

WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time	Distance & Pace
A Group	Sarah Harris (07967 388651) sahstaff@aquinas.ac.uk Mark Burley burleymr@gmail.com	A & B Groups Monday nights Oct-Mar 6.30-8.00pm meet Leisure Centre overflow car-park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday nights 6.30-8.00pm meet at overflow car-park behind Leisure Centre	7- 9 miles Pace: sub 7½ min/mile
B Group	Sarah Harris (07967 388651) sahstaff@aquinas.ac.uk (Thurs) Andrew Ratcliffe (07711 795951) ratcliffe49@gmail.com (Mon) Emma Mason - emmamason86@gmail.com		7- 9 miles Pace: 7- 8 min/mile
C Group	Steve Barker stephencharlesbarker@yahoo.co.uk Phil Gaskell (07873 763944) pjgask@aol.co.uk David Larkin davidlarkin20@hotmail.com	Monday nights Oct-Mar 6.30-8.00pm meet Leisure Centre overflow car-park. Monday nights Apr-Sept 6.30-8.00pm meet Tegg's Nose top car park. Thursday nights 6.30-8.00pm meet at overflow car-park behind Leisure Centre	5- 7 miles Pace: 8-9 min/mile
D Group	Steward Waudby harriers-dgroup@wardby.me.uk Lynda Cook (same email as above) 07743 717384 Kim Eastham (same email as above) 07887 924347 Neil Gunn (07786 855027) - Trail neil.gunn@gmail.com	Wednesday and Friday evening 6.30 - 8.00pm at the overflow car - park behind the Leisure Centre Saturday morning 9.00-10.30am, Trail Running Group , mainly off-road, contact Neil for meeting place	4- 6 miles Pace: 9 -10½ min/mile
E Group	Jenny Airey (07969 741139) jenfa23@gmail.com Wendy Boardman (07879 477627) wendyboardman77@gmail.com Abi Leyland egroupleader@hotmail.com	Saturday 9.00am (various locations) Monday 6.30pm (various locations) Wed 7.00pm (overflow car park behind Leisure Centre)	Mon & Sat: 4-6 miles mainly off-road - developing group Wed: 4.5 - 5 miles (local paths and roads)

FELL RUNNING

Meet on Wednesday nights at various venues (see schedule on Facebook and the calendar on the fell section of the club website: www.macclesfield-harriers.co.uk)

TRACK & FIELD

U11s & U13s meet at Macclesfield Athletics Track Pavilion (behind Leisure Centre).
Tuesday & Thursday 6.00 -7.00pm

Contact - email : juniorwaitinglist@macclesfield-harriers.co.uk

U15s, U17s, U20s and Seniors (Tues only for Seniors) for track training meet at Macclesfield Athletics Track Pavilion (behind Leisure Centre)

Tuesday & Thursday 6.30 - 8.00pm

Contacts : U15s, U17s & U20s - Bob Lynch on 01625 829229, & Seniors - Sue Rowson on 01260 252410

JUNIOR ENDURANCE TRAINING

Junior endurance training and off road sessions for teenagers.

Meet at the LC overflow car park for off road sessions, Monday 6.30pm

Contact Bob or Pauline Lynch- 01625 829229. *Note we belong to two different XC leagues.*