

# Town Hall Park Beginners Run – 1km



**Run in Halton** is a programme set up to promote the benefits of using running / jogging as a way to increase your physical activity levels. The 3-2-1 programme provides three running routes across three different sites and at three different distances. Hopefully the programme will encourage you to start, return or carry on running.

## **Run / Jog at Runcorn Town Hall Park - 1km**

Town Hall Park is one of three sites that Halton Borough Council has developed to help introduce people to running / jogging. This route is a beginner's route as it is the shortest of the three measuring 1km and should take beginners around 7.5 minutes (8kph pace) to jog. Remember you can jog and walk until you are fit enough to jog the whole route.

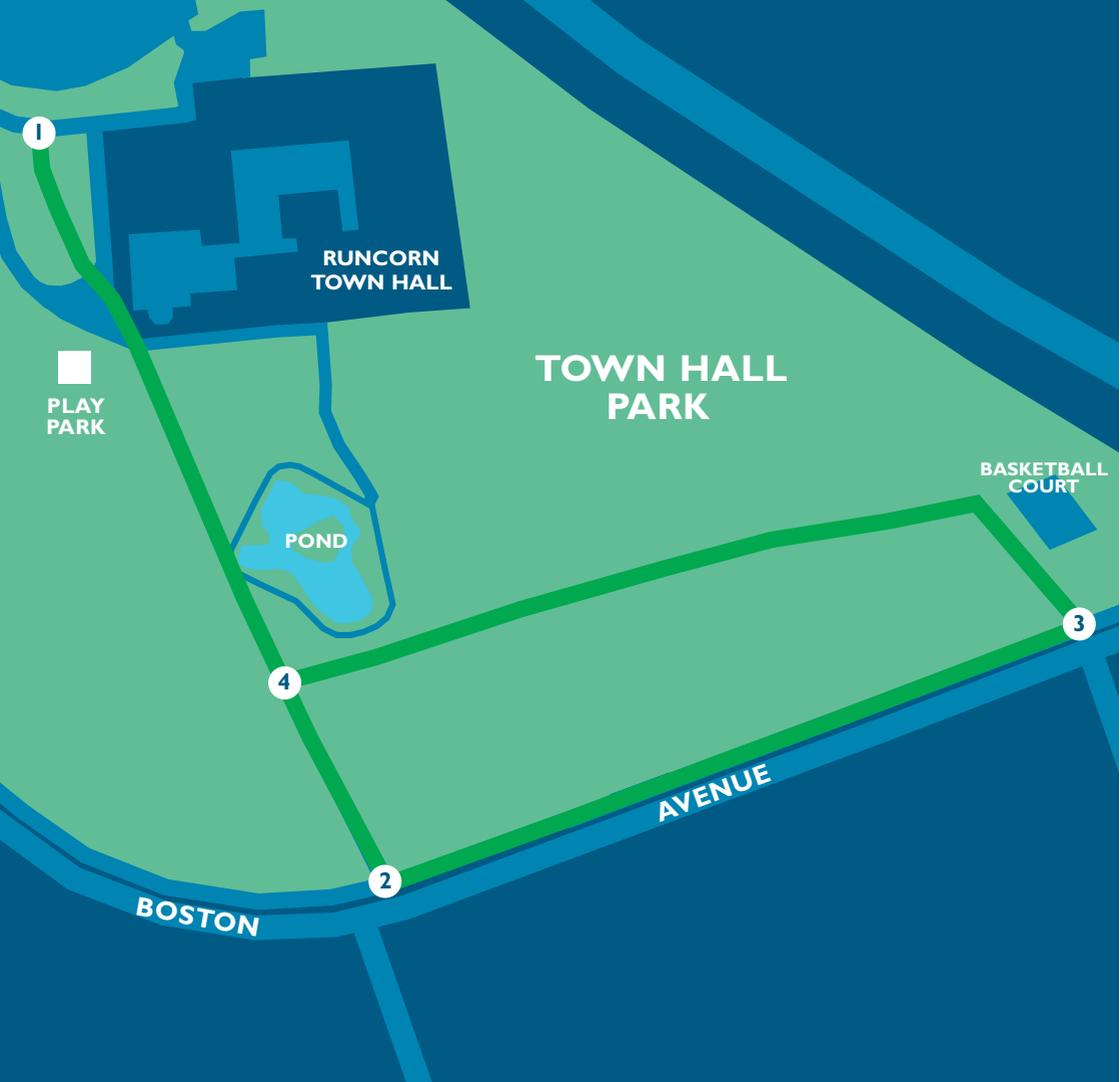
### **Running has many benefits including:**

- Running is cheap and easy
- It helps manage weight
- It's good for your bones
- It keeps you fit
- It's good for your mind
- It gives you time out

**Staying safe while running.** Running outdoors is a great way to stay fit and healthy, however, when planning a running session, one aspect that every runner should consider is their personal running safety. **Here are some tips to keep you safe while you run** • It's better to run circular routes because you won't have to retrace your steps • Avoid quiet areas • Stick to well-lit, well-populated roads and paths • Try to train with a friend, or even in a group • Tell someone before each training session which route you're going to run.

