

Ellesmere Port Running Club – Winter runs

Week	Tuesday long	Tuesday medium	Tuesday short	Thursday medium	Thursday short
1	Cheshire Oaks 7.5 miles	Underwood Drive 6.2 miles	Park Drive 4.1 miles	Sutton Way 5 miles	Sutton Way 3.6 miles
2	Ledsham Road 8 miles	Marquis 4.9 miles	C25K WEEK 10 3.2 miles	Mill Lane reverse 4.8 miles	Marquis short 3.6 miles
3	Anns run 8.5 miles	Anns run 6.6 miles	Anns run 4.6 miles	Cambridge Road 5.2 miles	Sutton Way 3.6 miles
4	North Road 8 miles	Mill Lane 4.8 miles	C25K WEEK 10 3.2 miles	Kendal Drive/Stanne Lane 5.3	Hillside Drive short 3.5 miles
5	Stanney Grange 8.2 miles	Cambridge Road 5.2 miles	Marquis short 3.6 miles	Regent Street 5 miles	Sutton Way 3.6 miles