

## Walton Gardens Maprun F course

### Location:

Walton Gardens: <https://waltonhallgardens.co.uk/>

GR: SJ 600 850

<https://goo.gl/maps/TEby1Qvi9ZkToom69>

From M56 Junction 11 follow the A56 towards Warrington. After 2.5 miles, turn right at the lights just over the “toast rack” bridge, then take the second right onto Walton Lea Road (opposite Walton Arms pub). Car parking charge applies - there may be free roadside parking, on Old Chester Road, near the Walton Arms.

### Start:

From the car park, cross the canal over the left hand bridge and follow the path to the children’s playground. The start is at the path crossing at the SW corner of the playground.

### Terrain:

Parkland, formal gardens, woodland and a pitch-and-put course. The park gets very busy during the afternoon so it is better to run in the morning or evening.

New map: ISSprOM – 1:3000

### Courses:

LONG – 3.7 km 40 m – M21 (light green)

SHORT – 2.9 km 40m – W35/M50/junior (orange)

The LONG course involves a quiet road crossing so is not recommended for under 16s.

Time to Beat: (Overweight M60 – 24:35)