



Northgate Arena Runs

2025 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, Caldý Valley path, Sandy Lane)

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

Contact "Road running officer" via: <http://www.westcheshireac.co.uk/contact/>



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