



**Macclesfield Harriers & Athletic Club Presents the LANGLEY 7,
Saturday NOVEMBER 7th 2015 at 2.00pm
In association with, and all proceeds to The Rossendale Trust
<http://www.rossendaletrust.org/>**

Directions to the race venue – Langley is about 2 miles from Macclesfield centre - follow directions for Leek A523, then turn left for Langley. Post code for Sat Nav is SK11 0BU . A bus service is available from Macclesfield bus station (which is a few hundred yards away from the railway station). However you get there, please arrive early.

Car Parking – **Please** park as directed, at the factory car park. There should be sufficient parking for everyone there, but **PLEASE CAR SHARE IF YOU CAN, or we WILL run out of space !!**. This car park is only a couple of hundred yards from the start. Don't try to park elsewhere in the village, there is no other off-road parking, and the village roads are narrow / congested. We want to do our bit to avoid upsetting the residents, many of whom will be marshalling or helping.

Number – please collect your number from the appropriate desk in the hall on the day. There'll be a list up in case you've forgotten it. Check the details on the back of it are correct, and let us know if there's a problem.

Swapping numbers – if you can't run, but know someone who can - **DON'T** just give them your number, it causes all sorts of problems. We're happy to swap numbers **BEFORE THE DAY ONLY** . Email me – julianbrown10@hotmail.co.uk – if you're swapping, with both the original and new runners' details, and I'll sort it out.

Changing and toilets – we have access to both the village hall and the church hall (a few yards apart) for changing and toilet facilities. Sorry, we've no showers. Bags can be left in the halls whilst you're running. (at your risk – don't leave valuables, but don't forget a bit of money for your tea!) Mike Honey Physiotherapy <http://www.trinityhousepractice.com> will also be in attendance for pre- and post race massage, for a small donation to our charity.

The race route – is a challenging 7 mile course, with a flattish first mile (a steady start will pay benefits!), then two miles of steadily increasing climb to the top of Withenshaw Lane (which is really quite steep....). From there it's flattish along the ridge for a mile (admire the views!), followed by a long downhill section and more flat and downhill to the finish.

NOTE – we have changed about 800 yd of the route (at about 6 miles) to avoid a busy section of road. The new route is on a hard compacted path - road shoes are fine - but it is narrow in a couple of places. Beware of walkers ! (but no need to beware of cars on this bit!) The course is fully marked and marshalled, and mile markers will be in place.

PLEASE take care, especially if the weather is less than ideal, as the roads are quiet but not closed. Be aware that some of the surfaces – particularly on the descents - may not be ideal (mud, grass, potholes and so on). Just watch where you're putting your feet and you'll be fine. Please obey marshals instructions, they are there for your benefit.

The course - will stay open until the last runner finishes, regardless of time. However, if you wish to drop out for any reason please stop at a marshalling point. There is a sweep vehicle behind the last runner, and transport will be arranged for you back to the start. In addition St John's Ambulance will be available (on bikes, around the route and at the finish).

The finish – is on the (firm gravel) track adjacent to Bottoms (no, really!) Reservoir. Please **make sure we can see your number - and keep going through the finish area to avoid congestion, then collect your goody bag / bottle of beer !** and then make your way back to the church hall following the directed route.

Photography – Bryan Dale has agreed to take pictures of you all, these will be available for free viewing and download at www.racephotos.org.uk . Thank Bryan (and smile !) as you run past !

Post race refreshments – There's water at the finish, and hot and cold drinks, cakes and so on - at reasonable prices in the church hall, (proceeds to Rossendale) where prize giving will also take place. Further liquid refreshments can be obtained from the highly recommended St. Dunstan's inn just round the corner from the hall (you walked past it on the way back)....

Results - will be put on the Macclesfield Harriers website www.macclesfield-harriers.co.uk as soon as possible.

Finally – thanks a lot for coming - enjoy your race, please let us know if we can improve it – **but mostly, thank you for raising funds for The Rossendale Trust: you'll pass their location at about 2 miles on the course.**

Cheers, Julian Brown, and the organising team, Macclesfield Harriers and AC. <http://www.rossendaletrust.org>

