

## **Welcome to the Wincle Trout Run, 3<sup>rd</sup> June 2017 !!**

**Location :-** This year's run is from Burnt House Farm, Wincle (Grid ref. SJ967663), Wincle, Near Macclesfield, Cheshire, SK11 0QJ, (NOTE: a different location from last year, at the top of the hill !). There will be signs directing you from the A54 road, or if coming from another direction, follow the signs to Wincle! Do allow plenty of time to get here as the roads are narrow and can be very congested on the day. The race will start on time: 2:45.

**Parking :-** Please park (for free!) in the large parking area as signposted / directed. **Please please car share** (for instance, you could look at the start list to see who's running from your club !) – There should be enough space there, but there's none anywhere else, so **please don't try to park on the local roads.**

**Entry :-** to the fete is **£1 for all over 12 – runners or not. PLEASE HAVE THE CORRECT CHANGE !!** The official opening is 2pm, but you're welcome to arrive earlier if you want, (within reason !): we'll be there, as will the tea tent. We might even find a job for you.

Come to the run registration desk and collect your race number. Your name, number, age group and club should be as per the website list. Please tell your name and number to registration on the day to receive your vest race number, though if you forget it don't worry, we'll have a list displayed. We issue numbers on the day so that we know who has set off. PLEASE check it's yours and not someone else's, and wear it, unfolded so we can see it, on the front of your vest or shirt. Numbers generously sponsored by Topspeed Couriers.

**Swaps :-** You may transfer your entry **UP TO THREE DAYS BEFORE THE RACE - provided YOU tell us and THEY fill in an entry form. NO SWAPS ON THE DAY PLEASE.**

**Toilets :-** are available on site – and there is limited space for bag storage in the registration tent (and at your own risk). Sorry, no showers, but a quite substantial (and chilly) river at the finish ...

**Equipment :-** There is no specific kit you need to take, but if the weather's bad please consider taking a windproof / waterproof coat with you, you'll be climbing to over 1000', and it can be a bit chilly to say the least if it's wet and / or windy. The route is marked and marshaled. Note also that there's no water provided on the route other than at the finish (and the river crossing!), take some if you want some.

**Course :-** The course includes some steep and rough ground, you'll encounter rocks, stones, tree roots and so on, and a few slippery paths: it's a fell race !, so take care. If it's dry, trail shoes are normally fine : in wet conditions fell shoes are recommended. The river crossing is always slippery, but no-one has fallen in for the last few years ! Please obey marshals' instructions, they are there for your benefit.

**Route :-** The race will start from the fete field at 2:45 prompt. As mentioned earlier, the fete is at the top of the hill, which means the start is downhill, please take it easy. There's a couple of short climbs before another descent to the river crossing (which due to a fallen tree is slightly different from previous years). We will only use the river crossing if it's relatively low, but it'll still be wet and slippery, so take care. There will be a rope if you need it. And on the other side, we hope to have Bryan Dale taking photos. Up the field, onto the track and alongside the river on an undulating track to Gradbach. Steel yourself for the climb through, then out of, the woods and on to Hanging Stone. From there, it's downhill (slippery if wet) across fields and then down through the wood to Danebridge, for another river crossing, this time on a bridge.

From here, it's back to the start, which means mostly uphill, quite a bit of uphill actually, but keep at it and the finish will come eventually ! Simple !. We'll do our very best to mark it so you 'shouldn't' get lost.

Cross the line (make sure we can see your number !) then have a drink, retrieve your trout courtesy of Danebridge Fisheries (**for this you'll need your race number**), at your leisure, and retire to the tea tent for tea and cake, or the beer tent for beer, and enjoy the rest of the fete.

**Retirements :-** 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 runner behind the last runner. First aid will be available at the finish.

**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](http://www.racephotos.org.uk) . Thank Bryan (and smile !) as you run past !

**Results :-** We'll have the results as soon as we can, but there are 350 of you so it might take a little while. The Prize Presentation will hopefully be made at about 3:45 / 4pm. It is hoped the results can be displayed at the fete, but they will also be put on the Macclesfield Harriers website [www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk) as soon as possible after the race.

**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 Church and School, the reason we put the race on every year.

Cheers from the organizing team, Wincle Fete and Trout Run.

**Forthcoming events** you might be interested in.....

Saturday 17<sup>th</sup> June – Bosley (between Leek and Macclesfield) Fete and fell race

Tuesday 20<sup>th</sup> June – Calton Fell Race (between Leek and Ashbourne)

Saturday 25<sup>th</sup> June – Whaley Bridge Waltz and Carnival

Sunday 25<sup>th</sup> June – Langley (Macclesfield) Fete and fell race

Saturday 5<sup>th</sup> August – Tegg's Nose Fell Race

Full details of all these - and many more - at [www.fellrunner.org.uk](http://www.fellrunner.org.uk)

Also ....

Sunday 24<sup>th</sup> September – Macclesfield Half Marathon

Saturday 4<sup>th</sup> November – Langley 7 Road Race

Full details of all these at [www.macclesfield-harriers.co.uk](http://www.macclesfield-harriers.co.uk)