

# West Cheshire AC Road Running



## Cheshire County Sports Club Tuesday Summer Training Sessions 2022

Meet at the Cheshire County Sports Club, Upton 6:20pm to leave at 6:30.

All routes are between 9 and 10 miles. All routes have 6 efforts of varying length.

1. Barrow: <http://www.mapmyrun.com/workout/1666811924/>
2. Saughton: <http://www.mapmyrun.com/workout/1682322332>
3. Canal: <http://www.mapmyrun.com/workout/1504890920/>
4. Mollington: <http://www.mapmyrun.com/workout/2181326333/>
5. Christleton: <http://www.mapmyrun.com/workout/1634560424/>
6. Eccleston: <http://www.mapmyrun.com/workout/1650442379>

Barrow	Saughton	Canal	Mollington	Christleton	Eccleston
29 <sup>th</sup> March	5 <sup>th</sup> April	12 <sup>th</sup> April	19 <sup>th</sup> April	26 <sup>th</sup> April	3 <sup>rd</sup> May
10 <sup>th</sup> May	17 <sup>th</sup> May	24 <sup>th</sup> May	31 <sup>st</sup> May	7 <sup>th</sup> June	14 <sup>th</sup> June
21 <sup>st</sup> June	28 <sup>th</sup> June	5 <sup>th</sup> July	12 <sup>th</sup> July	19 <sup>th</sup> July	26 <sup>th</sup> July
2 <sup>nd</sup> August	9 <sup>th</sup> August	16 <sup>th</sup> August	23 <sup>rd</sup> August	30 <sup>th</sup> August	6 <sup>th</sup> September
13 <sup>th</sup> September	20 <sup>st</sup> September	WINTER ROUTES			

The first four Tuesdays in September is when the Multi-Terrain League on the Wirral takes place, most runners from this group compete in it. In October we revert to Winter sessions again.