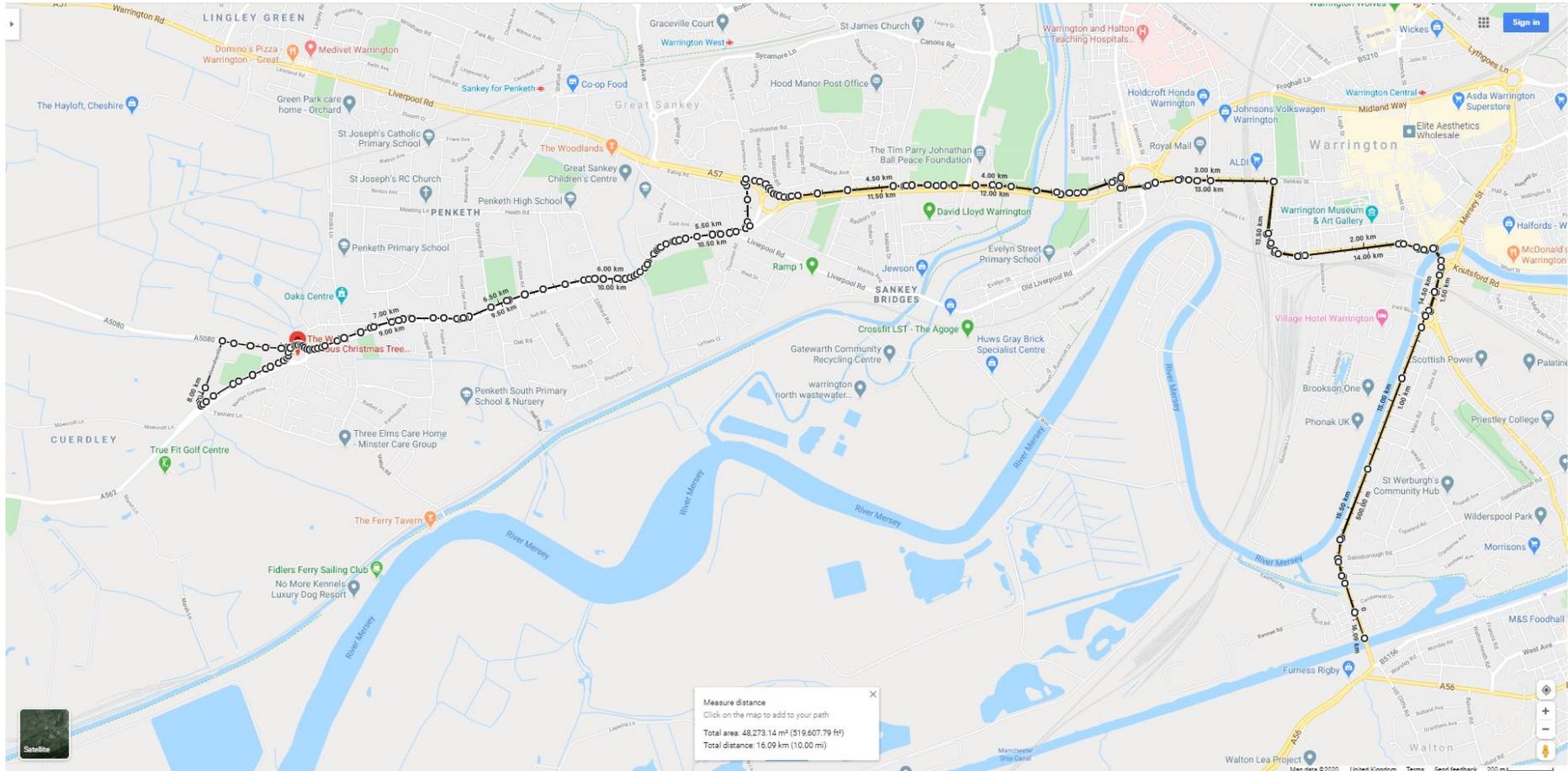


Chester Road to Penketh & Back 10m



Directions

Starting outside BB Motor Factors on Chester Road this route involves crossing some main roads at traffic lights or roundabouts so take extra care at those points.

Run down the left hand footpath of Chester Road away from the swing bridge towards Bridge Foot.

At Bridge Foot, turn left onto Willson Patten Street, continue past Bank Quay station and on to the lights at Bank Park.

At the lights turn left onto Liverpool Road, go over the railway bridge, past Leaver Brothers, and on to the Pink Eye roundabout near Lidle.

Use the lights to cross onto the right hand footpath of what is now Sankey Way running away from the town centre towards Penketh, passing Sankey Valley.

Cross over using the lights at the junction near the Peace Centre, and continue on to the roundabout.

At the roundabout, turn right and use the footbridge to cross over the A57, come down the steps back towards the roundabout and turn right onto Sycamore Lane.

Follow Sycamore Lane to the end, then turn right onto Penketh Road.

Use the lights to stay on Penketh Road at the petrol station, and continue on the right hand pavement running away from Warrington. You will pass in turn Oliver's Restaurant on the right, Tesco and the petrol station on the left, then the Sportsmans Arms on the right.

At Franks Barbers, stay on the footpath alongside the duel carriageway and continue to the roundabout.

At the roundabout, cross the first minor road and continue onto the A5080 Farnworth Road towards Widnes.

Just after the bus stop cross the road and take the left turn into Cuedley Road

The end of Cuedley Road is a dead end for traffic, but pedestrians can pass between the bollards. Having done this turn left and run back towards Warrington.

Once you return to the roundabout after about 500m, simply retrace your route, stopping your watch when you reach 10m.