

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 in which we have members competing. 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.

<p><u>TRAINING SESSIONS AT WYTHENSHAWE:</u> <i>Tuesday & Thursday 6 pm to 7 pm</i> <i>NB: no training at Wythenshawe on Thursday 1st August</i></p> <p><u>TRAINING SESSIONS AT SPORTCITY:</u> <i>Monday & Wednesday 7 pm to 8:30 pm</i></p> <p><u>ALL EVENTS & ALL TRAINING SESSIONS:</u> <i>members are advised to check dates and venues</i></p>	
JULY 2024	<i>[*please contact your coach if you are interested in competing]</i>
FRI 5	SALE 5K SIZZLER – SECOND OF FOUR – 7:30 pm - <i>Wythenshawe Park</i> – yes, it is <i>on Friday as is the third in the series.</i>
SUN 14* <u>HOST CLUB</u> <u>HELP</u> <u>NEEDED</u>	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. WE ARE THE HOST CLUB SO LOTS OF HELP NEEDED.
FRI 19	SALE 5K SIZZLER – THIRD OF FOUR – 7:30 pm <i>Wythenshawe Park</i> – yes, <i>another Friday but the final event is on a Thursday.</i>
SAT 20*	CHESHIRE TRACK & FIELD LEAGUE* – ROUND 3/Match 3 – QUEENSWAY STADIUM, WREXHAM LL13 8UH - for members aged 9 upwards. Clubs: Crewe & Nantwich, Halton & Frodsham AC, Manchester H&AC, Oldham & Royton Harriers, Salford Met AC, Wrexham AC. (NB there was no Round 2 this season.)
SUN 21*	YOUTH DEVELOPMENT T&F LEAGUE* – NW 3S DIV - U13s & 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 & District AC, Macclesfield H&AC, Manchester H&AC, Menai T&F, Salford Met AC, Wrexham AAC.
MON 29 JULY – FRI 2 AUGUST	<u>WEEK ONE OF STARTRACK – FUN ATHLETICS IN THE SUMMER HOLIDAYS – 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. £75 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.</u>
AUGUST 2024	<i>[*please contact your coach if you are interested in competing]</i>
THU 1	SALE 5K SIZZLER – FINAL OF FOUR – 7:30 pm - <i>Wythenshawe Park</i> <i>[NB training at Wythenshawe is cancelled – members should check with their coach for alternative session].</i>
MON 5 – FRI 9	<u>WEEK TWO OF STARTRACK – FUN ATHLETICS IN THE SUMMER HOLIDAYS – for details see WEEK ONE – Monday 29 July – Friday 2 August (above) PLEASE LET DEBBIE KNOW IF YOU WOULD LIKE TO HELP.</u>
SAT 17*	NORTH OF ENGLAND TRACK & FIELD LEAGUE* – DIV 2S – U17 & SENIORS - MATCH FOUR – WITTON PARK, BLACKBURN. Clubs: Deeside AAC, Macclesfield H&AC, <u>Manchester H&AC</u> , Menai T&F, Salford Met AC. Double Header with Div 2N.
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, <u>Manchester H&AC</u> , Salford Met AC.

SEPTEMBER 2024	
SAT 28 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY RELAYS - Wythenshawe Park – 10 am - two races Years 3&4 and Years 5&6 – <i>please let Dave Wood know if you can help.</i>
OCTOBER 2024	
SAT 5 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – MATCH ONE OF FIVE - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help.</i>
SAT 5	SOCIAL & AWARDS EVENING - WYTHENSHAWE CRICKET & SPORTS CLUB - AWARDS FOR THE 2023 ROAD CHAMPIONSHIP, THE 2023/2024 CROSS COUNTRY SEASON, AND THE 2024 TRACK & FIELD SEASON. <i>Full details to follow.</i>
SAT 12 <i>HELP NEEDED - WE'RE THE HOST CLUB</i>	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH ONE – Heaton Park – first race 12 noon. <i>For Under 11's to Vets (Note – U11's minimum age 9 as of 31/8/24). All entries through the Club – IMPORTANT – we're the host club and need lots of help – please let Dave Wood know if you can help.</i>
NOVEMBER 2024	
SAT 9	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH TWO – venue tba – first race 12 noon. <i>For Under 11's to Vets (Note – U11's minimum age 9 as of 31/8/24). All entries through the Club.</i>
SAT 16 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – MATCH TWO OF FIVE - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help.</i>
DECEMBER 2024	
SAT 7	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH THREE – venue tba – first race 12 noon. <i>For Under 11's to Vets (Note – U11's minimum age 9 as of 31/8/24). All entries through the Club.</i>
SAT 14	GREATER MANCHESTER CROSS COUNTRY CHAMPIONSHIPS – TEAM EVENT - Leigh. <i>For male and female U13, U15, U17, U20, SENIORS (minimum age 11 as of 31/8/24).</i>
JANUARY 2025	
SAT 11	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FOUR – venue tba – first race 12 noon. <i>For Under 11's to Vets (Note – U11's minimum age 9 as of 31/8/24). All entries through the Club.</i>
SAT 18 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – MATCH THREE OF FIVE - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help.</i>
FEBRUARY 2025	
SAT 8	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FIVE – venue tba – first race 12 noon. <i>For Under 11's to Vets (Note – U11's minimum age 9 as of 31/8/24). All entries through the Club.</i>
MARCH 2025	
SAT 8 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – MATCH FOUR OF FIVE - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help.</i>
SAT 22 <i>HELP NEEDED</i>	PRIMARY SCHOOLS CROSS COUNTRY LEAGUE – FINAL MATCH OF FIVE - Wythenshawe Park – 10 am – <i>please let Dave Wood know if you can help.</i>

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 1st Jan to 31st Dec 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 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 have been collated from the Power of Ten website and will be published soon. Awards will be presented at the Social & Awards Evening on the 5th October 2024.

ANY QUERIES please 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

***IF YOU WOULD LIKE TO HELP
WITH ANY ASPECT OF THE CLUB,
PLEASE CONTACT THE CLUB SECRETARY,
DAVID GREGORY***

2024 MEMBERSHIP

**2024 MEMBERSHIP RENEWALS FELL DUE ON THE 1ST 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 ARE ONLY 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**

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 48 (March) took place at the
Committee Meeting on the 22nd April.**

**WINNERS: FIRST – JEAN SKITT
SECOND – BRENDA BRADSHAW
THIRD – DANNY HERMAN**

DRAW 49 WILL TAKE PLACE AT THE END OF JULY

**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”.**

**Please contact Brenda at arnoldbradshaw@btinternet.com with additions
or corrections to the fixtures or telephone Brenda on 0161-796 6310**