

## 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 EVENTS & ALL TRAINING SESSIONS:**

*members are advised to check dates and venues*

<b>APRIL 2024</b>		<i>[*please contact your coach if you are interested in competing]</i>
<b>SAT 6</b>	<b>WEST CHESHIRE AC SPRING OPEN TRACK &amp; FIELD MEETING – U11's to SENIORS – 10 AM. Ellesmere Port Sports Village, Stanney Lane, Ellesmere Port CH65 9LB. Registration deadline 20:00 4<sup>th</sup> April. Email - competitionswcac@gmail.com.</b>	
<b>SAT 20*</b>	<b>YOUTH DEVELOPMENT T&amp;F LEAGUE* – NW 3S DIV - U13s &amp; U15s – <b>MATCH ONE – WITTON PARK ARENA, PRESTON OLD ROAD, BLACKBURN BB2 2TP</b> (members must be aged at least 11 as of 31/8/24). Clubs: Altrincham &amp; District AC, Macclesfield H&amp;AC, Manchester H&amp;AC, Menai T&amp;F, Salford Met AC, Wrexham AAC. <u>Double Header with NW 3N DIV.</u></b>	
<b>SUN 21</b>	<b>TCS LONDON MARATHON</b>	
<b>SAT 27*</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE* – ROUND 1/Match 1 – <b>CLEAVLEY ATHLETICS TRACK, BLANTYRE STREET, WINTON, ECCLES M30 8HY</b> - for members aged 9 upwards. Clubs: Cheshire Dragons, Deeside AC, Manchester H&amp;AC, St Helens Sutton AC, Salford Met AC (Hosts), Vale Royal AC.</b>	
<b>MAY 2024</b>		<i>[*please contact your coach if you are interested in competing]</i>
<b>SAT 4</b>	<b>IT'S A PIECE OF CAKE 10K - 10:30 AM – Lakeside Café, Boggart Hole Clough, Charlestown Road, Blackley M9 7DF</b>	
<b>SAT 11 &amp; SUN 12</b>	<b>GREATER MANCHESTER TRACK &amp; FIELD CHAMPIONSHIPS – Bury AC Track, Market Street, Bury BL9 9FX.</b>	
<b>SAT 18*</b>	<b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE* – DIV WEST 2S – U17 &amp; SENIORS - <b>MATCH ONE – DEESIDE COLLEGE STADIUM CH5 4BR.</b> Clubs: <u>Deeside AAC, Macclesfield H &amp; AC, Manchester H &amp; AC, Menai T&amp;F, Salford Met AC.</u></b>	
<b>SUN 19*</b>	<b>YOUTH DEVELOPMENT T&amp;F LEAGUE* – NW 3S DIV - U13s &amp; U15s – <b>MATCH TWO – MACCLESFIELD LEISURE CENTRE, SK10 4AF</b> (members must be aged at least 11 as of 31/8/24). Clubs: Altrincham &amp; District AC, Macclesfield H&amp;AC, Manchester H&amp;AC, Menai T&amp;F, Salford Met AC, Wrexham AAC.</b>	
<b>SAT 25</b> <a href="#"><u>VOLUNTEERS NEEDED TO MARSHAL</u></a>	<b>GREAT MANCHESTER RUNS – SPORTCITY - MINI (1.5K FOR 3-8 YEAR OLDS) &amp; JUNIOR (2.5K FOR 9-15 YEAR OLDS) EVENTS – we help marshal this event - please contact Dave Wood if you can help (<a href="mailto:davidwood49@aol.com">davidwood49@aol.com</a>). Contact Debbie Beresford (<a href="mailto:tinpet40@yahoo.co.uk">tinpet40@yahoo.co.uk</a>) for information about a Club guaranteed entry.</b>	
<b>SUN 26</b> <a href="#"><u>VOLUNTEERS NEEDED TO MARSHAL</u></a>	<b>GREAT MANCHESTER RUNS – START &amp; FINISH MANCHESTER CITY CENTRE - 10K &amp; HALF MARATHON – we help marshal this event - please contact Dave Wood if you can help (<a href="mailto:davidwood49@aol.com">davidwood49@aol.com</a>). Contact Debbie Beresford (<a href="mailto:tinpet40@yahoo.co.uk">tinpet40@yahoo.co.uk</a>) for information about a Club guaranteed entry.</b>	