**Town Hall Park** also includes the following; play area, pond and multi use games area.

**For further information about the Run in Halton Project and further physical activity opportunities, call the Sports Development Team on 0151 510 6000.**



## Runcorn – Town Hall Park

1. Starting at the zebra crossing near the car park, follow the footpath towards the Town Hall then use the 2nd zebra crossing to continue straight ahead into Town Hall Park.
2. At the end of the footpath exit the park and turn left onto Boston Avenue.
3. Take your next left back into the park passing the basketball court on your right.
4. At the end of the path just after the pond turn right to retrace your steps back to the start.

➤ **Distance = One kilometre**

➤ **This run should take around 7.5 minutes (8k per hour pace)**

# Phoenix Park

## Intermediate Run – 2km



**Run in Halton** is a programme set up to promote the benefits of using running / jogging as a way to increase your physical activity levels. The 3-2-1 programme provides three running routes across three different sites and at three different distances. Hopefully the programme will encourage you to start, return or carry on running.

### Run at Phoenix Park – 2km

Phoenix Park is one of three sites that Halton Borough Council has developed to help introduce people to running / jogging. This route measures 2km and offers some steep gradients and intermediate ground changes, which will make the route more challenging and should take around 15 minutes (9kph pace) to run. Remember you can jog and walk until you are fit enough to jog the whole route.

### Running has many benefits including:

- Running is cheap and easy
- It helps manage weight
- It's good for your bones
- It keeps you fit
- It's good for your mind
- It gives you time out

**Staying safe while running.** Running outdoors is a great way to stay fit and healthy, however, when planning a running session, one aspect that every runner should consider is their personal running safety. **Here are some tips to keep you safe while you run** • It's better to run circular routes because you won't have to retrace your steps • Avoid quiet areas • Stick to well-lit, well-populated roads and paths • Try to train with a friend, or even in a group • Tell someone before each training session which route you're going to run.

Phoenix Park also includes the following; play area, visitors centre, skatepark and multi use games area.

For further information about the Run in Halton Project and further physical activity opportunities, call the Sports Development Team on 0151 510 6000.



## Runcorn – Phoenix Park

1. Starting at the car park, follow the red pathway straight ahead keeping the woods to your left. Take your 1st left turn then your next left so the Lake is on your right.
2. Take your next right through the trees and right again passing over a small bridge with black railings then up a short incline to turn right after the trees.
3. Continue straight ahead over the grass, through more trees to stay next to the Lake on your right hand side.
4. Continue straight ahead then at the end of the grass turn right and right again along a black tarmac path keeping the Lake on your right and canal on your left.
5. Take your next right away from the canal and continue straight ahead then take your next left and continue along to the T junction.
6. At the T junction turn right and bear right to run around the field.
7. Take the 3rd left turn and up a slight incline then turn right at the T junction and continue along passing the basketball court.
8. Bear right down the path and at the end turn left then right to return back at the car park.

➤ **Distance = Two kilometres**

➤ **This run should take you around 15 minutes (9k per hour pace)**

# Pickerings Pasture Intermediate Run – 3km



**Run in Halton** is a programme set up to promote the benefits of using running / jogging as a way to increase your physical activity levels. The 3-2-1 programme provides three running routes across three different sites and at three different distances. Hopefully the programme will encourage you to start, return or carry on running.

## **Run at Pickerings Pasture - Local Nature Reserve - 3km**

Pickerings Pasture is one of three sites that Halton Borough Council has developed to help introduce people to running / jogging. This route is our longest route and measures 3km and offers some steep gradients and intermediate ground changes, which will make the route more challenging and should take around 20 minutes (9kph pace) to run. Remember you can jog and walk until you are fit enough to jog the whole route.

### **Running has many benefits including:**

- **Running is cheap and easy**
- **It helps manage weight**
- **It's good for your bones**
- **It keeps you fit**
- **It's good for your mind**
- **It gives you time out**

**Staying safe while running.** Running outdoors is a great way to stay fit and healthy, however, when planning a running session, one aspect that every runner should consider is their personal running safety. **Here are some tips to keep you safe while you run** • **It's better to run circular routes because you won't have to retrace your steps** • **Avoid quiet areas** • **Stick to well-lit, well-populated roads and paths** • **Try to train with a friend, or even in a group** • **Tell someone before each training session which route you're going to run.**

**Pickerings Pasture** also includes the following; Local Nature Reserve with views of the River Mersey and a visitors centre.

**For further information about the Run in Halton Project and further physical activity opportunities, call the Sports Development Team on 0151 510 6000.**



## Widnes – Pickerings Pasture

1. Starting at the start point next to the car park run along the grassed path towards the River Mersey.
2. Turn left at the T junction and run along the waterfront towards the white bridge.
3. Just before the white bridge take a sharp left turn up onto a grassed pathway behind the trees. Alternatively turn around and retrace your steps back to the T junction.
4. At the end of the grassed pathway turn left, and run back to the T junction. Where you will turn right keeping the River Mersey on your left hand side.
5. Take the 2nd pathway to your right (information board on left hand side) and continue running straight ahead.
6. Keep running straight ahead following the path until you arrive at the wooden stile. Turn right to arrive back at the car park.

➤ **Distance = Three kilometres**

➤ **This run should take around 20 minutes (9k per hour pace)**