



Summer Series 2023

With 800m Fun Run for Under 11s at each race.

REGISTRATION FOR ALL RACES FROM 6:00 p.m.

RACE START TIMES ARE:

SENIORS 7:15 p.m.
 JUNIORS 7:20-7:25 p.m.
 FUN RUN 6:45 p.m.

PLEASE ARRIVE EARLY TO ALLOW FOR SIGNING ON
 Please sign on for each race.

Out of consideration for other runners, the farmers and their animals
PLEASE DO NOT RUN WITH YOUR DOG

Senior runners please note that the races present varying degrees of challenge. If you are inexperienced or struggle to complete Race 1 Tittesworth in under 60 minutes we recommend that you seriously consider not attempting the longer and much more arduous Roaches race.

Rudyard Race:
 Parking will be at the Rudyard Hotel back carpark. Do not trespass on the railway line.

June 1st TITTESWORTH WATER (ST13 8SW)

Senior 4.5 mile, Junior 1.8 mile Multi terrain

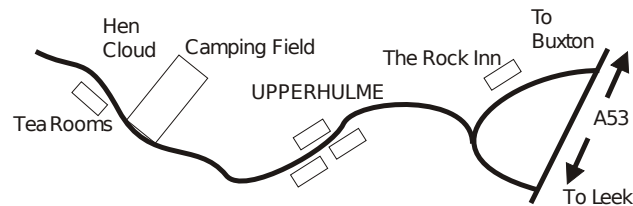
Assemble at Visitor Centre (pay & display)
 Social drink & food at the Lazy Trout afterwards.



June 8th THE ROACHES (ST13 8TY)

Senior 6 mile Road & Fell, Junior 2.5 mile Road & Track.

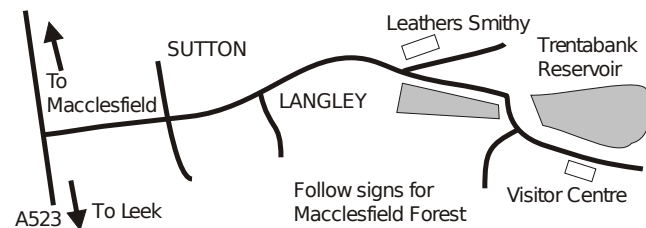
Assemble at the Camping Field, Upper Hulme
 Social drink & food at the Rock Inn afterwards.



June 15th SHUTTINGSLOE FELL (SK11 0NS)

Senior 3.6 mile Trails & Fell, Junior 2 mile Forest Trails

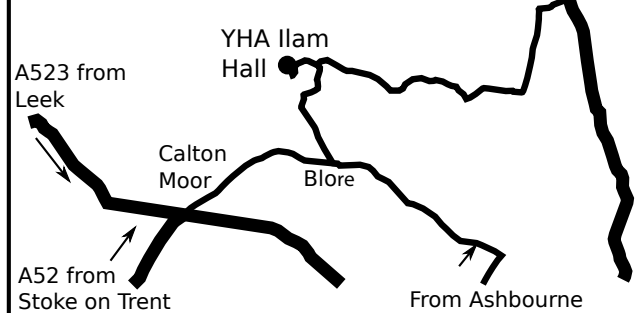
Assemble at the Visitor Centre Macclesfield Forest
 Social drink & food at the Leather's Smithy afterwards.



June 22nd Ilam Hall (DE6 2AZ)

Seniors 5.8 miles

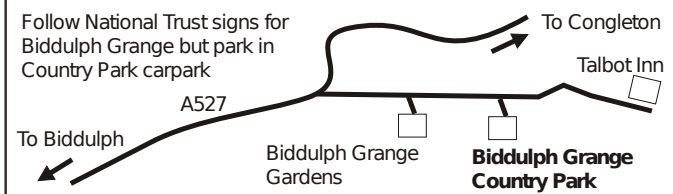
Assemble Car Park YHA Ilam Hall



July 13th BIDDULPH GRANGE COUNTRY PARK (ST8 7XU)

Senior 4 mile, Junior 2 miles Multi terrain

Assemble at Country Park, Grange Road, off A527 to Congleton
 Social drink & food at the Talbot Inn afterwards.



July 27th RUDYARD LAKE (ST13 8XB)

Senior 5 Miles XC and Trails, Junior 2 Miles Trails

Assemble at Rudyard Hotel Car Park, Rudyard.
 Social drink & food at the Rudyard Hotel afterwards.

