

## 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 3 <sup>rd</sup> exit on the A41	07.19	13.23
continue on A41 through Hampton Heath RAB		
To Grindley Brook RAB 3 <sup>rd</sup> exit onto A49/41 by pass	08.73	21.96
Through Wrexham Road RAB, to Wem Road RAB	02.27	24.23
take 3 <sup>rd</sup> exit Continue on A41/A49 by pass to		
Whitchurch south RAB 2 <sup>nd</sup> exit to Prees Heath RAB	01.70	25.93
Take 1st exit A41 to Ternhill RAB	06.98	32.91

### Section two

Take 3 <sup>rd</sup> exit onto A53 continue to Espley RAB	03.33	36.24
Take 1 <sup>st</sup> exit onto the A442 to Shawburch RAB	09.39	45.63
Encircle RAB and retrace to Espley RAB encircle	09.43	55.06
Retrace to Shawburch encircle retrace to Espley	18.82	73.88
Take 3 <sup>rd</sup> exit onto A53 to Ternhill RAB	03.34	77.22
1 <sup>st</sup> exit onto the A41 to Prees Heath RAB	06.92	84.14
Take 3 <sup>rd</sup> 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 <sup>st</sup> 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<sup>st</sup> exit on A41/49 bypass to Wrexham Road RAB

1<sup>st</sup> exit onto A495/525 road to sp Welshampton 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 2<sup>nd</sup> exit 10.08 209.99

Continue to next RAB 2<sup>nd</sup> exit 00.78 210.77

Again continue to next RAB 2<sup>nd</sup> 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

<u>Lap no</u>	<u>Time K one</u>	<u>Time K two</u>	<u>Time K three</u>
<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>