

# West Cheshire AC

## Northgate Arena Runs – 2023 Summer Routes

Meet outside the Arena Foyer departure @ 6.30pm

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/>



#1 **Dee Path:** Canal St, along bike path to pedestrian bridge

return: via Curzon Park side of river OR back via Blacon

#2 **Mollington:** via canal to former golf course, return through Countess park then Parkgate/Liverpool road

alt: bypass golf course continue to zoo and return via Heath lane

#3 **Hoole Bank:** Route Greenway to Hoole Bank return Mannings Lane and Greenway)

alt: 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 option: 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, Caldry Valley path, Sandy Lane)

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

Dee Path		Mollington		Hoole Bank		Christleton		Meadows	
23rd	Forward	27th	Forward	30th	Forward	3rd	Forward	6th	Forward
10th	Forward	13th	Forward	17th	Forward	20th	Forward	24th	Forward
27th	Reverse	1st	Reverse	4th	Reverse	8th	Reverse	11th	Reverse
15th	Reverse	18th	Reverse	22nd	Reverse	25th	Reverse	29th	Reverse
1st	Forward	5th	Forward	8th	Forward	12th	Forward	15th	Forward
19th	Forward	22nd	Forward	26th	Forward	29th	Forward	3rd	Forward
6th	Reverse	10th	Reverse	13th	Reverse	17th	Reverse	20th	Reverse
24th	Reverse	27th	Reverse	31st	Reverse	3rd	Reverse	7th	Reverse
10th	Forward	14th	Forward	17th	Forward	21st	Forward	24th	Forward
28th	Forward	31st	Forward	4th	Forward	7th	Forward	11th	Forward
14th	Reverse	18th	Reverse	21st	Reverse	25th	Reverse	28th	Reverse
2nd	Reverse	5th	Reverse	9th	Reverse	12th	Reverse	16th	Reverse

April

May

June

July

August

Sept

Oct