



MACCLESFIELD HARRIERS & AC

INVITE YOU TO TAKE PART IN THE

FOREST FIVE

CHARITY RUN

ON THE PICTURESQUE TRACKS OF MACCLESFIELD FOREST

7.30pm

Wednesday July 28th 2010

Entries £5 on the night

*Parking and Registration from 6.00pm at
Macclesfield Forest Visitors Centre,
Trentabank, nr. Langley (SJ 961712)*

**Under no circumstances must cars be parked anywhere near the
Leathers Smithy Pub. Race parking is 600 metres beyond.**

- Entry fees are donated to East Cheshire Hospice*
- Sorry, no prizes, we want as much as possible to go to our charity*
- The route is ~5.5 miles mostly on good quality forest tracks but
there are some stepped boardwalks to negotiate*
- At one point there is a route choice; either stay on the dry firm track
or to take a slightly shorter line across slippery grass (this might
govern your selection of shoes)*

**With the kind permission of United Utilities plc and with the support of the
Peak National Park Rangers. Changing and toilet facilities are extremely
limited.**



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Arrive in good time; the start is 10 minutes walk from registration.

After the race, runners and officials tend to gather in the St Dunstan Inn in Langley

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