<b>JUNE 2024</b> <i>[*please contact your coach if you are interested in competing]</i>	
<b>WED 5</b> <a href="#"><u>OUR EVENT</u></a> <a href="#"><u>HELP</u></a> <a href="#"><u>NEEDED</u></a>	<b><u>THE JOE MORAN MEMORIAL VETERANS TRACK &amp; FIELD MEETING</u></b> – <i>SPORTCITY, MANCHESTER M11 3FF – 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.</i>
<b>SAT 15*</b>	<b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE*</b> – <i>DIV WEST 2S – U17 &amp; SENIORS - MATCH TWO – MACCLESFIELD LEISURE CENTRE, SK10 4AF. Clubs: Deeside AAC, Macclesfield H&amp;AC, Manchester H&amp;AC, Menai T&amp;F, Salford Met AC.</i>
<b>THU 20</b>	<b>SALE 5K SIZZLER – FIRST OF FOUR – 7:30 pm - Wythenshawe Park</b> <i>[NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].</i>
<b>SUN 23*</b>	<b>YOUTH DEVELOPMENT T&amp;F LEAGUE*</b> – <i>NW 3S DIV - U13s &amp; U15s – MATCH THREE – WOODBANK STADIUM, WOODBANK PARK, TURNCROFT LANE, OFFERTON, STOCKPORT SKI 4JR (members must be aged at least 11 as of 31/8/24). Clubs: Altrincham &amp; District AC, Macclesfield H&amp;AC, Manchester H&amp;AC, Menai T&amp;F, Salford Met AC, Wrexham AAC. <u>Double Header with NW 3N DIV – we are co-hosts with Stockport H&amp;AC.</u></i>
<b>WED 26</b> <a href="#"><u>OUR EVENT</u></a> <a href="#"><u>HELP</u></a> <a href="#"><u>NEEDED</u></a>	<b><u>THE MANCHESTER MILE</u></b> – <i>SPORTCITY – FOR ALL AGES FROM UNDER 17 UPWARDS (U17's must be aged 15 or 16 as at midnight 31<sup>st</sup> 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.</i>
<b>JULY 2024</b> <i>[*please contact your coach if you are interested in competing]</i>	
<b>FRI 5</b>	<b>SALE 5K SIZZLER – SECOND OF FOUR – 7:30 pm - Wythenshawe Park</b> – <i>yes, it is on Friday as is the third in the series.</i>
<b>SUN 14*</b> <a href="#"><u>HOST CLUB</u></a> <a href="#"><u>HELP</u></a> <a href="#"><u>NEEDED</u></a>	<b>NORTH OF ENGLAND TRACK &amp; FIELD LEAGUE*</b> – <i>DIV 2S – U17 &amp; SENIORS - MATCH THREE – SPORTCITY, MANCHESTER M11 3FF. Clubs: Deeside AAC, Macclesfield H&amp;AC, Manchester H&amp;AC, Menai T&amp;F, Salford Met AC. WE ARE THE HOST CLUB SO LOTS OF HELP NEEDED.</i>
<b>FRI 19</b>	<b>SALE 5K SIZZLER – THIRD OF FOUR – 7:30 pm Wythenshawe Park</b> – <i>yes, another Friday but the final event is on a Thursday.</i>
<b>SAT 20*</b>	<b>CHESHIRE TRACK &amp; FIELD LEAGUE*</b> – <i>ROUND 3/Match 3 – QUEENSWAY STADIUM, WREXHAM LL13 8UH - for members aged 9 upwards. Clubs: Crewe &amp; Nantwich, Halton &amp; Frodsham AC, Manchester H&amp;AC, Oldham &amp; Royton Harriers, Salford Met AC, Wrexham AC.</i>
<b>SUN 21*</b>	<b>YOUTH DEVELOPMENT T&amp;F LEAGUE*</b> – <i>NW 3S DIV - U13s &amp; U15s – MATCH FOUR – CLEAVLEY ATHLETICS TRACK, BLANTYRE ST., WINTON, ECCLES M30 8HY (members must be aged at least 11 as of 31/8/24). Clubs: Altrincham &amp; District AC, Macclesfield H&amp;AC, Manchester H&amp;AC, Menai T&amp;F, Salford Met AC, Wrexham AAC.</i>
<b>MON 29 JULY – FRI 2 AUGUST</b>	<b><u>WEEK ONE OF STARTRACK – FUN ATHLETICS IN THE SUMMER HOLIDAYS</u></b> – <i>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. £75 for <u>all</u> 5 days. <u>Wythenshawe Post Codes</u> – there are a limited number of places at £40 per week. <u>Contact Debbie Beresford on 07977 203478 if you would like to help.</u></i>
<b>AUGUST 2024</b> <i>[*please contact your coach if you are interested in competing]</i>	
<b>THU 1</b>	<b>SALE 5K SIZZLER – FINAL OF FOUR – 7:30 pm - Wythenshawe Park</b> <i>[NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].</i>
<b>MON 5 – FRI 9</b>	<b><u>WEEK TWO OF STARTRACK – FUN ATHLETICS IN THE SUMMER HOLIDAYS</u></b> – <i>for details see WEEK ONE – Monday 29 July – Friday 2 August (above) <b>PLEASE LET DEBBIE KNOW IF YOU WOULD LIKE TO HELP.</b></i>
<i>August Fixtures continued.....</i>	

