH 2024</b>	
<b>SAT 2</b> <b>HELP NEEDED</b>	<b>PRIMARY SCHOOLS CROSS COUNTRY RELAY– FINAL EVENT OF SIX - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help.</i> PRESENTATION OF AWARDS – 11:15 AM</b>
<b>SAT 9</b>	<b>INTER COUNTIES CROSS COUNTRY CHAMPIONSHIPS – Preswold Hall, Leicester</b>
<b>APRIL 2024</b>	
<b>SAT 6</b>	<b>ENGLISH 12 &amp; 6 STAGE ROAD RELAYS – Sutton Park, Birmingham</b>
<p align="center"><b>TRAFFORD MEDAL MEETINGS – ORDER OF EVENTS</b></p> <p align="center"><u>TRACK</u>: <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 &amp; Older;  <u>75m</u> U13B/G, U11B/G; <u>200m</u> U15B/G &amp; 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 align="center"><u>FIELD</u>: (BOYS &amp; 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"><b><i>2023 SENIOR ROAD RACE CHAMPIONSHIP*</i></b></p> <p align="center"><b><i>1<sup>st</sup> January to 31<sup>st</sup> December 2023</i></b></p> <p align="center"><b><i>5Kx4, 5Mx1, 10Kx3, 10Mx2, HMx3, Mx2</i></b></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 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>, 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. <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><i>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>.</i></p> <p><b><i>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.</i></b></p> <p><i>Awards for the 2022 CHAMPIONSHIP will be made at the Presentation Evening on Saturday 7 October 2023 at Wythenshawe Cricket &amp; Social Club.</i></p>	

**2023 MEMBERSHIP RENEWALS WERE DUE  
ON THE 1<sup>ST</sup> JANUARY.**

**NOT RENEWED YET? HAVE A QUERY?  
PLEASE CONTACT BRENDA BRADSHAW  
(MEMBERSHIP SECRETARY)**

**email Brenda: [arnoldbradshaw@btinternet.com](mailto:arnoldbradshaw@btinternet.com)**

## **TWENTY-FIVE CLUB**

**PLEASE support the 25 Club - it's only**

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**£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 46 (July) took place at the Committee Meeting on the 7<sup>th</sup> August.**

### **WINNERS:**

**FIRST – DAVID GREGORY**

**SECOND – BRENDA BRADSHAW**

**THIRD – JOSEPH FARRELLY**

**DRAW 47 WILL TAKE PLACE AT THE END OF NOV 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.**

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**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**