



# Northgate Arena Runs

## 2025 Winter 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/>

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)

Caldy Valley / Sandy Lane	Moston	Hills	Curzon Park	Aldi / Blacon/ Lampposts
3rd Nov	6th Nov	10th Nov	13th Nov	17th Nov
20th Nov	24th Nov	27th Nov	1st Dec	4th Dec
8th Dec	11th Dec	15th Dec	18th Dec	22nd Dec
25th Dec	29th Dec	1st Jan	6th Jan	8th Jan
12th Jan	15th Jan	19th Jan	22nd Jan	16th Jan
29th Jan	2nd Feb	5th Feb	9th Feb	12th Feb
16th Feb	19th Feb	23rd Feb	26th Feb	2nd Mar
5th Mar	9th Mar	12th Mar	16th Mar	19th Mar
23rd Mar	26th Mar	30th Mar	2nd Apr	6th Apr
9th Apr	13th Apr	16th Apr	20th Apr	23rd Apr

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

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