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ST

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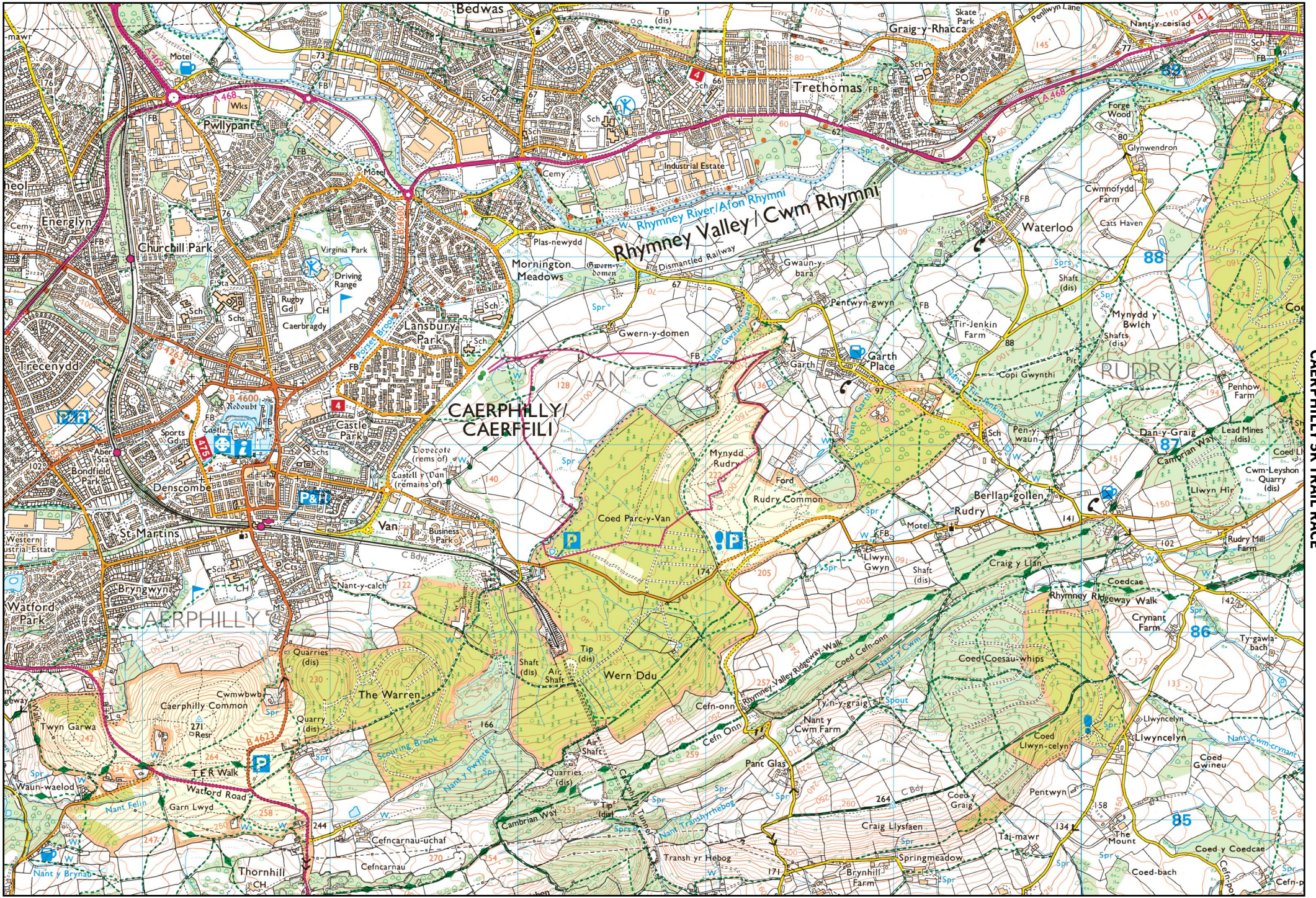
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CAERPHILLY 5K TRAIL RACE

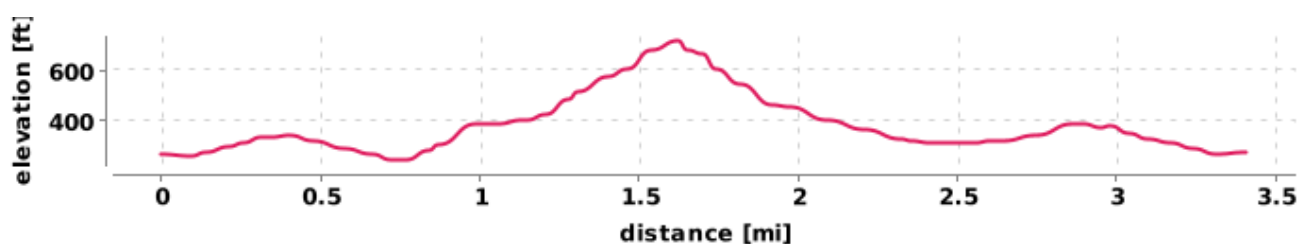
Route Information

Caerphilly 5K Trail Race

Route Summary

Total Distance **3.41 mi (5.48 km)**
 Elevation **244 ft at lowest point**
719 ft at highest point
 Total Ascent **643 ft**

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
0	ST 168 873	0 mi	51° 34' 44" N	3° 12' 6" W	271 ft
	Dist to next: 3.41 mi, Ascent to next: 1 ft				
1	ST 168 873	3.41 mi	51° 34' 44" N	3° 12' 7" W	272 ft