

## Thinking about joining a Saturday trail 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 Trail 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 9am sharp!
- **KIT:** Bring a 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.  
**Please also carry emergency contact details easily accessible in your kit just in case.**
- **Distance / Pace:** Runs can be between 6 and 9 miles and typically last between 80 and 120 minutes. Full details of the planned distance and route for each run will be provided on the Facebook event page. Runs are designed to be inclusive with faster runners looping regularly.
- Please contact the run leader if you have any questions about appropriate kit or are worried you won't keep up (as long as you can manage a parkrun in under 30 minutes you should be fine!).

### Where do we run from?

The location changes weekly. Meeting points are typically in the Macclesfield / Bollington / Langley area, occasionally we meet further afield, full details will be on the Facebook page. 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, if in doubt please check with the run leader.

Please find details of popular starting points below:

**Adlington Road, Bollington (SJ 930 780)** SK10 5TJ Free car park

**Spuley Lane, Bollington (SJ 945 782)** SK10 5DE Free limited off road parking

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

**Trentabank, Macclesfield Forest (SJ 961 711)** – along Standing Stone Road, some free spaces or pay & display.

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

**Teggs Nose country park, Buxton Old Road SK11 0AP (SJ 950 733).** Pay & Display car park

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

**Clough House (SJ 987 698) SK11 0BD** – near Wildboardclough, find it on Google Maps. Pay & display.

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

### Joining the club

Details on how to join can be found here: <https://macclesfield-harriers.co.uk/membership/>

### Upcoming runs

Once you have joined, the Facebook groups post the runs (on Trail, they are posted under the 'events' tab). There are lots of FB groups but here are some links.

<https://www.facebook.com/Maccharriers/>

<https://www.facebook.com/groups/253080755126547/>. Fell group

<https://www.facebook.com/groups/maccharrierstrailgroup/> - Trail group

<https://www.facebook.com/groups/331240820650101/> - ABCD group (road/trail)