



HILLY



REDWILLOW



**Macclesfield Harriers & Athletic Club Presents the 'not' LANGLEY 'not' 7,
Saturday NOVEMBER 3rd, 2018 at 10:30 am**

**In association with, and all proceeds to The Rossendale Trust <http://www.rossendaletrust.org/>
Supported by Hilly Clothing Ltd. <https://www.hillysocks.com/>**

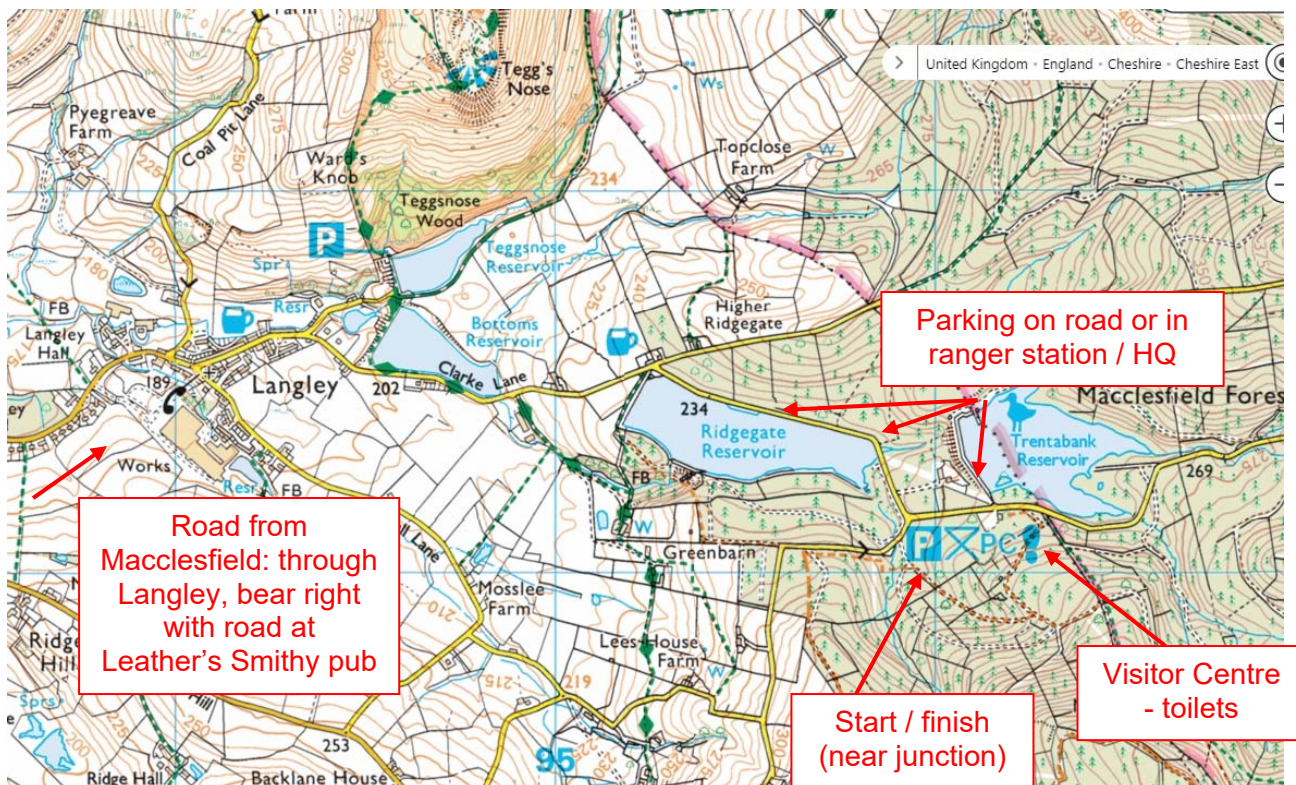
Directions to the race venue (Trentabank Ranger Station, Macc Forest) – We are now about 1.5 miles through Langley. From Macclesfield centre - follow directions for Leek A523, then turn left, and follow signs for Langley. Continue on the main road (called 'Main Road') through Langley village and out the other side (Clarke Lane - uphill.....), then follow the road right at the Leather's Smithy pub. Car parking is either along this road – if there's space in the marked areas – or at the Ranger Station which is another 600 yards on the left. Please arrive early!