August Fixtures continued.....

SAT 17*	NORTH OF ENGLAND TRACK & FIELD LEAGUE* – DIV 2S – U17 & SENIORS - MATCH FOUR – venue to be determined. Clubs: Deeside AAC, Macclesfield H&AC, Manchester H&AC, Menai T&F, Salford Met AC.
SUN 25*	CHESHIRE TRACK & FIELD LEAGUE* – ROUND 4/Match 1 – RICHMOND STREET SPORTS GROUND, DUKINFIELD OL17 9HG. For members aged 9 upwards. Clubs: Bury AC, East Cheshire H & Tameside AC, Handforth & Knutsford, Macclesfield H&AC, Manchester H&AC, Salford Met AC.

### 2024 SENIOR ROAD RACE CHAMPIONSHIP

*The following describes the structure as it was for the 2023 SENIOR ROAD RACE CHAMPIONSHIP. The first two of the three nominated races were well supported and we look forward to the Sale Sizzlers on 20 June, 5 & 19 July, 1 August being equally well supported (your best results of the four races 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 1<sup>st</sup> January to 31<sup>st</sup> December 2024.

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 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 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 have been collated from the Power of Ten website and will be published at the end of April.*

ANY QUERIES please e-mail Brenda [arnoldbradshaw@btinternet.com](mailto: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**

**2024 MEMBERSHIP RENEWALS FELL DUE ON THE 1<sup>ST</sup> JANUARY. REMINDERS HAVE BEEN SENT BY EMAIL. MEMBERS WHO HAVEN'T YET RENEWED ARE ASKED TO DO SO AS SOON AS POSSIBLE. THE ENGLAND ATHLETICS REGISTRATION FEES WILL ONLY BE PAID FOR MEMBERS WHO HAVE RENEWED.**

**IF YOU HAVE A QUERY ABOUT YOUR MEMBERSHIP, PLEASE CONTACT THE MEMBERSHIP SECRETARY, BRENDA BRADSHAW  
email Brenda: [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 47 (November) took place at the  
Wythenshawe Track Training Session on the 30<sup>th</sup> November.**

**WINNERS: FIRST – DANNY HERMAN  
SECOND & THIRD – BRENDA BRADSHAW**

**DRAW 48 (THE MARCH DRAW) WILL TAKE PLACE  
ON THE 22<sup>ND</sup> APRIL**

**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**