

MANCHESTER HARRIERS & A.C. FIXTURES – 2025

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.

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.

*As advised, the **CHESHIRE TRACK & FIELD LEAGUE** has been replaced by the **CHESHIRE TRACK & FIELD GRAND PRIX** (for U11s up to Seniors). It's for individuals and, as such, the Club asks that members who are interested make their own arrangements (google Cheshire Track & Field Grand Prix for details). The Club is looking for alternative events and will update members as soon as we have any information. Meanwhile, we would welcome any suggestions.*

APRIL 2025

FRI 18	SALFORD 10K – SALFORD SPORTS VILLAGE, LITTLETON ROAD, LOWER KERSAL, SALFORD M7 3NQ (Event included in the new NMAC RR Champs)
TUE 22	STRIDE INTO SPRING HEBDEN BRIDGE 10K - (event included in the new NMAC RR Champs)
SAT 26	CHESHIRE TRACK & FIELD GRAND PRIX (formerly T&F League) - Ellesmere Port Sports Village - First of Four (see note above April).
SUN 27	ADIDAS MANCHESTER MARATHON – start at Old Trafford/Manchester United FC, finish on Oxford Road.
SUN 27	TCS LONDON MARATHON

MAY 2025

*[*please let your coach know if you are interested in competing]*

SAT 3*	YOUTH DEVELOPMENT T&F LEAGUE NW3S – U13s & U15s – MATCH ONE – WOODBANK STADIUM, WOODBANK PARK, STOCKPORT. For U13 & U15 members aged at least 11 as of 31/8/25. Contact Matt Hanson or Debbie Beresford if interested. Clubs: Altrincham & District AC, Manchester H&AC, Menai T&F, Salford Met AC, Stockport H&AC, Wrexham AAC.
SAT 3	IT'S A PIECE OF CAKE 10K - 10:30 AM – Lakeside Café, Boggart Hole Clough, Charlestown Road, Blackley M9 7DF
SAT 10 & SUN 11	GREATER MANCHESTER TRACK & FIELD CHAMPIONSHIPS – Longford Park Stadium, Ryebank Road, Stretford M21 9TA
SAT 10	TATTON PARK 10K – (event included in the new NMAC RR Champs)
SUN 11	ROB BURROW LEEDS MARATHON – Headingley Stadium 9 am

We need a lot of support from both competing and non-competing members on the following weekend. Please contact Dave or Debbie if you can help.....

SAT 17*	NORTHERN TRACK & FIELD LEAGUE – DIV WEST 1S – U17, U20 & SENIORS - FIRST MATCH OF FOUR - Deeside Stadium CH5 4BR. Clubs: Deeside AAC (Host), Liverpool H&AC, Liverpool Pembroke & Sefton AC, Manchester H&AC, St Helens Sutton AC, Wirral AC.
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MAY 2025 continued.....	
SAT 17 <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 18 <u>VOLUNTEERS NEEDED TO MARSHAL</u>	GREAT MANCHESTER RUNS – START & FINISH MANCHESTER CITY CENTRE - 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.
SAT 24	CHESHIRE TRACK & FIELD GRAND PRIX (formerly T&F League) – Macclesfield Leisure Centre - Second of Four (see note above April).
JUNE 2025	[*please let your coach know if you are interested in competing]
SUN 1*	YOUTH DEVELOPMENT T&F LEAGUE NW3S – U13s & U15s – MATCH TWO – CLEAVLEY ATHLETIC TRACK, ECCLES. For U13 & U15 members aged at least 11 as of 31/8/25. Contact Matt Hanson or Debbie Beresford if interested. Clubs: Altrincham & District AC, Manchester H&AC, Menai T&F, Salford Met AC, Stockport H&AC, Wrexham AAC.
SUN 1	BRADFORD 10K (event included in the new NMAC RR Champs)
WED 4 <u>OUR EVENT HELP NEEDED</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.
SAT 7	STANLEY PARK LIVERPOOL 5K - (event included in the new NMAC RR Champs)
WED 11	OTTLEY 10 MILE (event included in the new NMAC RR Champs)
WED 18	EVEN SPLITS LEEDS 5K (event included in the new NMAC RR Champs)
THU 19	SALE 5K SIZZLER – FIRST OF FOUR – 7:30 pm Wythenshawe Park [NB training at Wythenshawe will be cancelled – members should check with their coach for alternative session].
SAT 21	CHESHIRE GRAND PRIX (formerly T&F League) – Victoria Park, Warrington - Third of Four (see note above April).
SUN 22*	NORTHERN TRACK & FIELD LEAGUE – DIV WEST 1S – U17, U20 & SENIORS - SECOND MATCH OF FOUR – Wavertree Athletic Track L15 4LE. Clubs: Deeside AAC, Liverpool H&AC (Host), Liverpool Pembroke & Sefton AC, Manchester H&AC, St Helens Sutton AC, Wirral AC.
WED 25 <u>OUR EVENT HELP NEEDED</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). <u>THIS IS OUR PROMOTION, WE WILL NEED LOTS OF SUPPORT AND HELP.</u> If you are not able to compete but are available to help, please volunteer.
SUN 29	YOUTH DEVELOPMENT T&F LEAGUE NW3S – U13s & U15s – MATCH THREE – CLEAVLEY ATHLETIC TRACK, ECCLES. For U13 & U15 members aged at least 11 as of 31/8/25. Contact Matt Hanson or Debbie Beresford if interested. Clubs: Altrincham & District AC, Manchester H&AC, Menai T&F, Salford Met AC, Stockport H&AC, Wrexham AAC.
JULY 2025	[*please let your coach know if you are interested in competing]
FRI 4	SALE 5K SIZZLER – SECOND OF FOUR – 7:30 pm Wythenshawe Park – yes, it is on Friday as is the third in the series.
SUN 13*	NORTHERN TRACK & FIELD LEAGUE – DIV WEST 1S – U17, U20 & SENIORS - THIRD MATCH OF FOUR – The Sports Centre, Edge Hill University L39 4QP. Clubs: Deeside AAC, Liverpool H&AC, Liverpool Pembroke & Sefton AC (Host), Manchester H&AC, St Helens Sutton AC, Wirral AC.
FRI 18	SALE 5K SIZZLER – THIRD OF FOUR – 7:30 pm Wythenshawe Park – yes, it is on Friday as is the second in the series.

