

	Inter.	Cumul
<u>Section one</u>		
Start on the old A534 on the Churton side of the H.Q. At the T.P. No 8 proceed to the B5130 turn left to A534 and turn left to Broxton Island where Right on A41. Straight on via Hampton Heath	3.90	3.90
RAB to RAB (Grindley Brook)	8.73	12.63
Right via A49/A41 (Whitchurch outer by-pass) Straight on at RAB (Wrexham Rd.) on A49/A41 and take 3 rd exit at RAB (Wem Rd) to continue on A49/A41 via Whitchurch south RAB where Right along dual carriageway (A49/A41) to RAB (Prees Heath)	2.27	14.90
	1.70	16.60
<u>Section two</u>		
Take the second exit of RAB & take A49 southbound to RAB (Battlefield Church) where encircle & retrace to RAB (Prees Heath)	13.99	30.59
Lap 2 Prees – Battlefield - Prees	14.02	44.61
Lap 3 Prees – Battlefield - Prees	28.12	72.73
	28.12	100.85
<u>Section three: Quina Brook circuit</u> <i>(1 lap = 12.62 miles)</i>		
Commence circuit at RAB (Prees Heath) Straight on at 1 st exit (<i>NOT the service road</i>) via A49/A41 to RAB (Wem Rd) where Left on B5476 via Tilstock & Quina Brook. Turn Left on unclassified road Proc. to 'T' junction with A49 where Left on A49 (<i>Give way ! Great care is needed at this junction.</i>) Proceed on A49 via Prees by-pass to RAB (Prees Heath) to complete the circuit	<u>Inter.</u>	
	1.66	102.51
	5.15	107.66
	2.20	109.86
	3.61	113.47
<i>Repeat this circuit as follows.</i>		
RAB (Prees Heath) 2nd time	12.62	126.09
RAB (Prees Heath) 3rd time	12.62	138.71
RAB (Prees Heath) 4th time	12.62	151.33
RAB (Prees Heath) 5th time	12.62	163.95
RAB (Prees Heath) 6th time	12.62	176.57
RAB (Prees Heath) 7th time	12.62	189.19
RAB (Prees Heath) 8th time	12.62	201.81
<u>Section four : night section</u>		
<i>Prees Heath - Battlefield – Prees Heath (28.12 miles)</i>		
encircle RAB(Prees Heath) to A49 southbound to RAB (Battlefield Church) where encircle & retrace to RAB (Prees Heath) to complete the 1 st lap	14.10	215.91
	14.02	229.93
Lap 2 Prees – Battlefield - Prees	28.12	258.05
Lap 3 Prees – Battlefield - Prees	28.12	286.17
Lap 4 Prees – Battlefield - Prees	28.12	314.29

continue on Oak Road/Redwither Road until **LEFT** on
the A525 Bridge Road South
Straight on at **HMP RAB** to continue on A525 Bridge
Road South
Straight on at **Clywedog Road East RAB** to continue on
A525 Bridge Road South
TK4 at total engineering solutions 1.96 467.68
Straight on at **Clywedog Road South RAB** to continue
on A525 Bridge Road South
At **Bridge Road South RAB** go Straight on continue on
A525
Continue to Cross Lanes RAB where encircle and
retrace to **TK1** 1.29 468.97

Lap N ^o	TK2	TK3	TK4	TK1
2	471.13	473.90	475.86	477.15
3	479.31	482.08	484.04	485.33
4	487.49	490.26	492.22	493.51
5	495.67	498.44	500.40	501.69
6	503.85	506.62	508.58	509.87
7	512.03	514.80	516.76	518.05
8	520.21	522.98	524.94	526.23
9	528.39	531.16	533.12	534.41
10	536.57	539.34	541.30	542.59
11	544.75	547.52	549.48	550.77
12	552.93	555.70	557.66	558.95
13	561.11	563.88	565.84	567.13
14	569.29	572.06	574.02	575.31
15	577.47	580.24	582.20	583.49
16	585.65	588.42	590.38	591.67