

	Inter.	Cumul
<b><u>Section one</u></b>		
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 RAB to <b>RAB (Grindley Brook)</b>	3.90	3.90
Right via A49/A41 (Whitchurch outer by-pass) Straight on at RAB (Wrexham Rd.) on A49/A41 and take 3 <sup>rd</sup> exit at <b>RAB (Wem Rd)</b>	8.73	12.63
to continue on A49/A41 via Whitchurch south RAB where Right along dual carriageway (A49/A41) to <b>RAB (Prees Heath)</b>	2.27	14.90
	1.70	16.60
<b><u>Section two</u></b>		
From Prees Heath follow A41 to <b>RAB (Tern Hill)</b>	6.98	23.58
where Right on A53 to <b>RAB (Espley)</b>	3.33	26.91
where Left on A442 to <b>RAB (Shawbirch)</b>	9.39	36.30
where encircle & retrace to <b>RAB (Espley)</b>	9.43	45.73
where encircle & retrace to <b>RAB (Shawbirch)</b>	9.39	55.12
where encircle & retrace to <b>RAB (Espley)</b>	9.43	64.55
where encircle & retrace to <b>RAB (Shawbirch)</b>	9.39	73.94
where encircle & retrace to <b>RAB (Espley)</b>	9.43	83.37
where encircle & retrace to <b>RAB (Shawbirch)</b>	9.39	92.80
where encircle & retrace to <b>RAB (Espley)</b>	9.43	102.23
where Right on A53 to <b>RAB (Tern Hill)</b>	3.34	105.57
where Left on A41 to <b>RAB (Prees Heath)</b>	6.92	112.49
<b><u>Section three: Quina Brook circuit</u></b> <i>(1 lap = 12.62 miles)</i>		
Commence circuit at RAB (Prees Heath)	<u>Inter.</u>	
Take 3rd exit via A49/A41 to <b>RAB (Wem Rd)</b> where <b>Left on B5476</b> via Tilstock & Quina Brook.	1.66	114.15
Turn <b>Left on unclassified road</b>	5.15	119.30
Proc. to 'T' junction with A49 where <b>Left on A49</b> <i>( Give way ! Great care is needed at this junction.)</i>	2.20	121.50
Proceed on A49 via Prees by-pass to <b>RAB (Prees Heath)</b> to complete the circuit	3.61	125.11
<i>Repeat this circuit as follows.</i>		
<b>RAB (Prees Heath) 2<sup>nd</sup> time</b>	12.62	137.73
<b>RAB (Prees Heath) 3<sup>rd</sup> time</b>	12.62	150.35
<b>RAB (Prees Heath) 4<sup>th</sup> time</b>	12.62	162.97
<b>RAB (Prees Heath) 5<sup>th</sup> time</b>	12.62	175.59
<b>RAB (Prees Heath) 6<sup>th</sup> time</b>	12.62	188.21
<b>RAB (Prees Heath) 7<sup>th</sup> time</b>	12.62	200.83
<b>RAB (Prees Heath) 8<sup>th</sup> time</b>	12.62	213.45
<b><u>Section four : night section</u></b>		
<i>Prees Heath - Espley – Prees Heath (20.65 miles)</i>		
go Right at RAB take the A41 southbound.		

Proceed south on A41 to <b>RAB (Tern Hill)</b>	7.06	220.51
where Right on A53 to <b>RAB (Espley)</b>	3.33	223.84
where encircle & retrace to <b>RAB (Tern Hill)</b>	3.34	227.18
where Left on A41 to <b>RAB (Prees Heath)</b>	6.92	234.10
to complete the 1 <sup>st</sup> lap		

Lap 2 Prees – Ternhill – Espley – Ternhill - Prees	20.65	254.75
Lap 3 Prees – Ternhill – Espley – Ternhill - Prees	20.65	275.40
Lap 4 Prees – Ternhill – Espley – Ternhill - Prees	20.65	296.05
Lap 5 Prees – Ternhill – Espley – Ternhill - Prees	20.65	316.70
Lap 6 Prees – Ternhill – Espley – Ternhill - Prees	20.65	337.35
Lap 7 Prees – Ternhill – Espley – Ternhill - Prees	20.65	358.00

**Section five : Quina Brook circuit** Inter

*One lap = 12.62 miles*

for A49/A41 northbound via the Whitchurch by-pass & proceed to <b>RAB (Wem Rd)</b>		
Where Left on B5476L	1.66	359.66
via Tilstock and Quina Brook		
turn <b>Left on unclass. road</b>	5.15	364.81
Proc. to 'T' with A49 where <b>Left on A49</b>	2.20	367.01
<i>( Give Way ! Great care is needed at this junction.)</i>		
Proc. via Prees by-pass to <b>Prees Heath RAB</b>	3.61	370.62
<i>Repeat this circuit as follows.</i>		
2 <sup>nd</sup> time <b>RAB (Prees Heath)</b>	12.62	383.24
<b>RAB (Prees Heath)</b> 3 <sup>rd</sup> time	12.62	395.86
<b>RAB (Prees Heath)</b> 4 <sup>th</sup> time	12.62	408.48
<b>RAB (Prees Heath)</b> 5 <sup>th</sup> time	12.62	421.10
<b>RAB (Prees Heath)</b> 6 <sup>th</sup> time	12.62	433.72
Proceed to Wem Rd. RAB Straight on along	1.66	435.38
A49/A41 to <b>RAB (Wrexham Rd)</b>	1.43	436.81
where Left on A525 (SP Wrexham)		
Continue via Cross Lanes ( <b>junc. A525/B5130</b> )		

**CAUTION! This junction is protected by traffic lights.**

**You MUST stop if the lights are on red.**

Proceed Straight on and take 2 <sup>nd</sup> exit at Cross Lanes		
<b>RAB</b>	11.19	448.00
first gate on left <b>TK1</b>	0.26	448.26

Finishing circuit details

*one lap = 8.18 miles*

2 <sup>nd</sup> exit at <b>Bridge Road South RAB RAB</b>		
again 2 <sup>nd</sup> exit at <b>Clywedog Road South RAB</b>		
Straight on at <b>Clywedog Road East RAB</b>		
again Straight on at <b>HMP RAB</b>		
<b>Left at 'T' junction</b>		
<b>TK2</b> entrance to Bicks Meat & Poultry	2.16	450.42

Left (1st exit) at Wrexham Industrial estate **RAB**  
to Lan-y-Pwll RAB where encircle and retrace to  
Wrexham Industrial estate RAB where Left (1st exit)  
along Bryn Lane to **TK3** (entrance to field gate on left  
before entrance to Kellogs factory) 2.77 453.19  
continue to T-Junction where turn **RIGHT**  
**\*RIDERS MUST KEEP LEFT OF THE CONES AT THIS**  
**TURN\***  
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 1.96 455.15  
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** 1.29 456.44

Lap N <sup>o</sup>	TK2	TK3	TK4	TK1
2	458.60	461.37	463.33	464.62
3	466.78	469.55	471.51	472.80
4	474.96	477.73	479.69	480.98
5	483.14	485.91	487.87	489.16
6	491.32	494.09	496.05	497.34
7	499.50	502.27	504.23	505.52
8	507.68	510.45	512.41	513.70
9	515.86	518.63	520.59	521.88
10	524.04	526.81	528.77	530.06
11	532.22	534.99	536.95	538.24
12	540.40	543.17	545.13	546.42
13	548.58	551.35	553.31	554.60
14	556.76	559.53	561.49	562.78
15	564.94	567.71	569.67	570.96
16	573.12	575.89	577.85	579.14