



# Northgate Arena Runs

## 2024 Summer Routes

Meet outside the Arena Foyer departure @ 6.30pm

Routes are suitable for modification to allow for fitness and experience

<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, Caldly Valley path, Sandy Lane)

Dee Path		Mollington		Hoole Bank		Christleton		Meadows		
11 <sup>th</sup>	Forward	15 <sup>th</sup>	Forward	18 <sup>th</sup>	Forward	22 <sup>nd</sup>	Forward	25 <sup>th</sup>	Forward	<b>April</b>
29 <sup>th</sup>	Forward	2 <sup>nd</sup>	Forward	6 <sup>th</sup>	Forward	9 <sup>th</sup>	Forward	13 <sup>th</sup>	Forward	<b>May</b>
16 <sup>th</sup>	Reverse	20 <sup>th</sup>	Reverse	23 <sup>rd</sup>	Reverse	27 <sup>th</sup>	Reverse	30 <sup>th</sup>	Reverse	<b>May</b>
3 <sup>rd</sup>	Reverse	6 <sup>th</sup>	Reverse	10 <sup>th</sup>	Reverse	13 <sup>th</sup>	Reverse	17 <sup>th</sup>	Reverse	<b>June</b>
20 <sup>th</sup>	Forward	24 <sup>th</sup>	Forward	27 <sup>th</sup>	Forward	1 <sup>st</sup>	Forward	4 <sup>th</sup>	Forward	<b>July</b>
8 <sup>th</sup>	Forward	11 <sup>th</sup>	Forward	15 <sup>th</sup>	Forward	18 <sup>th</sup>	Forward	22 <sup>nd</sup>	Forward	<b>July</b>
25 <sup>th</sup>	Reverse	29 <sup>th</sup>	Reverse	1 <sup>st</sup>	Reverse	5 <sup>th</sup>	Reverse	8 <sup>th</sup>	Reverse	<b>August</b>
12 <sup>th</sup>	Reverse	15 <sup>th</sup>	Reverse	19 <sup>th</sup>	Reverse	22 <sup>nd</sup>	Reverse	26 <sup>th</sup>	Reverse	<b>August</b>
29 <sup>th</sup>	Forward	2 <sup>nd</sup>	Forward	5 <sup>th</sup>	Forward	9 <sup>th</sup>	Forward	12 <sup>th</sup>	Forward	<b>Sept</b>
16 <sup>th</sup>	Forward	19 <sup>th</sup>	Forward	23 <sup>rd</sup>	Forward	26 <sup>th</sup>	Forward	30 <sup>th</sup>	Forward	<b>Sept</b>
3 <sup>rd</sup>	Reverse	7 <sup>th</sup>	Reverse	10 <sup>th</sup>	Reverse	14 <sup>th</sup>	Reverse	17 <sup>th</sup>	Reverse	<b>Oct</b>



1



2



3



4



5