

Thinking about joining a Wednesday night fell run?

Please remember to do the following:

- If you are already a member, sign up via the Event that is posted in the 'Macclesfield Harriers Fell Section' Facebook Group each week– this helps us to ensure we have the right leader cover.
 - If your plans change and you can't make it, please try to drop us a message in advance so we don't wait for you.
- We leave at 7pm sharp!
- **KIT:** Bring a charged torch, waterproof jacket and emergency clothes over the winter months. If it is grim bring more! We're not racing so the extra weight won't matter.
- **PACE:** There are usually three groups and we all typically run for about 90 minutes.
 - Green – 6 miles
 - Blue – 7-8 miles
 - Red – 9+ miles
- No-one should get left behind, but if you feel you're slower than the rest of the group have a quiet word with the run leader who should be able to moderate the group. Faster runners should loop regularly - even a few hundred meters can split the group in the dark.

Where do we run from?

The location changes weekly but regular meeting points are listed below (with OS Grid References). Please car share where possible as there is often limited parking. Many of the car parks don't have reliable postcodes but you can usually find them on Google Maps.

The Poachers, Bollington (**SJ 942 778**) – SK10 5RE (leave plenty of time to park on Ingersley Road)

Pym Chair car park (**SJ 994 768**)– find it on Google Maps, near Embridge Causeway

Trentabank car park, Macclesfield Forest (**SJ 961 711**) – along Standing Stone Road

The Robin Hood, Rainow (**SJ 952 763**)– park behind the pub on Smithy Lane (pub postcode is SK10 5XE)

Teggs Nose reservoir bottom car park – Holehouse Lane, Langley (**SJ 945 718**). Small car park, may need to park on Main Road or Clarke Lane.

Clough House car park (**SJ 987 698**) – near Wildboardclough, find it on Google Maps

Danebridge (**SJ 964 652**) – park on the road/bridge near Wincle Brewery, SK11 0QE

Goyt Valley – there are a number of car parks!

The Street car park (**SK 013 756**)– The Street, find it on Google maps at the junction of The Street and Goyt's Lane, on the opposite side of the reservoir to the sailing club

Goyt Valley car park (**SK 024 751**) – Goyt's Lane, find it on Google maps, it is by a small pond

The Roaches Gradbach car park (**SJ 999 662**) – Gradbach Mill Lane. Hairpin bend to access it – might require a three point turn. Small – please car share.

Derbyshire Bridge car park (**SK 018 715**) – turn left after the Cat and Fiddle (if you are heading towards Buxton)

The Beehive, Combs (**SK 041 785**) SK23 9UT