



# WCAC – Northgate Arena – 2022

## Summer Routes



Meet outside the Arena Foyer to be ready to run at 6.30pm

Routes are suitable for modification to allow for fitness and experience

Route Detail on the below webpage with all other related information

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

- #1 Dee: Canal St, along bike path to pedestrian bridge  
back via Curzon Park side of river OR back via Blacon
- #2 Mollington: via canal, return through Countess park then Parkgate/Liverpool road  
alt. Route Greenway to Hoole Bank return Mannings Lane and Greenway)
- #3 Track: Intervals run at Handbridge school field via Grosvenor bridge  
return via Queens Park Bridge and Grosvenor Park
- #4 Christleton: Along the Canal to Pepper st return via Little Heath rd, Hoole Lane and Lightfoot street  
long route continue on canal 2 bridges to Little Heath rd. (opt. across the field)
- #5 Meadows: Grosvenor Bridge & Duke's Drive return Queen's Park Bridge & Grosvenor Park (opt Eccleston)  
(alt. Canal toward Christleton, path to sandy lane, A55 path, Caldley Valley path Sandy Lane)

Normal : per route description

Reverse : travel in reverse direction

Contact – John Parlevliet – 07780 365328 or “Road running officer” via: <http://www.westcheshireac.co.uk/contact/>

1: Dee Path		2: Mollington		3: Track		4: Christleton		5: Meadows		
30th	Forward	2nd	Forward	6th	Forward	9th	Forward	13th	Forward	June
16th	Forward	20th	Forward	23rd	Forward	27th	Forward	30th	Forward	
4th	Reverse	7th	Reverse	11th	Forward	14th	Reverse	18th	Reverse	July
21st	Reverse	25th	Reverse	28th	Forward	1st	Reverse	4th	Reverse	August
8th	Forward	11th	Forward	15th	Forward	18th	Forward	22nd	Forward	
25th	Forward	29th	Forward	1st	Forward	5th	Forward	8th	Forward	Sept
12th	Reverse	15th	Reverse	19th	Forward	22nd	Reverse	26th	Reverse	
29th	Reverse	3rd	Reverse	6th	Forward	10th	Reverse	13th	Reverse	Oct
17th	Forward	20th	Forward	24th	Forward	27th	Forward	31st	Forward	
3rd	Forward	7th	Forward	10th	Forward	14th	Forward	17th	Forward	Nov
21st	Reverse	24th	Reverse	28th	Forward	1st	Reverse	5th	Reverse	Dec