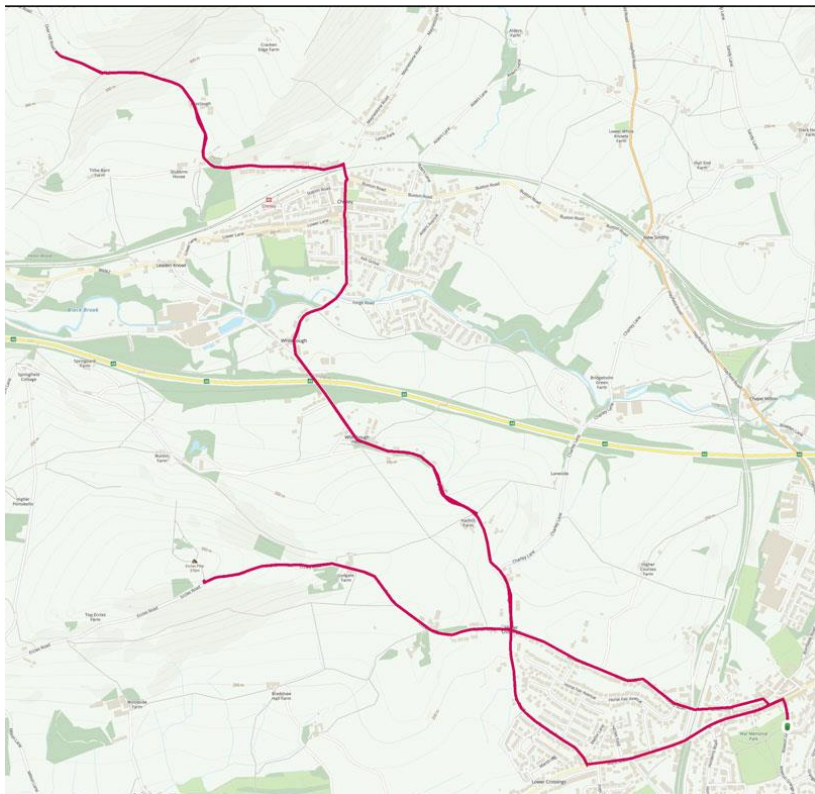


## Mick's Run

Named after one of our members who sadly died a few years ago.  
Based around a Monday run he did with Paul H.



Starting at the park gates on Rowton Grange Road.

Head to the Market place and on to Eccles Road.

Follow Eccles Road to the top of Eccles Pike.

Return back to Crossings Road.

Follow Crossings Road towards Whitehough. Keep on the road towards Chinley.

Over the Railway and then left and up Stubbins Lane. Head up Stubbins/ Over Hill to the top. Return back to Chinley and back towards the junction with Eccles Road.

Head straight over on Crossings Road to the main road into Chapel then left and head back to the Park.

Distance: 7.7mils.

Elevation: 1380 ft

Surface: Road (Road Shoes OK)