SPAR Day 200

Wednesday 21-Apr-2027

Organiser: Matt Thurlow

Emergency Contact: 07851-371374

This event is run under Audax UK Regulations

You must ride to your ability and route conditions

L=LEFT, R=RIGHT

T=T-JUNCTION

SO=STRAIGHT OVER (DOES NOT imply right of way)

X=CROSSROADS

RBT=ROUNDABOUT

$=SIGNPOSTED

TL=TRAFFIC LIGHTS

imm=IMMEDIATELY

0.0	Out of control and L	0.0 km
0.2	3rd EXIT @ RBT $ Pedley Street	0.2 km
5.0	3rd EXIT @ RBT $ Nantwich Town Centre	5.2 km
1.5	L @ miniRBT no $ (at Nantwich pet vets)	6.7 km
0.1	2nd EXIT @ RBT $ Swimming Pool (Hospital St)	6.8 km
0.2	L @ miniRBT no $ (past Morrisons)	7.0 km
0.3	2nd EXIT @ RBT $ Swimming Pool (Water Lode)	7.3 km
0.6	L @ TL no $ over river bridge (Welsh Row)	7.9 km
0.8	SO @ TL $ Chester	8.6 km
1.3	L @ church no $ (Monks Ln)	9.9 km
0.7	Bear L $ Chorley (Swanley Ln)	10.6 km
0.2	SO @ X no $ (Swanley Ln)	10.8 km
7.7	R @ T $ Cholmondley	18.5 km
0.8	CARE: Crossing A49 - fast traffic!!	19.3 km
0.0	SO @ X $ Egerton (Bickerton Rd)	19.4 km
2.3	L $ Malpas	21.7 km
3.9	CARE: Crossing A41 - fast traffic!	25.5 km
0.0	SO @ X no $	25.5 km
0.4	L @ T no $	25.9 km
2.2	L @ T $ Heber School Sports Centre (High St)	28.1 km
0.1	R @ monument no $	28.3 km
11.1	L $ Wrexham (Whitchurch Rd)	39.4 km
0.5	R @ T $ Wrexham A525	39.9 km
0.6	L $ Johnstown B5426	40.5 km
3.1	2nd EXIT @ RBT $ Johnstown B5426	43.6 km
6.0	R @ TL $ Rhosllanerchrucog	49.5 km
0.2	L @ War memorial $ Rhosllanerchrucog (Maelor Rd)	49.8 km
0.9	SO @ miniRBT $ Minera (Market St)	50.7 km
0.3	**SPAR RHOSLLANERCHRUCOG CONTROL**	51.0 km
0.1	R @ T $ Johnstown B5426	51.1 km
0.1	L @ miniRBT $ Minera (High Street)	51.2 km
1.8	L @ T $ Minera B5426	53.0 km
5.5	L no $ @ War memorial + bus stop on grass triangle (Wern Rd) then imm ...	58.5 km
0.0	L @ T no $ (Church Rd)	58.5 km
1.5	Bear R $ Gwynfryn (Allt y Pentref)	59.9 km
0.7	L @ T $ Rhuthun	60.6 km
0.8	SO @ TL $ Llanarmon-yn-lâl	61.4 km
2.4	SO @ TL $ Llanarmon-yn-lâl	63.8 km
2.3	Bear L @ X $ Llanarmon-yn-lâl	66.1 km
4.9	Bear L $ Ruthin (past Valley Lodge entrance)	71.0 km
1.1	L @ T $ Rhuthun A494	72.1 km
4.6	R @ church $ Llandyrnog B5429	76.7 km
3.5	L $ Llandyrnog B5429	80.2 km
3.4	L no $ (just before Llandyrnog village sign)	83.6 km
0.6	R @ T no $ then imm ...	84.2 km
0.0	L $ cycle symbol	84.2 km
0.1	CARE: Pipe across road	84.3 km
1.1	L @ T $ Denbigh cycle rte	85.3 km
3.2	3rd EXIT @ RBT $ Pentrefoelas (Ruthin Rd)	88.6 km
1.1	L @ TL $ Pentrefoelas A543 (Vale St)	89.7 km
0.1	R $ Police Stn	89.8 km
0.4	R $ Police stn (at old school)	90.2 km
0.1	R @ miniRBT no $	90.3 km
1.8	L $ Henllan	92.1 km
1.5	R no $ (imm after "Chweffordd" house)	93.5 km
1.1	R @ T no $	94.6 km

