In celebration of the 20th Anniversary of the opening of the athletics track we are hosting a T&F Open Meeting on Saturday 13th April. This is a fantastic opportunity to try a competition if you have never done so before. We also need lots of volunteers to do a range of activities on the day. No experience is required! Please, support this important event, either by competing or helping out. Online entries close on 9th April: www.race-results.co.uk

There are also a number of Open events that you might be interested in – see the Open fixture list overleaf.

Welcome to the T&F Season...
We compete in three leagues across our age groups. Please let your team manager (see overleaf) know if you would like to compete:
Cheshire League – U11 to Senior
Youth Development League – U13/15
Northern T&F League – U17 to Senior

The Cheshire T&F Championships are being held in Warrington on Saturday 11th and Sunday 12th May. Entries close on Saturday 4th May. Please enter via this link: https://cheshire.athletics-uk.org/
The event is open to all abilities across U13 to Senior age groups. We had more than 60 athletes compete at the County Champs in 2018 and are aiming for more this year.

There are also a number of Open events that you might be interested in – see the Open fixture list overleaf.

Macclesfield Harriers and Athletics Club
We also have a number of private groups for parents of our junior athletes:
Macclesfield Harriers U11s; Macclesfield Harriers U13s; Macclesfield Harriers U15s

www.macclesfield-harriers.co.uk
The website is kept up to date with new items, reports and articles published by members.
COMPETING
We encourage our athletes to compete, and believe that this can be an excellent way of taking athletics participation to the next level. It also helps to develop team working skills.

Participants of all abilities are welcome, and everybody scores points for the team no matter where they find themselves on the results sheet. After you join the club, you can expect to be contacted by email by the relevant team manager for your/your child’s age group, advising you of upcoming competitions. Our coaches will also discuss competitions with the junior athletes, and advise them of their strongest events.

OPEN EVENTS
(correct at time of publishing – please re-check before each event)

<table>
<thead>
<tr>
<th>Date</th>
<th>Venue and details</th>
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<tbody>
<tr>
<td>7 April</td>
<td>Trafford Medal Meet, Longford Park, Stretford M21 9TA. Enter on the day.</td>
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<td><a href="https://www.t">https://www.t</a> Traffordac.co.uk/docs/2019_GP-MM_Programme.doc</td>
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<tr>
<td>13 April</td>
<td>Macclesfield Harriers Open meeting (see overleaf).</td>
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<tr>
<td>14 April</td>
<td>Wigan Harriers Spring Open. Info and pre-enter at [insert link].</td>
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<tr>
<td>22 April</td>
<td>Trafford Medal Meet, Longford Park, Stretford M21 9TA. Enter on the day.</td>
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<td><a href="https://www.t">https://www.t</a> Traffordac.co.uk/docs/2019_GP-MM_Programme.doc</td>
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<tr>
<td>6 May</td>
<td>Trafford Medal Meet, Longford Park, Stretford M21 9TA. Enter on the day.</td>
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<td><a href="https://www.t">https://www.t</a> Traffordac.co.uk/docs/2019_GP-MM_Programme.doc</td>
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<tr>
<td>27 May</td>
<td>Trafford Medal Meet, Longford Park, Stretford M21 9TA. Enter on the day.</td>
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<td><a href="https://www.t">https://www.t</a> Traffordac.co.uk/docs/2019_GP-MM_Programme.doc</td>
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<tr>
<td>11 Aug</td>
<td>Warrington Open, Victoria Park, Knutsford Road, Warrington. Usually ‘enter on the day’ (TBC).</td>
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<tr>
<td>26 Aug</td>
<td>Trafford Medal Meet, Longford Park, Stretford M21 9TA. Enter on the day.</td>
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<td><a href="https://www.t">https://www.t</a> Traffordac.co.uk/docs/2019_GP-MM_Programme.doc</td>
</tr>
</tbody>
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T&F TEAM MANAGERS 2019

U11 Boys
Peter McGrath
Tel: 07980 640829
Email: petermcgrath757@gmail.com

U13 Boys
Suzanne Tidwell
Tel: 07834 686414
Email: sootids@googlemail.com

U15 Boys
Andy Blunn
Tel: 07563 382549
Email: andyblunn@hotmail.com

U17 Men
Ann Danson
Tel: 07802 606100
Email: ann@dansons.co.uk

U20 and Senior Men
Rob Finnis (Northern T&F League)
Tel: 07443 874334
Email: robfinnis@outlook.com
Peter Goodfellow (Cheshire League)
Email: peter_sg@outlook.com

U11 Girls
Sam Knuckey
Tel: 07941 084955
Email: samknuckey@btconnect.com

U13 Girls
Charlotte Wootten
Tel: 07907 626151
Email: charlotte_mccurrie@hotmail.com

U15 Girls
Sarah Dilworth
Tel 07958 470108
Email: saraheddilworth@gmail.com

U17 Ladies
Rachel Heslop and Sue Spencer
Tel: 07758 899557
Email: u17girls@mac.com

U20 and Senior Ladies
Hilary West
Tel: 07773 164474
Email: hilarywest@talk21.com

Membership renewal was due on 31st March. You must have paid to attend training and compete for the club.

Club Kit
Club vests are required for all competitions and are available at the clubhouse for £15. For all club kit, including hoodies, please contact Steve Swallow on 01625 827355.

Helping Out
At each competition, the coaches and team managers require help from parents, grandparents, relatives, friends. The field events need volunteers to help with listing athlete names, recording distances jumped/thrown etc – no experience is needed, and all training is provided on the day. For our league competitions, we are required to supply a team of officials and helpers in order to take part. Let your child’s team manager know if you would be able to help on the day. Alternatively there is a list on the noticeboard in the clubhouse, where you can add your name.