JULY 2025 continued.....	
SUN 20*	YOUTH DEVELOPMENT T&F LEAGUE NW3S – U13s & U15s – MATCH FOUR – SPORTCITY – a double header with NW3N. We're the Host Club so lots of help needed. Contact Matt Hanson or Debbie Beresford if interested. For U13 & U15 members aged at least 11 as of 31/8/25. Clubs: Altrincham & District AC, Manchester H&AC, Menai T&F, Salford Met AC, Stockport H&AC, Wrexham AAC <u>plus NW3N Clubs</u> : Border & Seaton, Blackpool Wyre & Fylde AC, Horwich RMI H&AC, St Helens Sutton (Co-Hosts), Team North Cumbria.
WED 23	EVEN SPLITS LEEDS 5K (event included in the new NMAC RR Champs)
SAT 26	BEYOND MANCHESTER – 25K TRAIL (£45) AND 55K ULTRA (£80) – start and finish in the City Centre – route covers Eccles, Worsley, Farnworth, Bolton, Bury, Whitefield, Prestwich, Pendlebury. This is another event we may help marshal – please let Dave Wood know if you are interested (davidwood49@aol.com).
SAT 26	HEBDEN BRIDGE 5K (event included in the new NMAC RR Champs)
MON 28 <i>JULY to FRI 2 AUGUST</i>	<u>WEEK ONE OF STARTRACK – FUN ATHLETICS IN THE SUMMER HOLIDAYS</u> – 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. Contact Debbie Beresford on 07977 203478 if you would like to help.
THU 31	SALE 5K SIZZLER – FINAL OF FOUR – 7:30 pm Wythenshawe Park [NB training at Wythenshawe will be cancelled – members should check with their coach for alternative session].
AUGUST 2025 [<i>*please let your coach know if you are interested in competing</i>]	
SAT 2*	NORTHERN TRACK & FIELD LEAGUE – DIV WEST 1S – U17, U20 & SENIORS - FINAL MATCH OF FOUR – The Oval, Bebington CH63 7LF. Clubs: Deeside AAC, Liverpool H&AC, Liverpool Pembroke & Sefton AC, Manchester H&AC, St Helens Sutton AC, Wirral AC (Host).
SUN 3	YORK 10K (event included in the new NMAC RR Champs)
MON 5 <i>to FRI 9</i>	<u>WEEK TWO OF STARTRACK – FUN ATHLETICS IN THE SUMMER HOLIDAYS</u> – for details see WEEK ONE – Monday 29 July – Friday 2 August (above) PLEASE LET DEBBIE KNOW IF YOU WOULD LIKE TO HELP.
SAT 9	TATTON PARK 5K (event included in the new NMAC RR Champs)
SAT 30 <i>(was 13/7)</i>	CHESHIRE TRACK & FIELD GRAND PRIX (formerly T&F League) – Macclesfield Leisure Centre - Final of Four (see note above April).
<i>IF YOU WOULD LIKE TO HELP WITH ANY ASPECT OF THE CLUB, PLEASE CONTACT THE CLUB SECRETARY, DAVID GREGORY</i>	
<i>PLEASE USE THE WEBSITE www.manchesterharriers.co.uk. You'll find updates, news, photos, results, club kit and lots more. If you have something you want included, corrected or changed, please get in touch with Brenda arnoldbradshaw@btinternet.com. We can alert you to new updates by email – just go to the website and click on 'Subscribe by email'.</i>	
<i>LOOKING FOR CLUB KIT? Check out the ONLINE SHOP on the website www.manchesterharruers.co.uk or contact Debbie Beresford tinpet40@yahoo.co.uk.</i>	
<i>2025 MEMBERSHIP - MEMBERSHIP RENEWALS FELL DUE ON THE 1ST JANUARY. DETAILS HAVE BEEN SENT TO MEMBERS BY EMAIL. ANY QUERIES: PLEASE CONTACT THE MEMBERSHIP SECRETARY, BRENDA BRADSHAW (arnoldbradshaw@btinternet.com)</i>	

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 51 (March) took place at the Committee Meeting on the 31st March.

WINNERS:

FIRST – JOAN BENNION

SECOND & THIRD – BRENDA BRADSHAW

DRAW 52 WILL TAKE PLACE AT THE END OF JULY 2025

2025 SENIOR ROAD RACE CHAMPIONSHIP 1ST JAN TO 31ST DEC 2025

(AGE AS OF 1ST JAN. 2025) 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 2025 – 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.

2024 CHAMPIONSHIP

Results are being compiled and will be published as soon as possible

2023 WINNERS

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's Champion Alice Stiles Snr, 1st V40 Caroline Baba, 1st V55 Linda Cross

ANY QUERIES please e-mail Brenda arnoldbradshaw@btinternet.com.

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