

MANCHESTER HARRIERS & A.C. FIXTURES – 2024

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** 07843 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 pm to 8:30 pm
ALL SESSIONS: Members are advised to check before attending.

FEBRUARY 2024	
SAT 3 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE -- EVENT FOUR OF FIVE - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help (davidwood49@aol.com).</i>
SAT 10	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FOUR 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 February</i> to be entered. <u>NO ENTRIES ON MATCH DAY.</u> (If you competed in Match One, Two and/or Three you are already entered but remember to take your number.) NB this was originally Match Five.
SUN 11	BOLTON 5K - 9:30 AM – Leverhulme Park, Long Lane, Bolton BL2 6EB
SUN 18	SALE INDOOR OPEN TRACK & FIELD MEETING – SPORTCITY – 10 AM
SAT 24	ENGLISH NATIONAL CROSS COUNTRY CHAMPIONSHIPS – <i>all age groups from U13 (i.e. minimum age 11 as of 31/8/23) - Weston Park, Weston-under-Lizard, Shifnal TF11 8LE. Contact Ed Fazakerley (males) or Debbie Beresford (females) if you would like to run. Teams will be entered subject to interest.</i>
MON 26 AGM	ANNUAL GENERAL MEETING – 7 for 7:30 pm – Cheadle Sports Club, 225 Kingsway, Cheadle SK8 1LA
MARCH 2024	
SAT 2 <i>MATCH CANCELLED</i>	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FIVE OF FIVE – <u>CANCELLED.</u> <i>16th Feb. Regretfully, the League has been unable to get a replacement venue following the loss of Sherdley Park and have decided to make this XC season a four-match one. Therefore, the season finished with the match at Kenworthy Woods on the 10th February. Individual and team results will be based on three out of four matches.</i>
SAT 9 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – FINAL EVENT OF FIVE <i>plus</i> PARENTS/TEACHERS RACE <i>plus</i> AWARDS PRESENTATION - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help (davidwood49@aol.com).</i>
SUN 10	SALE INDOOR OPEN TRACK & FIELD MEETING – SPORTCITY – 10 AM
SUN 17	OVER THE BALES CROSS COUNTRY – Crossford Bridge, Sale – <i>for U9's, U11's, U13's (members must be aged at least 7 as of 31st August 2023).</i>
SUN 24	WATERS WILMSLOW RUNNING FESTIVAL - 10K & HALF MARATHON – 10 AM – Wilmslow RUFC, Memorial Ground, Kings Road, Wilmslow SK9 5PZ
<i>March Fixtures continued.....</i>	

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FRI 29	SALFORD 10K – 10 AM START – SALFORD SPORTS VILLAGE, LITTLETON ROAD, LOWER KERSAL
APRIL 2024	
SAT 20	YOUTH DEVELOPMENT T&F LEAGUE – NW 3S DIV - U13s & U15s – MATCH ONE – LEIGH SPORTS VILLAGE (members must be aged at least 11 as of 31/8/24). Clubs: Macclesfield H&AC, Manchester H&AC, Menai T&F, Salford Met AC, Wrexham AAC.
SUN 21	TCS LONDON MARATHON
SAT 27	CHESHIRE TRACK & FIELD LEAGUE – ROUND 1 –for members aged 9 upwards – venue not yet known. Clubs: Crewe & Nantwich AC, Halton & Frodsham AC, Manchester H&AC, Salford Met AC, Stockport H&AC, Trafford AC
MAY 2024	
SAT 4	IT'S A PIECE OF CAKE 10K - 10:30 AM – Lakeside Café, Boggart Hole Clough, Charlestown Road, Blackley M9 7DF
SAT 11 & SUN 12	GREATER MANCHESTER TRACK & FIELD CHAMPIONSHIPS – Bury AC Track, Market Street, Bury BL9 9FX.
SAT 18 <i>Structure to be confirmed</i>	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2S – U17 & SENIORS - MATCH ONE – DEESIDE COLLEGE STADIUM CH5 4BR. Clubs: Deeside AAC, Macclesfield H & AC, Manchester H & AC, Menai T&F, Salford Met AC.
SUN 19	YOUTH DEVELOPMENT T&F LEAGUE – NW 3S DIV - U13s & U15s – MATCH TWO – MACCLESFIELD (members must be aged at least 11 as of 31/8/24). Clubs: Macclesfield H&AC, Manchester H&AC, Menai T&F, Salford Met AC, Wrexham AAC.
SAT 25 <u>VOLUNTEERS NEEDED TO MARSHAL</u>	GREAT MANCHESTER RUNS – SPORTCITY - MINI (1.5K FOR 3-8 YEAR OLDS) & JUNIOR (2.5K FOR 9-15 YEAR OLDS) EVENTS – we help marshal this event - please contact Dave Wood if you can help (davidwood49@aol.com). Contact Debbie Beresford (tinpet40@yahoo.co.uk) for information about a Club guaranteed entry.
SUN 26 <u>VOLUNTEERS NEEDED TO MARSHAL</u>	GREAT MANCHESTER RUNS – SPORTCITY - 10K & HALF MARATHON – we help marshal this event - please contact Dave Wood if you can help (davidwood49@aol.com). Contact Debbie Beresford (tinpet40@yahoo.co.uk) for information about a Club guaranteed entry.
JUNE 2024	
SUN 2	CHESHIRE TRACK & FIELD LEAGUE – ROUND 2 –for members aged 9 upwards – venue not yet known. Clubs: Manchester H&AC, Oldham & Royton H, Salford Met AC, Warrington AC, West Cheshire AC, Wrexham.
WED 5 <u>OUR EVENT HELP NEEDED</u>	<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.</u>
SAT 15 <i>Structure to be confirmed</i>	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV WEST 2S – U17 & SENIORS - MATCH TWO – MACCLESFIELD LEISURE CENTRE, SK10 4AF. Clubs: Deeside AAC, Macclesfield H&AC, Manchester H&AC, Menai T&F, Salford Met AC.
THU 20	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].
SUN 23	YOUTH DEVELOPMENT T&F LEAGUE – NW 3S DIV - U13s & U15s – MATCH THREE – WOODBANK PARK, STOCKPORT (members must be aged at least 11 as of 31/8/24). Clubs: Macclesfield H&AC, Manchester H&AC, Menai T&F, Salford Met AC, Wrexham AAC.
WED 26 <u>OUR EVENT HELP NEEDED</u>	<u>THE MANCHESTER MILE – SPORTCITY – FOR ALL AGES FROM UNDER 17 UPWARDS (U17's must be aged 15 or 16 as at midnight 31st August 2024). 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.</u>

