

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.

<u>TRAINING SESSIONS AT WYTHENSHAW:</u> Tuesday & Thursday 6 pm to 7 pm <u>TRAINING SESSIONS AT SPORTCITY:</u> Monday & Wednesday 7 pm to 8:30 pm <u>ALL EVENTS & ALL TRAINING SESSIONS:</u> members are advised to check dates and venues	
NOVEMBER 2024	
SAT 9	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH TWO – KENWORTHY WOODS – first race 12 noon. For Under 11's to Vets (Note – U11's minimum age 9 as of 31/8/24). All entries through the Club – queries – contact Debbie (tinpet40@yahoo.co.uk) or Ed (samfazakerley@btinternet.com)
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>
SUN 17	NORTHERN MASTERS TEN MILE ROAD CHAMPIONSHIPS – 10 AM - INCORPORATED IN THE PRESTON 10 MILE ROAD RACE – Tolsey Drive, close to Hutton Grammar School – fast, flat course. Closing date 14 th November. There's also a 5 Mile Race on the same course.
SUN 24	NORTHERN MASTERS KEN MAYOR 5K ROAD CHAMPIONSHIPS – 11 AM – Bodington Playing Fields, Bodington Ave, Adel, Leeds, W.Yorks LS16 8NA Closing date 14 th November – entry fee £6. Annual Championship race for NMAC members and guests including an open race for all over 35s on a closed 1 mile circuit with medals for members in all 5 year age categories, over 35s only! Pre-entries only.
DECEMBER 2024	
SUN 1	SALE WINTER INDOOR TRACK & FIELD OPEN MEETING – 10:30 AM START - SPORTCITY – FIRST OF SIX - £8 PER EVENT
SAT 7	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH THREE – WOODBANK PARK – first race 12 noon. For Under 11's to Vets (Note – U11's minimum age 9 as of 31/8/24). All entries through the Club – queries - contact Debbie (tinpet40@yahoo.co.uk) or Ed (samfazakerley@btinternet.com)
SAT 14	GREATER MANCHESTER CROSS COUNTRY CHAMPIONSHIPS – TEAM EVENT - LEIGH. For male and female U13, U15, U17, U20, SENIORS (minimum age 11 as of 31/8/24). Queries - contact Debbie (tinpet40@yahoo.co.uk) or Ed (samfazakerley@btinternet.com).
SUN 15	CHRISTMAS HANDICAP – WYTHENSHAW PARK. JUNIORS 10 AM – approx 1 mile, SENIORS follow on – approx. 3.2 miles. Flyer with full details will be on the website soon.
SUN 22	SALE WINTER INDOOR TRACK & FIELD OPEN MEETING – 10:30 AM START - SPORTCITY – SECOND OF SIX - £8 PER EVENT
JANUARY 2025	
SAT 11	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FOUR – TATTON PARK – first race 12 noon. For Under 11's to Vets (Note – U11's minimum age 9 as of 31/8/24). All entries through the Club – queries - contact Debbie (tinpet40@yahoo.co.uk) or Ed (samfazakerley@btinternet.com)
<i>January fixtures continue overleaf.....</i>	

<i>January fixtures continued.....</i>	
SUN 12	SALE WINTER INDOOR TRACK & FIELD OPEN MEETING – 10:30 AM START - SPORTCITY – <i>THIRD OF SIX - £8 PER EVENT</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>
SAT 25	NORTHERN CROSS COUNTRY CHAMPIONSHIPS – TATTON PARK
FEBRUARY 2025	
SAT 1	GREATER MANCHESTER SCHOOLS CROSS COUNTRY CHAMPIONSHIPS – HEATON PARK - <i>FIRST RACE 11 AM</i>
SUN 2	SALE WINTER INDOOR TRACK & FIELD OPEN MEETING – 10:30 AM START - SPORTCITY – <i>FOUR OF SIX - £8 PER EVENT</i>
SAT 8	MANCHESTER AREA CROSS COUNTRY LEAGUE – MATCH FIVE – <i>KENWORTHY WOODS – first race 12 noon. For Under 11's to Vets (Note – U11's minimum age 9 as of 31/8/24). contact Debbie (tinpet40@yahoo.co.uk) or Ed (samfazakerley@btinternet.com)</i>
SUN 16	SALE WINTER INDOOR TRACK & FIELD OPEN MEETING – 10:30 AM START - SPORTCITY – <i>FIFTH OF SIX - £8 PER EVENT</i>
SAT 22	ENGLISH CROSS COUNTRY CHAMPIONSHIPS – PARLIAMENT HILL
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>
SUN 9	SALE WINTER INDOOR TRACK & FIELD OPEN MEETING – 10:30 AM START - SPORTCITY – <i>FINAL OF SIX - £8 PER EVENT</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>
SUN 30	NORTHERN 12 & 6 STAGE RELAYS - REDCAR
APRIL 2025	
FRI 18	SALFORD 10K – SALFORD SPORTS VILLAGE, LITTLETON ROAD, LOWER KERSAL, SALFORD M7 3NQ
MAY 2025	
SUN 11	ROB BURROW LEEDS MARATHON
SAT 17	NORTHERN TRACK & FIELD LEAGUE – FIRST MATCH OF FOUR - <i>venue and full details not yet known</i>
JUNE 2025	
SUN 22	NORTHERN TRACK & FIELD LEAGUE – SECOND MATCH OF FOUR - <i>venue and full details not yet known</i>
JULY 2025	
SUN 13	NORTHERN TRACK & FIELD LEAGUE – THIRD MATCH OF FOUR - <i>venue and full details not yet known</i>
AUGUST 2025	
SAT 2	NORTHERN TRACK & FIELD LEAGUE – FINAL MATCH OF FOUR - <i>venue and full details not yet known</i>
<p><i>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 HAVE ONLY BEEN PAID FOR MEMBERS WHO HAVE RENEWED. IF YOU HAVE A QUERY ABOUT YOUR MEMBERSHIP, PLEASE CONTACT THE MEMBERSHIP SECRETARY, BRENDA BRADSHAW</i></p> <p><i>email Brenda: arnoldbradshaw@btinternet.com</i></p>	

2024 SENIOR ROAD RACE CHAMPIONSHIP

1ST JANUARY TO 31ST DECEMBER 2024

(AGE AS OF 1ST JANUARY 2024)

STRUCTURE

MINIMUM OF FIVE RACES

**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 - age as of the 1st January.

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.*

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.

2023 WINNERS

MEN

Joint Men's Champions - Dave Walmsley V60 & Matthew Crimes V40

1st V55 - Glen Gandy, 1st V65 - Dave Gee,

1st V50 - Andrew Almond, 1st V45 - Chris Sewart,

1st V75 - Arnold Bradshaw, 1st Senior - Elliot Brady

WOMEN

Women's Champion - Alice Stiles Snr

1st V40 - Caroline Baba, 1st V55 - Linda Cross

ANY QUERIES please e-mail 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 49 (July) took place at the

Committee Meeting on the 29th July.

WINNERS: FIRST – PHIL FARRELLY

SECOND – JEAN SKITT

THIRD – FAY MORAN

DRAW 50 WILL TAKE PLACE AT THE END OF NOVEMBER

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