

	Inter.	Cumul
<u>Section one</u>		
From Farndon Community Club (HQ) to the start turn right out of gate then left on the A534, continue for 3/4 mile to the start in first lay-by		0.00
continue on A534 to Broxton Island where Right on A41. Straight on via Hampton Heath RAB	2.89	2.89 *
to RAB (Grindley Brook)	8.73	11.62 *
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	13.89 *
to continue on A49/A41 via Whitchurch south RAB where Right along dual carriageway (A49/A41) to RAB (Prees Heath)	1.70	15.59 *
		0.00
<u>Section two</u>		
take 2nd exit of RAB & follow A49 southbound to RAB (Battlefield Church)	13.99	29.58 *
where encircle & retrace to RAB (Prees Heath) repeat leg and return to RAB (Prees Heath)	14.02	43.60 *
2nd time	28.01	71.61 *
repeat leg and return to RAB (Prees Heath) 3rd time	28.01	99.62 *
repeat leg and return to RAB (Prees Heath) 4th time	28.01	127.63 *
<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	129.29 *
Turn Left on unclassified road	5.15	134.44 *
Proc. to 'T' junction with A49 where Left on A49	2.20	136.64 *
Proceed on A49 via Prees by-pass to RAB (Prees Heath)	3.61	140.25 *
to complete the circuit <i>Repeat this circuit as follows.</i>		
RAB (Prees Heath) 2nd time	12.62	152.87 *
RAB (Prees Heath) 3rd time	12.62	165.49 *
RAB (Prees Heath) 4th time	12.62	178.11 *
RAB (Prees Heath) 5th time	12.62	190.73 *
RAB (Prees Heath) 6th time	12.62	203.35 *
RAB (Prees Heath) 7th time	12.62	215.97 *
Proceed to Wem Rd. RAB Straight on along A49/A41 to RAB (Wrexham Rd)	1.66	217.63
where Left on A525 (SP Wrexham)	1.43	219.06
Continue via Cross Lanes (junc. A525/B5130)		

CAUTION! YOU MUST STOP IF TRAFFIC LIGHTS ARE ON RED

Proceed Straight on and take 2 nd exit at RAB	11.19	230.25 *
again 2 nd exit at next RAB	0.78	231.03 *
again 2 nd exit at next RAB	0.11	231.14 *
Straight on at next RAB	0.44	231.58
again Straight on at next RAB	0.27	231.85
Left at 'T' junction	0.10	231.95 *

at Wrexham Industrial estate **RAB** encircle and retrace
 To TK1 1.36 233.31 *
Finishing circuit details
one lap = 9.01 miles

Inter

to commence circuit southbound at TK1	0.00	233.31
To 'T' Junction Left on B5130 (TK2)	2.60	235.91
pass TK3	3.15	239.06 *
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 st lap at TK1	3.26	242.32 *

<u>Lap N^o</u>	<u>TK2</u>	<u>TK3</u>	<u>TK1</u>
2	244.92	248.07	251.33
3	253.93	257.08	260.34
4	262.94	266.09	269.35
5	271.95	275.10	278.36
6	280.96	284.11	287.37
7	289.97	293.12	296.38
8	298.98	302.13	305.39
9	307.99	311.14	314.40
10	317.00	320.15	323.41
11	326.01	329.16	332.42
12	335.02	338.17	341.43