0.3	L no $ (on RH bend)	94.9 km
2.9	L $ Glascoed	97.8 km
1.7	L @ T $ Glascoed	99.5 km
1.3	L $ Llannefydd	100.9 km
2.3	R @ X no $	103.2 km
0.8	L @ T $ Betws-yn-rhos B5381	103.9 km
0.5	R $ Abergele (7.5t weight limit)	104.5 km
2.5	L @ X no $	107.0 km
2.6	R @ T $ Rhyl A548	109.5 km
0.5	L $ Community College (Faenol Ave)	110.0 km
0.1	R into Control	110.1 km
0.1	**SPAR ABERGELE CONTROL**	110.2 km
0.1	Out of control and L	110.3 km
0.1	L @ T then imm	110.4 km
0.1	2nd EXIT @ RBT $ Rhuddlan A547	110.5 km
4.3	2nd EXIT @ RBT $ Rhuddlan A547	114.8 km
2.5	2nd EXIT @ RBT $ Rhuddlan	117.3 km
0.8	2nd EXIT @ RBT $ Dyserth (Princes Rd)	118.1 km
0.8	R @ T $ Dyserth A5151	118.8 km
2.9	SO @ TL (High St)	121.7 km
4.4	**INFO CONTROL SPAR TRELAWNYD**	126.1 km
0.7	L $ Walwen	126.9 km
2.7	L $ NCR5	129.5 km
1.7	R @ T $ NCR5	131.2 km
2.6	Bear L @ T no $	133.8 km
1.9	Bear L $ Town Centre (Whitford St)	135.7 km
0.8	L no $ (past Lidl)	136.5 km
0.1	R no $ (Rosehill)	136.6 km
0.3	L @ T no $	136.9 km
2.1	R @ T $ Flint (opp Boot & Ship)	139.0 km
0.3	Bear R before TL onto cycle path	139.3 km
0.4	Bear R to rejoin road at end of path	139.7 km
2.7	Bear R $ NCR5	142.3 km
1.0	SO, crossing after TL to rejoin A548 -	143.3 km
2.3	2nd EXIT @ RBT $ Chester A548	145.6 km
0.5	Bear L onto cycle path	146.2 km
1.0	SO at end of cycle path no $	147.2 km
0.6	2nd EXIT @ RBT $ Connah's Quay B5129	147.8 km
0.1	1st EXIT @ RBT $ Connah's Quay B5129	147.9 km
5.0	Bear L $ Town Centre B5441	152.8 km
0.1	L @ X no $ (Station Rd)	152.9 km
0.2	**SPAR QUEENSFERRY CONTROL**	153.2 km
0.6	R imm after blue bridge onto cycle path	153.7 km
5.5	LRL around bridge to stay on cycle path	159.3 km
3.4	Bear R to stay on cycle path	162.6 km
0.2	SO @ end of cycle path $ Humps	162.9 km
0.4	R @ miniRBT no $	163.3 km
0.3	L @ X	163.6 km
0.1	R $ Northgate Arena (past Tesco)	163.6 km
0.2	L $ Shopmobility	163.8 km
0.3	R @ T no $ (over canal bridge)	164.1 km
0.0	At miniRBT onto path before 1st EXIT (in front of Lock Keeper pub)	164.1 km
0.1	R onto canal path	164.2 km
0.1	SO on road adjacent to canal path (Canalside)	164.3 km
0.4	R after Barton Rouge (Steam Mill St)	164.7 km
0.1	L $ Dual carriageway	164.8 km
1.6	R opp Shell garage no $ (Pearl Ln)	166.4 km
0.5	At A41 Ring Road, cross using Toucan crossing	166.9 km
0.0	L onto cycle path	167.0 km
0.1	R at end of cycle path (Pearl Ln)	167.1 km
0.8	R @ X (Little Heath Rd)	167.9 km
1.2	L $ NCR71 (Plough Ln)	169.1 km
1.1	R @ X $ Waverton (Brown Heath Rd)	170.2 km
0.9	L @ T $ Stapleford (Guy Ln)	171.1 km
6.3	SO @ X no $ (Willington Rd)	177.4 km
1.8	SO @ X no $ (Wood Ln)	179.2 km
1.9	SO @ X no $ (Smithy Ln)	181.1 km
2.6	SO @ X $ NCR71 (Utkinton Rd)	183.7 km
0.1	CARE: Crossing A49 - busy road with fast traffic	183.8 km
0.0	SO @ X no $	183.8 km
0.8	Bear L @ fork $ Leisure Drive	184.6 km
0.1	L @ T $ unreadable (Beech Ln)	184.8 km
1.5	L $ Northwich (Park Rd)	186.2 km

1.9	R @ X $ Winsford/A54 (Chester Ln)	188.2 km
2.4	1st EXIT @ RBT $ Whitegate	190.5 km
1.8	**INFO CONTROL SPAR WINSFORD**	192.4 km
0.1	2nd EXIT @ RBT $ Nantwich/B5074 (Swanlow Ln)	192.5 km
1.1	SO @ TL (Swanlow Ln)	193.5 km
5.1	L @ miniRBT $ Leighton Hospital (Cross Ln)	198.7 km
3.2	R $ Nantwich/A530 then imm ...	201.9 km
0.0	L $ No Through Road	201.9 km
0.4	Bear L @ end to rejoin main road	202.3 km
0.1	2nd EXIT @ RBT $ Crewe	202.4 km
0.4	SO @ RBT	202.8 km
0.2	1st EXIT @ RBT $ Crematorium (Bradfield Rd)	203.0 km
0.2	SO @ TL $ Crewe B5076	203.2 km
1.9	3rd EXIT @ RBT $ Sandbach (before the Coop) then imm ...	205.1 km
0.1	R $ Town Centre (Middlewich St)	205.2 km
1.1	L @ TL (Vernon Way)	206.3 km
0.5	1st EXIT @ RBT $ M6 Congleton (Earle St)	206.8 km
0.3	2nd EXIT @ RBT $ Congleton A532	207.1 km
0.3	R @ miniRBT no $ (Macon Way)	207.3 km
0.7	**CREWE ARRIVÉE**	**208.0 km**