



# WCAC



## Northgate Arena – 2021 Winter Routes

Meet outside the Arena Foyer @ 6.20pm

Routes are suitable for modification to allow for fitness and experience

Details are available on the club website

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

Route 1 [Sandy Lane / Caldley Valley \(past Sainsbury\)](#) (5.7 miles)

Route 2 [Moston Route \(past Cheshire County Sports\)](#) (5.6 miles)

Route 3 [Hills Route](#) (6.2 miles)

Route 4 [Curzon Park Route \(Saltney\)](#) (5.9 miles)

Route 5 [Sealand road route \(Aldi route and lampposts\)](#) (6.3 miles)

Normal : per route description

Reverse : travel in reverse direction

Contact – John Parlevliet – Ph: 07780365328 or “Road running officer” via: <http://www.westcheshireac.co.uk/contact/>

Route 1		Route 2		Route 3		Route 4		Route 5		
1st	Forward	4th	Forward	8th	Forward	11th	Forward	15th	Forward	<b>November</b>
18th	Forward	22nd	Forward	25th	Forward	29th	Forward	2nd	Forward	<b>December</b>
6th	Reverse	9th	Reverse	13th	Forward	16th	Reverse	20th	Reverse	
23rd	Reverse	27th	Reverse	30th	Forward	3rd	Reverse	6th	Reverse	<b>January</b>
10th	Forward	13th	Forward	17th	Forward	20th	Forward	24th	Forward	
27th	Forward	31st	Forward	3rd	Forward	7th	Forward	10th	Forward	<b>February</b>
14th	Reverse	17th	Reverse	21st	Forward	24th	Reverse	28th	Reverse	
3rd	Reverse	7th	Reverse	10th	Forward	14th	Reverse	17th	Reverse	<b>March</b>
21st	Forward	24th	Forward	28th	Forward	31st	Forward	4th	Forward	<b>April</b>
7th	Forward	11th	Forward	14th	Forward	18th	Forward	21st	Forward	
25th	Reverse	28th	Reverse	2nd	Forward	5th	Reverse	9th	Reverse	<b>May</b>