



Northgate Arena Runs

2026 Summer Routes

Meet outside the Arena Foyer @ 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
		30 th Forward	2 nd Forward	6 th Forward April
9 th Forward	13 th Forward	16 th Forward	20 th Forward	23 th Forward April
27 th Forward	30 th Forward	4 th Forward	7 th Forward	11 th Forward May
14 th Reverse	18 th Reverse	21 st Reverse	25 th Reverse	28 th Reverse May
1 st Reverse	4 th Reverse	8 th Reverse	11 th Reverse	15 th Reverse June
18 th Forward	22 nd Forward	25 th Forward	29 th Forward	2 nd Forward July
6 th Forward	9 th Forward	13 th Forward	16 th Forward	20 th Forward July
23 rd Reverse	27 th Reverse	30 th Reverse	3 rd Reverse	6 th Reverse August
10 th Reverse	13 th Reverse	17 th Reverse	20 th Reverse	24 th Reverse August
27 th Forward	31 st Forward	3 rd Forward	7 th Forward	10 th Forward Sept
14 th Forward	17 th Forward	23 rd Forward	24 th Forward	28 th Forward Sept

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



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