

WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time	Distance & Pace
A Group	Sarah Harris (07967 388651) sahstaff@aquinas.ac.uk	Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	7-9 miles Pace: sub 7½ min/mile
B Group	Sarah Harris (07967 388651) sahstaff@aquinas.ac.uk Emma Mason - emmamason86@gmail.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	7-9 miles Pace: 7-8 min/mile
C Group	Steve Barker (07770 993124) stephencharlesbarker@yahoo.co.uk Phil Gaskell (07873 763944) pjgask@aol.co.uk	Thursday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre	5-7 Miles Pace: 8-9 min/mile
D Group	Bob & Pauline Lynch (01625 829229) pauline_lynch@hotmail.com or Stewart Waudby harriers-dgroup@wadby.me.uk Neil Gunn (07786 855027) neil.gunn@gmail.com	Wednesday & Friday evening 6.30-8.00pm at the overflow car-park behind the Leisure Centre Saturday morning 9.00-10.30am, contact Neil for meeting place (this is an off-road group)	4-6 miles Pace: 9-10½ min/mile
E Group	Jenny Airey (07969 741139) jenfa23@gmail.com Wendy Boardman (07879 477627) wendyboardman77@gmail.com)	Saturday 9.00am (various locations) Monday 6.30pm (various locations) Tuesday 6.15pm (overflow car park behind Leisure Centre)	Mon & Sat: 4-6 miles mainly off-road - developing group Tuesday: 3-3½ miles (local paths and roads)

FELL RUNNING

Meet on Wednesday nights at various venues (see schedule in Magazine, 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 : Judy Brown on 01625 421560 or Bob Lynch 01625 829229.

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

CROSS COUNTRY

Cross country and off road sessions for teenagers

Meet at the LC overflow car park for off road sessions, Monday 6.30pm - contact Pauline Lynch 01625 829229. *Note we belong to two different XC leagues.*