



# Northgate Arena Runners Summer Routes 2019



**Route 1** – under Fountain Roundabout, Canal St, South View Rd, across to Recreation Ground and follow river bank to Saltney Ferry Bridge. (a) – early summer {April/June} Cross the bridge and follow river bank back via River Lane and river bank to Chester Golf Club car park, out of CP turn down steps after rly bridge, cross the river and turn left under viaduct onto the promenade, cross New Crane St to Tower Rd and up Canal St to Arena (b) – midsummer on {June/October – nettles and weeds maybe too long, unless they cut them.} turn right on Ferry Lane, left at Sealand Road, Western Avenue, cross onto cycleway, and come off at Total Fitness (Liverpool Road), Victoria Road – Arena. – Distance of (a & b) routes – 6½ miles

**Route 2** – St Oswald’s Way, foot underpass, right before new bus station to Gorse Stacks, Frodsham Street canal bank turn west towards ‘Telford’s’ get off canal bank onto the fields opposite the golf course (if you reach the RLY viaduct you’ve gone too far), come back along the fields to Countess Way, up the ‘Way’ to Liverpool Road, Victoria Road – Arena. – Distance – 5½ miles.

**2b** – Northgate Ave, Greenway to bridle path (+ 1.6m to Station Lane/footpath), Warrington Road, Oak Bank Lane, Street, Mannings Lane, Kingsway, opposite Coniston Rd TL to Greenway, Northgate Avenue – Arena.–Distance – 5¾ miles

**Route 3** – under Fountain Roundabout, St Martin’s Way, City Walls Road, Nuns Road, Grosvenor Road, right on footpath down into the Dingle, River Lane, Overleigh Road, Old Wrexham Road. Catholic High School (**Circuits on Grass**), return via Eaton Road, Queens Park Road, left onto footpath to suspension bridge, Grosvenor Park, St. Oswald’s Way – Arena. – Distance – 4 miles – **Plus a total of 10 minutes faster running** on playing fields (track if marked).

**Route 4** – St Oswald’s Way underpass, right before new bus station to Gorse Stacks, Frodsham Street, canal bank turn towards Christleton, {SO for [a] or [b]}, off at Pepper Street then left on footpath by church, Pearl Lane (or Little Heath Road) to Littleton Lane, cross Tarvin Road, Hare Lane, cross Ring Road to Hoole Lane, Lightfoot Street, Brook Street Bridge, St Anne Street – Arena. – Distance – 6 miles; alternatives continue to Quarry Lane Bridge [b], or Rowton Bridge Road [a].

[a] to, left Rowton Bridge Road, SO Village Rd, left/right to footpath by church then as above – 6¼ miles

[b] to Quarry Lane bridge, right across A41 to Haslin Crescent turn into Women’s Lane and continue on footpath to Chester Road, Huntington. Turn right over A55 and right again on footpath alongside A55 to Caldly Brook, follow brook across Caldly Valley Road to Sandy Lane. Return to Arena via Boughton and St Martin’s Way – Distance – 6½ miles.

**Route 5** – St Oswald’s Way, across Grosvenor Park, suspension bridge to meadows, after Pumping Station, (left up to Eaton Rd, or SO under bypass, right to Eaton Rd), ‘Duke’s Drive’ (Chester Approach), Grosvenor Road, Nuns Road, City Walls Road, St Martin’s Way – Arena. – Distance – 6¼ miles plus (<7 miles) or SO – 7 miles. (Eaton loops – 5a 7¾ miles – 5b 8.16 miles.)

**Meet in the Arena Foyer @ 6.30pm**

Routes are suitable for modification to allow for fitness and experience

→→ Follow the Route description

←← Reverse the Route description

| Route 1   | Route 2                    | Route 3                    | Route 4                 | Route 5                 |
|---|----------------------------|----------------------------|-------------------------|-------------------------|
| >>>31 <sup>st</sup> March 2019<<< Clock change – Winter route if cloudy |                            |                            |                         |                         |
| >>>April<<<   |                            |                            |                         |                         |
| Mon 1 <sup>st</sup> →→  | Thu 4 <sup>th</sup> →→     | Mon 8 <sup>th</sup> →→     | Thu 11 <sup>th</sup> →→ | Mon 15 <sup>th</sup> →→ |
| Thu 18 <sup>th</sup> →→   | Mon BH 22 <sup>rd</sup> →→ | Thu 25 <sup>th</sup> →→    | Mon 29 <sup>th</sup> →→ |                         |
| >>>May<<<   |                            |                            |                         |                         |
| Mon BH 6 <sup>th</sup> ←←   | Thu 9 <sup>th</sup> ←←     | Mon 13 <sup>th</sup> →→    | Thu 16 <sup>th</sup> ←← | Thu 2 <sup>nd</sup> →→  |
| Thu 23 <sup>rd</sup> ←←   | Mon BH 27 <sup>th</sup> ←← | Thu 30 <sup>th</sup> →→    |                         | Mon 20 <sup>th</sup> ←← |
| >>>June<<<  |                            |                            |                         |                         |
| Mon 10 <sup>th</sup> →→   | Thu 13 <sup>th</sup> →→    | Mon 17 <sup>th</sup> →→    | Mon 3 <sup>rd</sup> ←←  | Thu 6 <sup>th</sup> ←←  |
| Thu 27 <sup>th</sup> →→   |                            |                            | Thu 20 <sup>th</sup> →→ | Mon 24 <sup>th</sup> →→ |
| >>>July<<<  |                            |                            |                         |                         |
| Mon 15 <sup>th</sup> ←←   | Mon 1 <sup>st</sup> →→     | Thu 4 <sup>th</sup> →→     | Mon 8 <sup>th</sup> →→  | Thu 11 <sup>th</sup> →→ |
|   | Thu 18 <sup>th</sup> ←←    | Mon 22 <sup>nd</sup> →→    | Thu 25 <sup>th</sup> ←← | Mon 29 <sup>th</sup> ←← |
| >>>August<<<  |                            |                            |                         |                         |
| Thu 1 <sup>st</sup> ←←  | Mon 5 <sup>th</sup> ←←     | Thu 8 <sup>th</sup> →→     | Mon 12 <sup>th</sup> ←← | Thu 15 <sup>th</sup> ←← |
| Mon 19 <sup>th</sup> →→   | Thu 22 <sup>nd</sup> →→    | Mon BH 26 <sup>th</sup> →→ | Thu 29 <sup>th</sup> →→ |                         |
| >>>September<<<   |                            |                            |                         |                         |
| Thu 5 <sup>th</sup> →→  | Mon 9 <sup>th</sup> →→     | Thu 12 <sup>th</sup> →→    | Mon 16 <sup>th</sup> →→ | Thu 2 <sup>nd</sup> →→  |
| Mon 23 <sup>rd</sup> ←←   | Thu 26 <sup>th</sup> ←←    | Mon 1 <sup>st</sup> →→     |                         | Mon 19 <sup>th</sup> →→ |
| >>>October<<< – switch to Winter route if light fades                   |                            |                            |                         |                         |
| Thu 10 <sup>th</sup> ←←   |                            |                            | Thu 4 <sup>th</sup> ←←  | Mon 7 <sup>th</sup> ←←  |
| ←←  | ←←                         | ←←                         | →→                      | ←←                      |