



WCAC – Northgate Arena – 2021 Summer Routes



Meet outside the Arena Foyer @ 6.00pm

Routes are suitable for modification to allow for fitness and experience

Maps are available on the club website

<https://www.westcheshireac.co.uk/home/training/>

Route 1 [Dee bike path... back via Golf club or back via blacon](#)

Route 2 [Canal to Mollington through Countess park back via Liverpool road \(alt. bike path to Hoole Bank\)](#)

Route 3 [Catholic High School via Grosvenor bridge ** intervals ** return via Grosvenor Park \(Queens Park Bridge\)](#)

Route 4 [Christleton via canal, return via Hare Lane, Hoole Lane and Lightfoot street](#)

Route 5 [Meadows \(alt. Canal East, south to sandy lane, north along A55 path, Caldly Valley path Sandy Lane\)](#)

Normal : per route description

Reverse : travel in reverse direction

Contact - Mike Lamb - Tel/Ans 0151 355 2520 or "Road running officer" via: <http://www.westcheshireac.co.uk/contact/>

Route 1		Route 2		Route 3		Route 4		Route 5		
Mon 8 th 05 th Reverse		Thu 08 th Reverse		Mon 12 th Normal		Thu 15 th Reverse		Mon 19 th Reverse		April
Thu 22 nd Reverse		Mon 26 th Reverse		Thu 29 th Normal		Mon 3 rd Reverse		Thu 6 th Reverse		May
Mon 10 th Normal		Thu 13 th Normal		Mon 17 th Normal		Thu 20 th Normal		Mon 24 th Normal		
Thu 27 nd Normal		Mon 31 st Normal		Thu 3 rd Normal		Mon 7 th Normal		Thu 10 th Normal		June
Mon 14 th Reverse		Thu 17 th Reverse		Mon 21 st Reverse		Thu 24 th Reverse		Mon 28 th Reverse		
Thu 1 st Reverse		Mon 5 th Reverse		Thu 8 th Reverse		Mon 12 th Reverse		Thu 15 th Reverse		July
Mon 19 th Normal		Thu 22 nd Normal		Mon 26 th Normal		Thu 29 th Normal		Mon 2 nd Normal		August
Thu 5 th Normal		Mon 9 th Normal		Thu 12 th Normal		Mon 16 th Normal		Thu 19 th Normal		
Mon 23 rd Reverse		Thu 26 th Reverse		Mon 30 th Normal		Thu 2 nd Reverse		Mon 6 th Reverse		Sept
Thu 9 th Reverse		Mon 13 th Reverse		Thu 16 th Normal		Mon 20 th Reverse		Thu 24 th Reverse		
Mon 27 th Normal		Thu 30 th Normal		Mon 4 th Normal		Thu 7 th Normal		Mon 11 th Normal		Oct