



Northgate Arena Runs

2026/7 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 / Caldby 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)

Route 1 Caldy Valley / Sandy Lane	Route 2 Moston	Route 3 Hills	Route 4 Curzon Park	Route 5 Sealand Road
28 Sep	1 Oct	5 Oct	8 Oct	12 Oct
15 Oct	19 Oct	22 Oct	26 Oct	29 Oct
2 Nov	5 Nov	9 Nov	12 Nov	16 Nov
19 Nov	23 Nov	26 Nov	30 Nov	3 Dec
7 Dec	10 Dec	14 Dec	17 Dec	21 Dec
24 Dec	28 Dec	31 Dec	4 Jan	7 Jan
11 Jan	14 Jan	18 Jan	21 Jan	25 Jan
28 Jan	1 Feb	4 Feb	8 Feb	11 Feb
15 Feb	18 Feb	22 Feb	25 Feb	1 Mar
4 Mar	8 Mar	11 Mar	15 Mar	18 Mar
22 Mar	25 Mar			

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)