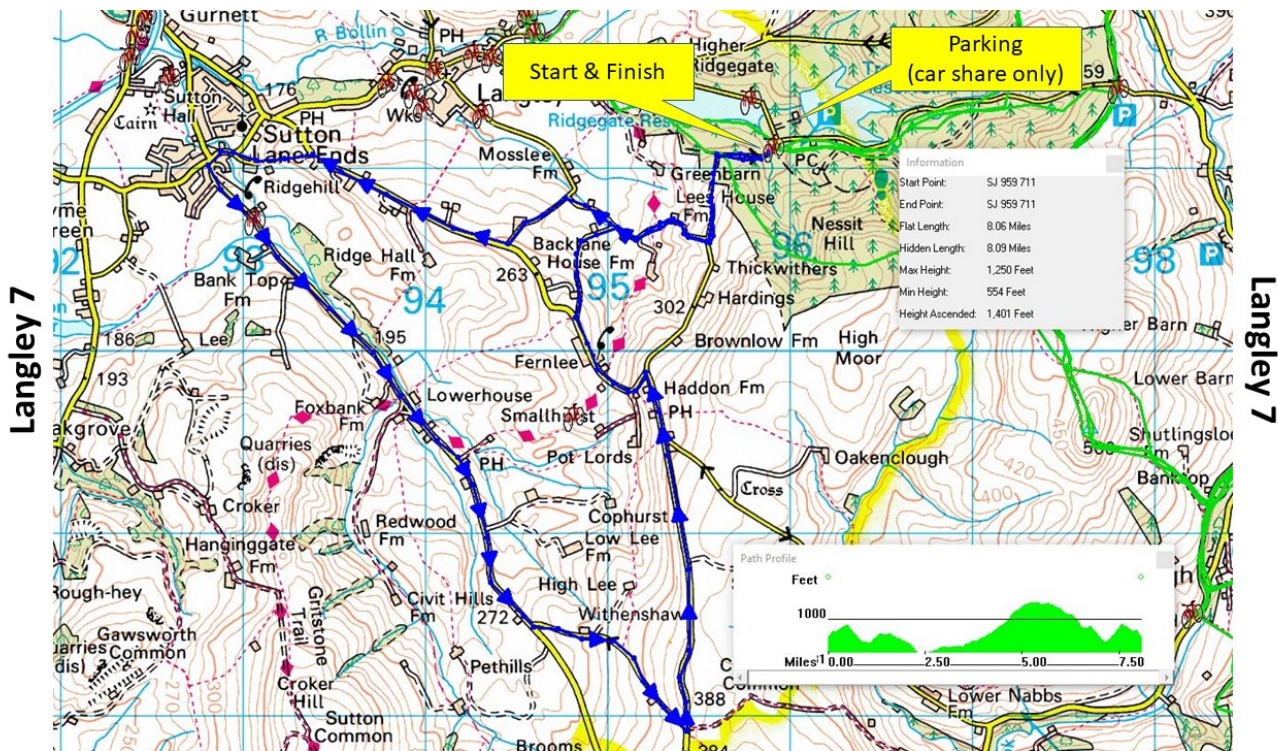
Car Parking – **Please** park prettily as directed. IF everyone car shares, there should be sufficient parking for everyone there, but **PLEASE CAR SHARE, or we WILL run out of space!!**. This car park is next to the venue and only a hundred yards or so from the start. There is a Visitor Centre which has toilets just across the road: see the map below.

Number – please collect your number from the appropriate desk. There'll be a list up in case you've forgotten it. Check the details on 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 PLEASE**. 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 – these are limited to 2 toilets in the Ranger Station and some more – the public toilets - a few yards away in the Trentabank visitor centre. The start is 2 minutes' walk from either of these.





Bags can be left either in your car or in the hall, (at your risk – don't leave valuables, but don't forget a bit of money for your tea!)

Race route. Our race route this year is about 40% new, and 60% the same as previous years. If you've run the race before, the new route is both longer (by about a mile) and considerably hillier than the old one (also it's not 7 miles and doesn't go through Langley either). The old favourite of Withenshaw Lane is still there, but we have a couple of short, sharp climbs: one near the start, one near the finish, as well as the corresponding downhill sections for you to enjoy. We'd recommend you start steadily: and remember, walking the steep bits is a perfectly acceptable strategy, and may pay benefits overall! The route is now all on road, and still 'widdershins' (look it up?).

The course is fully marked and marshalled, and mile markers will be in place. There will be a water station at about 3 miles. Take a bottle if you want, but please **either carry it with you to the finish or dispose of it at a marshalling point**, someone has to collect them, and we don't want to be accused of littering the roads.

PLEASE take care, especially if the weather is less than ideal, as the roads are quiet but not closed: some of them are very narrow, please be aware of possible traffic. 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 (and thank!) the marshals, 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, First Aid will be available (around the route and at the finish).

The finish – is at the same location as the start. Please **make sure we can see your number - and keep going through the finish area to avoid congestion**, then make your way back to the hall following the directed route and then collect your 'memento'! We'd like to thank Hilly Socks for the very generous donation of the mementos!

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 very reasonable prices** in the 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 back in Langley.

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 3 miles on the course.**

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