12 hour course 2018

Section one			
Start at The Club House Wrexham, Oak Road	00.00	00.49	
proceed to T-junction turn left on to B5130	00.49	00.49	
continue to T-junction, turn left on to A534	03.25	03.74	
continue to Llan-y-pwll RAB encircle retrace	02.30	06.04	
on A534 to Broxton RAB take 3rd exit on the A41	07.19	13.23	
continue on A41 through Hampton Heath RAB			
To Grindley Brook RAB 3 rd exit onto A49/41 by pass	08.73	21.96	
Through Wrexham Road RAB, to Wem Road RAB	02.27	24.23	
take 3 rd exit Continue on A41/A49 by pass to			
Whitchurch south RAB 2 nd exit to Prees Heath RAB	01.70	25.93	
Take 1st exit A41 to Ternhill RAB	06.98	32.91	
Section two			
Take 3 rd exit onto A53 continue to Espley RAB	03.33	36.24	
Take 1st exit onto the A442 to Shawbirch RAB	09.39	45.63	
Encircle RAB and retrace to Espley RAB encircle	09.43	55.06	
Retrace to Shawbirch encircle retrace to Espley	18.82	73.88	
Take 3 rd exit onto A53 to Ternhill RAB	03.34	77.22	
1st exit onto the A41 to Prees Heath RAB	06.92	84.14	
Take 3 rd exit (note second is a service road) onto			
A41/A49 Whitchurch By pass to Wem Road RAB	01.66	85.80	
Continue straight on to Wrexham Road RAB take 1st exit onto			
A495/A525 sp Ellesmere/Wrexham to Redbrook	02.56	88.36	

Section three circuit. 22.31 miles

Keep left on A495 road sp Welshampton/Ellesmere				
Continue on the A495 to Welshampton turn left (with care)				
on the B5063 sp Wem 6, follow B5063 through	06.24	94.60		
Northwood, Wolverley to Horton left on unclassified res/p Edstaston/Whixall/The Moat	oad 04.98	99.58		
Left with care onto unclassified Road s/p Whitchurch	_			
follow road through to B5476 turn left and continue	01.99	101.57		
through Quina Brook, Tilstock, to Wem Road RAB	06.54	108.11		
1st exit on A41/49 bypass to Wrexham Road RAB 1St exit onto A495/525 road to sp Welshamton left to complete the circuit	02.56	110.67		
Repeat circuit two	22.31	132.98		
Repeat circuit three	22.31	155.29		
Repeat circuit four	22.31	177.60		
Repeat circuit five	22.31	199.91		

Section Four

Continue straight on the A525 sp Wrexham continue

via Cross Lane junction A525/B5130 (caution TRAFFIC LIGHTS

FAILURE TO OBEY THEM COULD LEAD TO BEING DISQUALIFIED

Straight onto RAB take 2 nd exit	10.08	209.99
Continue to next RAB 2 nd exit	00.78	210.77
Again continue to next RAB 2 nd exit	00.11	210.88
Straight on at next RAB	00.44	211.32
Again straight onto next RAB	00.27	211.59
Continue to T-Junction left	00.10	211.69

Continue to Wrexham In estate RAB encircle to commence finishing			
circuit. T.K one	01.36	213.05	
commence finishing circuit at TIME KEEPER ONE	00.00	213.05	
Continue past entrance of event H/Q to the junction of			
Oak Road and B5130 left onto the B5130			
TIME KEEPER TWO	0 2.60	215.65	
Continue on the B5130 past			
TIME KEEPER THREE	03.15	218.80	
to junction with the A534 left, continue to the Llan-y-Pwll RAB 1st exit			
to Wrexham In estate RAB tak`e 3 rd exit to			
TIME Keeper ONE	03.26	222.06	

Commence lap two of the circuit. When your time is up you must continue to the next time keeper. Final mileage will be based on the speed between the TK passed before your time elapsed and the TK after your elapsed time.

<u>Lap no</u>	Time K one	Time K two	Time K three
<u>2</u>	<u>222.06</u>	<u>224.66</u>	<u>227.81</u>
<u>3</u>	<u>231.07</u>	<u>233.67</u>	<u>236.82</u>
<u>4</u>	<u>240.08</u>	<u>242.68</u>	<u>245.83</u>
<u>5</u>	<u>249.09</u>	<u>251.69</u>	<u>254.84</u>
<u>6</u>	<u>258.70</u>	<u>260.70</u>	<u>263.85</u>
<u>7</u>	<u>267.11</u>	<u>269.71</u>	<u>272.86</u>
<u>8</u>	<u>276.12</u>	<u>278.72</u>	<u>281.87</u>
<u>9</u>	<u>285.13</u>	<u>287.73</u>	<u>290.88</u>
<u>10</u>	<u>294.14</u>	<u>296.74</u>	<u>299.90</u>
<u>11</u>	<u>303.15</u>	<u>305.75</u>	<u>308.90</u>