



Northgate Arena Runners Summer Routes 2020



Route 1 – under Fountain Roundabout, Canal St, South View Rd, across to Recreation Ground and follow riverbank to Saltney Ferry Bridge. (a) – early summer {April/June} Cross the bridge and follow river bank back via River Lane and riverbank 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
>>> 29 th March 2019 <<< Clock change – Winter route if cloudy				
				Mon 30 th →→
>>>April<<<				
Thu 2 nd →→	Mon 6 th →→	Thu 9 th →→	Mon BH 13 th →→	Thu 16 th →→
Mon 20 th ←←	Thu 23 rd ←←	Mon 27 th →→	Thu 30 th ←←	
>>>May<<<				
Thu 7 th ←←	Mon 11 th ←←	Thu 14 th →→	Mon 18 th ←←	Mon 4 th ←←
Mon BH 25 th →→	Thu 28 th →→			Thu 21 st ←←
>>>June<<<				
Thu 11 th →→	Mon 15 th →→	Mon 1 st →→	Thu 4 th →→	Mon 8 th →→
Mon 29 th ←←		Thu 18 th →→	Mon 22 nd →→	Thu 25 th →→
>>>July<<<				
Thu 16 th ←←	Thu 2 nd ←←	Mon 6 th →→	Thu 9 th ←←	Mon 13 th ←←
	Mon 20 th ←←	Thu 23 rd →→	Mon 27 th ←←	Thu 30 th ←←
>>>August<<<				
Mon 3 rd →→	Thu 6 th →→	Mon 10 th →→	Thu 13 th →→	Mon 17 th →→
Thu 20 th →→	Mon 24 th →→	Thu 27 th →→	Mon BH 31 st →→	Thu 31 st →→
>>>September<<<				
Mon 7 th ←←	Thu 10 th ←←	Mon 14 th →→	Mon 17 th ←←	Thu 3 rd ←←
Thu 24 th ←←	Mon 28 th ←←			Mon 21 st ←←
>>>October<<< – switch to Winter route if light fades				
		Thu 1 st →→	Mon 8 th ←←	Thu 10 th ←←
				BH