

	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	3.90	3.90
where Right on A41. Straight on via Hampton Heath RAB to <b>RAB (Grindley Brook)</b>	8.73	12.63
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>	2.27	14.90
to continue on A49/A41 via Whitchurch south RAB where Right along dual carriageway (A49/A41) to <b>RAB (Prees Heath)</b>	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 Right on A53 to <b>RAB (Tern Hill)</b>	3.34	67.89
where Left on A41 to <b>RAB (Prees Heath)</b>	6.92	74.81
sharp Left at 1st exit of RAB & take A49 southbound to <b>RAB (Battlefield Church)</b>	13.99	88.80
where encircle & retrace to <b>RAB (Prees Heath)</b>	14.02	102.82
<b><u>Section three: Quina Brook circuit</u></b>		
<i>(1 lap = 12.62 miles)</i>		
Commence circuit at RAB (Prees Heath) Straight on at 1 <sup>st</sup> exit ( <i>NOT the service road</i> )	<u>Inter.</u>	
via A49/A41 to <b>RAB (Wem Rd)</b> where <b>Left on B5476</b> via Tilstock & Quina Brook.	1.66	104.48
Turn <b>Left on unclassified road</b>	5.15	109.63
Proc. to 'T' junction with A49 where <b>Left on A49</b>	2.20	111.83
<i>( Give way ! Great care is needed at this junction.)</i>		
Proceed on A49 via Prees by-pass to <b>RAB (Prees Heath)</b>	3.61	115.44
to complete the circuit		
<i>Repeat this circuit as follows.</i>		
<b>RAB (Prees Heath) 2<sup>nd</sup> time</b>	12.62	128.06
<b>RAB (Prees Heath) 3<sup>rd</sup> time</b>	12.62	140.68
<b>RAB (Prees Heath) 4<sup>th</sup> time</b>	12.62	153.30
<b>RAB (Prees Heath) 5<sup>th</sup> time</b>	12.62	165.92
<b>RAB (Prees Heath) 6<sup>th</sup> time</b>	12.62	178.54
<b>RAB (Prees Heath) 7<sup>th</sup> time</b>	12.62	191.16
<b>RAB (Prees Heath) 8<sup>th</sup> time</b>	12.62	203.78

**Section four : night section**

*Prees Heath - Espley – Prees Heath (20.65 miles)*

go Right at RAB take the A41 southbound.

Proceed south on A41 to **RAB (Tern Hill)** 7.06 210.84

where Right on A53 to **RAB (Espley)** 3.33 214.17

where encircle & retrace to **RAB (Tern Hill)** 3.34 217.51

where Left on A41 to **RAB (Prees Heath)** 6.92 224.43

to complete the 1<sup>st</sup> lap

Lap 2 Prees – Ternhill – Espley – Ternhill - Prees 20.65 245.08

Lap 3 Prees – Ternhill – Espley – Ternhill - Prees 20.65 265.73

Lap 4 Prees – Ternhill – Espley – Ternhill - Prees 20.65 286.38

Lap 5 Prees – Ternhill – Espley – Ternhill - Prees 20.65 307.03

Lap 6 Prees – Ternhill – Espley – Ternhill - Prees 20.65 327.68

Lap 7 Prees – Ternhill – Espley – Ternhill - Prees 20.65 348.33

**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 1.66 349.99

via Tilstock and Quina Brook

turn **Left on unclass. road** 5.15 355.14

Proc. to 'T' with A49 where **Left on A49** 2.20 357.34

*( Give Way ! Great care is needed at this junction.)*

Proc. via Prees by-pass to **Prees Heath RAB** 3.61 360.95

*Repeat this circuit as follows.*

2<sup>nd</sup> time **RAB (Prees Heath)** 12.62 373.57

**RAB (Prees Heath)** 3<sup>rd</sup> time 12.62 386.19

**RAB (Prees Heath)** 4<sup>th</sup> time 12.62 398.81

**RAB (Prees Heath)** 5<sup>th</sup> time 12.62 411.43

**RAB (Prees Heath)** 6<sup>th</sup> time 12.62 424.05

Proceed to Wem Rd. RAB Straight on along 1.66 425.71

A49/A41 to **RAB (Wrexham Rd)** 1.43 427.14

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 2<sup>nd</sup> exit at **RAB** 11.19 438.33

again 2<sup>nd</sup> exit at **next RAB** 0.78 439.11

again 2<sup>nd</sup> exit at **next RAB** 0.11 439.22

Straight on at **next RAB** 0.44 439.66

again Straight on at **next RAB** 0.27 439.93

**Left at 'T' junction** 0.10 440.03

at Wrexham Industrial estate **RAB** encircle and retrace

To TK1 1.36 441.39

Finishing circuit details

*one lap = 9.01 miles*

	Inter	
to commence circuit southbound at <b>TK1</b>	0.00	441.39
To 'T' Junction Left on B5130 ( <b>TK2</b> )	2.60	443.99
pass <b>TK3</b>	3.15	447.14
to junction with A534.		
Left on A534 to RAB (Llan-y-pwl)		
Left to Wrexham Industrial Estate RAB		
take 3rd Exit to complete the 1 <sup>st</sup> lap at <b>TK1</b>	3.26	450.40

<u>Lap N°</u>	<u>TK2</u>	<u>TK3</u>	<u>TK1</u>
2	453.00	456.15	459.41
3	462.01	465.16	468.42
4	471.02	474.17	477.43
5	480.03	483.18	486.44
6	489.04	492.19	495.45
7	498.05	501.20	504.46
8	507.06	510.21	513.47
9	516.07	519.22	522.48
10	525.08	528.23	531.49
11	534.09	537.24	540.50
12	543.10	546.25	549.51
13	552.11	555.26	558.52