

## Final details (v2) MDOC NWNL Tegg's Nose Saturday 31<sup>st</sup> January 2026

### Location

Teggs Nose Country Park, Macclesfield  
Grid Ref: SJ949732 Postcode: SK11 0AP  
Follow the Brown Signs  
Signed from A537 at the east of Macclesfield.  
**Parking charge (meter).**  
0-1hr £1.60, 1-3hr £2.80, 3-10hr 4.00  
Ringo App No. 2682704 7p surcharge  
what3words: //directly.thankful.tacky

### Entry

Enter using [Racesignup](#)

### Registration

17.00 to 18.15  
Key drop available  
Limited EOD In Visitor Centre  
Fee Adult £6, Junior £3 Cash preferable (MDOC member discount £1)  
SI card hire free.

### Start and Finish

It is 570m to the start. Allow 10mins  
The finish is near the start 470m to Download in Visitor Centre.  
**Don't forget to Download even if you retire.**  
Starts between 17:30 and 18:30.  
A Punching Start, so go to start when ready.  
**Courses close 20:15.**

### Map

1:5000 5m contours  
Control descriptions on map and Loose control descriptions available

### Terrain important notes

This is a Moorland outcrop with open fields and heather areas on the top. The area of old quarry workings are mainly avoided  
It is winter vegetation so the bracken is low at this time of year  
On the Blue and Green courses the marshes at the southern part of the map below the large OOB area are quagmires. **Be warned.**  
This area and the eastern slope have many deer paths which are unmapped.

### Safety and Risk

**As this is an exposed area it is advised to wear or carry a hooded waterproof jacket.**  
**If the weather is severe then this will be made compulsory**  
**Whistle and back up light are compulsory.**  
Only use marked crossing points (gates or stiles) on fences and walls.  
A comprehensive risk assessment will have been carried out by the organiser, but participants take part at their own risk and are responsible for their own safety during the event.

### Course details

Blue	4.2km 235m climb 19 controls.
Green	3.1km 195m climb 15 controls.
Orange	2.0km 90m climb 13 controls

### Facilities

Toilets

**Dogs**

Allowed, but please ensure dogs are kept under close control at all times.

**Officials**

Organiser Chris Rostrom 07929516649

Planner Hanno Rostrom

Controller Chris Rostrom