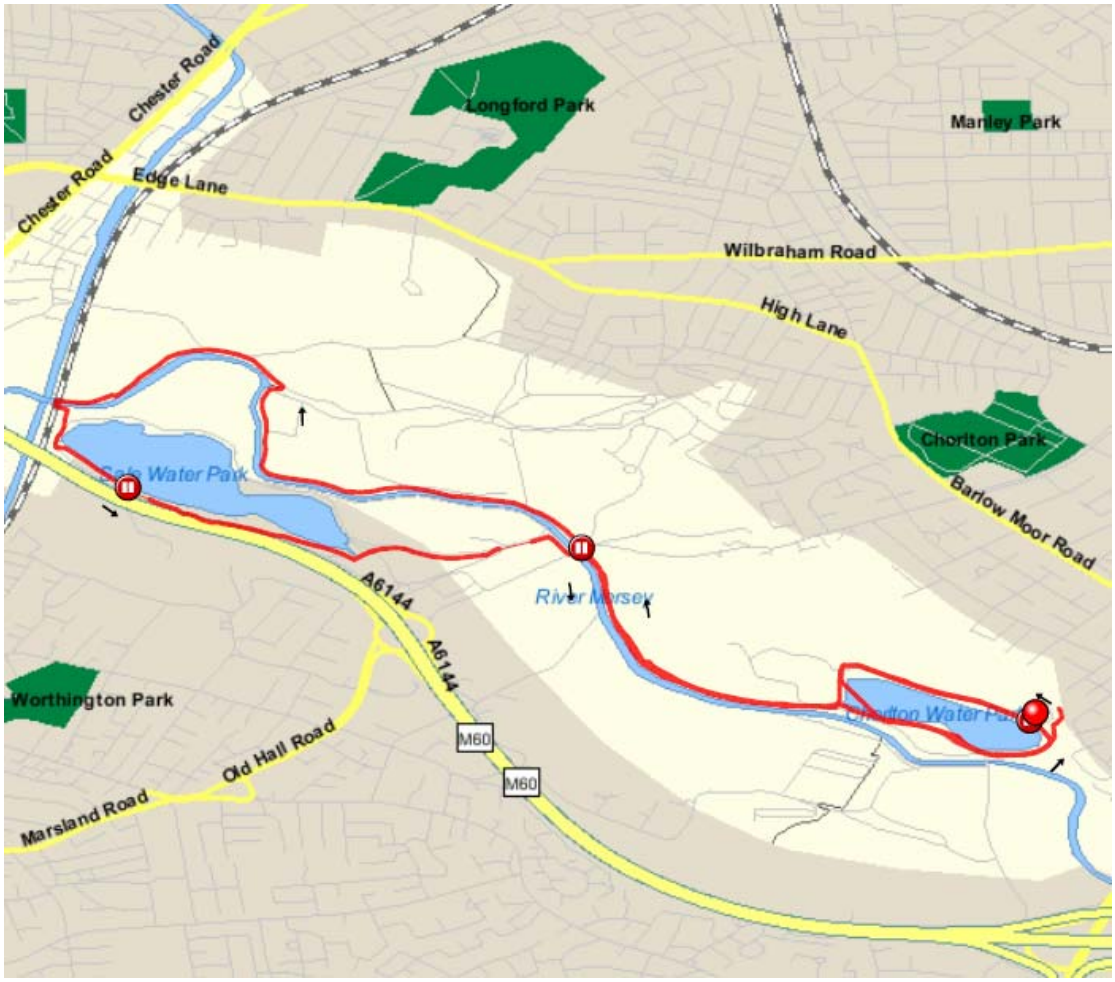
Route

Starting at Chorlton Water Park:

- Do one lap of the Water Park as a warm up.
- Go round again, and out half-way round onto the Mersey banks.
- Run towards Jackson's Boat bridge, but do not cross.
- Keep following the Mersey (on your left) until you get to the railway bridge – turn left towards the Water Park.
- Once over the bridge, bear right round the Water Park and run parallel with the motorway.
- At the end of the Water Park, go over the stepping stones, through the two gates/stiles and back towards Jackson's Boat bridge, crossing over.
- Back to Chorlton Water Park, finishing the second lap you started, going up the hill to the gates at the car park.

Distance: 6.16 miles

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