

# WEEKLY TRAINING TIMES

Group Name	Group Contacts	Meeting Time	Distance & Pace
<b>A Group</b>	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>B Group</b>	Sarah Harris (07967 388651) sahstaff@aquinas.ac.uk (Thurs) Andrew Ratcliffe (07711 795951) ratcliffe49@gmail.com (Mon) Emma Mason - emmasson86@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
<b>C Group</b>	Steve Barker stephencharlesbarker@yahoo.co.uk Phil Gaskell (07873 763944) pjgask@aol.co.uk David Larkin davidlarkin20@hotmail.com	Monday and Thursday evening 6.30 -8.00pm at the overflow car -park behind the Leisure Centre	5- 7 miles Pace: 8-9 min/mile
<b>D Group</b>	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) 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
<b>E Group</b>	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](http://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 : [juniorewaitinglist@macclesfield-harriers.co.uk](mailto:juniorewaitinglist@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.*