| 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 $3^{\text {rd }}$ exit on the A41 | 07.19 | 13.23 |
| continue on A41 through Hampton Heath RAB |  |  |
| To Grindley Brook RAB 3rd exit onto A49/41 by pass | 08.73 | 21.96 |
| Through Wrexham Road RAB, to Wem Road RAB | 02.27 | 24.23 |
| take $3^{\text {rd }}$ exit Continue on A41/A49 by pass to |  |  |
| Whitchurch south RAB $2^{\text {nd }}$ exit to Prees Heath RAB | 01.70 | 25.93 |
| Take 1st exit A41 to Ternhill RAB | 06.98 | 32.91 |
| Section two |  |  |
| Take $3^{\text {rd }}$ exit onto A53 continue to Espley RAB | 03.33 | 36.24 |
| Take $1^{\text {st }}$ 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 ${ }^{\text {rd }}$ exit onto A53 to Ternhill RAB | 03.34 | 77.22 |
| $1{ }^{\text {st }}$ exit onto the A41 to Prees Heath RAB | 06.92 | 84.14 |
| Take $3^{\text {rd }}$ 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 $1^{\text {st }}$ 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 road |  |  |
| s/p Edstaston/Whixall/The Moat | 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 |
| $1{ }^{\text {st }}$ exit on A41/49 bypass to Wrexham Road RAB |  |  |
| $1^{\text {st }}$ exit onto A495/525 road to sp Welshamton | 02.56 | 110.67 |
| left to complete the circuit |  |  |
| 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 2nd exit | 10.08 | 209.99 |
| :--- | :---: | :---: |
| Continue to next RAB 2nd exit | 00.78 | 210.77 |
| Again continue to next RAB 2nd 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
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 $02.60 \quad 215.65$

Continue on the B5130 past
TIME KEEPER THREE $03.15 \quad 218.80$
to junction with the A534 left, continue to the Llan-y-Pwll RAB $1^{\text {st }}$ exit
to Wrexham In estate RAB tak'e $3^{\text {rd }}$ 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.

| Lap no | $\underline{\text { Time K one }}$ | $\underline{\text { Time K two }}$ | Time K three |
| :---: | :---: | :---: | :---: |
| $\underline{\underline{2}}$ | $\underline{222.06}$ | $\underline{224.66}$ | $\underline{227.81}$ |
| $\underline{3}$ | $\underline{231.07}$ | $\underline{\underline{233.67}}$ | $\underline{236.82}$ |
| $\underline{4}$ | $\underline{\underline{240.08}}$ | $\underline{242.68}$ | $\underline{245.83}$ |
| $\underline{5}$ | $\underline{249.09}$ | $\underline{251.69}$ | $\underline{\underline{254.84}}$ |
| $\underline{6}$ | $\underline{258.70}$ | $\underline{260.70}$ | $\underline{263.85}$ |
| $\underline{7}$ | $\underline{267.11}$ | $\underline{269.71}$ | $\underline{272.86}$ |
| $\underline{8}$ | $\underline{276.12}$ | $\underline{278.72}$ | $\underline{\underline{281.87}}$ |
| $\underline{9}$ | $\underline{285.13}$ | $\underline{287.73}$ | $\underline{290.88}$ |
| $\underline{10}$ | $\underline{294.14}$ | $\underline{\underline{296.74}}$ | $\underline{\underline{299.90}}$ |
| $\underline{11}$ | $\underline{303.15}$ | $\underline{305.75}$ | $\underline{\underline{308.90}}$ |

