

<u>Section one</u>	Inter.	Cumul
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)	2.27	14.90
to continue on A49/A41 via Whitchurch south RAB where Right along dual carriageway (A49/A41) to RAB (Prees Heath)	1.70	16.60
<u>Section two</u>		0.00
Take the second exit of RAB & take A49 southbound to RAB (Battlefield Church)	13.99	30.59
where encircle & retrace to RAB (Prees Heath)	14.02	44.61
Lap 2 Prees – Battlefield - Prees	28.12	72.73
Lap 3 Prees – Battlefield - Prees	28.12	100.85
<u>Section three: Quina Brook circuit</u> (1 lap = 12.62 miles)	<u>Inter.</u>	
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.	1.66	102.51
Turn Left on unclassified road	5.15	107.66
Proc. to 'T' junction with A49 where Left on A49 (Give way ! Great care is needed at this junction.)	2.20	109.86
Proceed on A49 via Prees by-pass to RAB (Prees Heath)	3.61	113.47
to complete the circuit		
<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)	14.10	215.91
where encircle & retrace to RAB (Prees Heath)	14.02	229.93
to complete the 1 st lap		
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

Lap 5 Prees – Battlefield - Prees	28.12	342.41
Lap 6 Prees – Battlefield - Prees	28.12	370.53

Section five : Quina Brook circuit

Inter

One lap = 12.62 miles

for A49/A41 northbound via the Whitchurch by-pass &
proceed to **RAB (Wem Rd)**

Where Left on B5476L via Tilstock and Quina Brook turn Left on unclass. road	1.66	372.19
Proc. to 'T' with A49 where Left on A49	5.15	377.34

(**Give Way ! Great care is needed at this junction.**)
Proc. via Prees by-pass to **Prees Heath RAB**

Repeat this circuit as follows.	3.61	383.15
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2nd time **RAB (Prees Heath)**

RAB (Prees Heath) 3rd time

RAB (Prees Heath) 4th time

RAB (Prees Heath) 5th time

RAB (Prees Heath) 6th time

Proceed to Wem Rd. RAB Straight on along

A49/A41 to **RAB (Wrexham Rd)**

where Left on A525 (SP Wrexham)

Continue via Cross Lanes (**junc. A525/B5130**)

CAUTION! This junction is protected by traffic lights.

You MUST stop if the lights are on red.

Proceed Straight on and take 2nd exit at Cross Lanes

RAB	11.19	460.53
first gate on left TK1	0.26	460.79

Finishing circuit details

one lap = 8.18 miles

2nd exit at **Bridge Road South RAB RAB**

again 2nd exit at **Clywedog Road South RAB**

Straight on at **Clywedog Road East RAB**

again Straight on at **HMP RAB**

Left at 'T' junction

TK2 entrance to Bicks Meat & Poultry

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)

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 1.96 467.68
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