

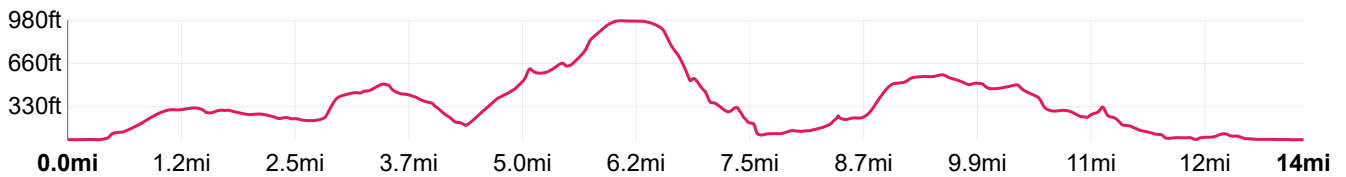
Route Information

Route Name Radyr an Morgantown Trail Half Marathon

Route Summary

Total Distance	13.4mi (21.6km)	Walk	5h 45min
Elevation	75ft at lowest point	Run	2h 40min
	988ft at highest point	Cycle	1h 8min
Total Ascent	2543ft		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	ST 139 806	0.00mi	51° 31' 4" N	3° 14' 28" W	77ft
Dist to next: 13.40mi, Bearing to next: 169°, Ascent to next: 2543ft					
2	ST 139 805	13.40mi	51° 31' 3" N	3° 14' 28" W	75ft