JULY 2024	
FRI 5	MANCHESTER SALE 5K SIZZLER – SECOND OF FOUR – 7:30 pm Wythenshawe Park – <i>yes, it is on Friday as is the third in the series</i>
SUN 14	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 2S – U17 & SENIORS - MATCH THREE – SPORTCITY, MANCHESTER M11 3FF. Clubs: Deeside AAC, Macclesfield H&AC, <u>Manchester H&AC</u> , Menai T&F, Salford Met AC. <i>We are the host club so lots of help needed.</i>
FRI 19	MANCHESTER SALE 5K SIZZLER – THIRD OF FOUR – 7:30 pm Wythenshawe Park – <i>yes, another Friday but the final event is on a Thursday</i>
SAT 20	CHESHIRE TRACK & FIELD LEAGUE – ROUND 3 – <i>for members aged 9 upwards – venue not yet known.</i> Clubs: Bury AC, East Cheshire H & Tameside AC, Handforth & Knutsford, Macclesfield H&AC, Manchester H&AC, Salford Met AC.
SUN 21	YOUTH DEVELOPMENT T&F LEAGUE – NW 3S DIV - U13s & U15s – MATCH FOUR – CLEAVLEY'S TRACK, ECCLES (members must be aged at least 11 as of 31/8/24). Clubs: Macclesfield H&AC, Manchester H&AC, Menai T&F, Salford Met AC, Wrexham AAC.
AUGUST 2024	
THU 1	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 17 <i>Structure to be confirmed</i>	NORTH OF ENGLAND TRACK & FIELD LEAGUE – DIV 2S – U17 & SENIORS - MATCH FOUR – CLEAVLEY ATHLETICS TRACK, Blantyre Street, Winton, Eccles M30 8HY. Clubs: Deeside AAC, Macclesfield H&AC, Manchester H&AC, Menai T&F, Salford Met AC.
SUN 25	CHESHIRE TRACK & FIELD LEAGUE – ROUND 4 – <i>for members aged 9 upwards – venue not yet known.</i> Clubs: Cheshire Dragons, Deeside AC, Manchester H&AC, St Helens Sutton AC, Salford Met AC, Vale Royal AC.
<p>2024 MEMBERSHIP RENEWALS ARE DUE. REMINDERS ARE BEING SENT BY EMAIL, MEANWHILE, IF YOU HAVE A QUERY, PLEASE CONTACT BRENDA BRADSHAW (MEMBERSHIP SECRETARY) email Brenda: arnoldbradshaw@btinternet.com</p>	
<p style="text-align: center;">TWENTY-FIVE CLUB <u>PLEASE</u> support the 25 Club - it's only £12 <u>PER YEAR</u> and you get <u>THREE</u> chances to win £25, £15 or £10 with draws in March, July & November. THE MORE MEMBERS JOIN, THE MORE MONEY <u>TO THE CLUB</u> AND <u>TO THE WINNERS</u>. 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 <u>the winning members</u>. Contact Brenda - email arnoldbradshaw@btinternet.com. <u>DRAW 47 (Nov) took place at Wythenshawe Track Training Session on the 30th Nov.</u> WINNERS: FIRST – DANNY HERMAN SECOND & THIRD – BRENDA BRADSHAW <u>DRAW 48 WILL TAKE PLACE AT THE END OF MARCH 2024</u></p>	

2024 SENIOR ROAD RACE CHAMPIONSHIP

The following describes the structure as it was for the 2023 SENIOR ROAD RACE CHAMPIONSHIP. The structure is currently being tweaked for this year's Championship and may include three named events, and the 5 Mile may be excluded BUT the basic structure won't change. Likely named events are the Wilmslow Half (24 March), the Salford 10K (29 March) and a Sale Sizzler (20 June, 5 & 19 July, 1 August – only one Sizzler result, i.e. your best, to count)

Minimum of five races, combination of
5K up to four to count, 5M one to count, 10K up to three to count,
10M one or two to count, Half Marathon up to three to count,
Marathon one or two to count.

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 of the above, for instance if you've done two marathons and three 10Ks, or four 5Ks and one 10K 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, based on time, amongst members of 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 overall wins. If you do more than the stated number of races, i.e. three 10 Milers, we'll use your best two 10 miler 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/Men to first: U20, V35, V40, V45, V50, V55, V60, V65, V70, V75. The overall winner will be declared Senior Men's Road Champion. Awards/Women to first: U20, V35, V40, V45, V50, V55, V60, V65, V70, V75. Overall Winner will be declared Senior Women's Road Champion.

Results for 2023 are being collated 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.**

2022 MENS CHAMPION – DAVE WALMSLEY
2022 WOMENS CHAMPION – CAROLINE BABA

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