



West Cheshire AC



Northgate Arena Runs – 2023 Winter Routes

Meet outside the Arena Foyer departure @ 6.30pm

Details are available on the club website

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

Route 1 [Sandy Lane / Caldly 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/>

Caldy Valley / Sandy Lane	Moston	Hills	Curzon Park	Aldi / Blacon / Lampposts	Month
2nd Reverse	5th Reverse	9th Reverse	12th Reverse	16th Reverse	Oct
19th Reverse	23rd Reverse	26th Forward	30th Reverse	2nd Reverse	Nov
6th Reverse	9th Reverse	13th Forward	16th Reverse	20th Reverse	
23rd Reverse	27th Reverse	30th Forward	4th Reverse	7th Reverse	Dec
11th Forward	14th Forward	18th Forward	21st Forward	25th Forward	
28th Forward	1st Forward	4th Forward	8th Forward	11th Forward	Jan
15th Reverse	18th Reverse	22nd Forward	25th Reverse	29th Reverse	
1st Reverse	5th Reverse	8th Forward	12th Reverse	15th Reverse	Feb
19th Forward	22nd Forward	26th Forward	29th Forward	4th Forward	Mar
7th Forward	11th Forward	14th Forward	18th Forward	21st Forward	
25th Reverse	28th Reverse	1st Forward	4th Reverse	8th Reverse	Apr

All routes subject to variation based on prevailing conditions (eg weather, roadworks, training goals, etc)