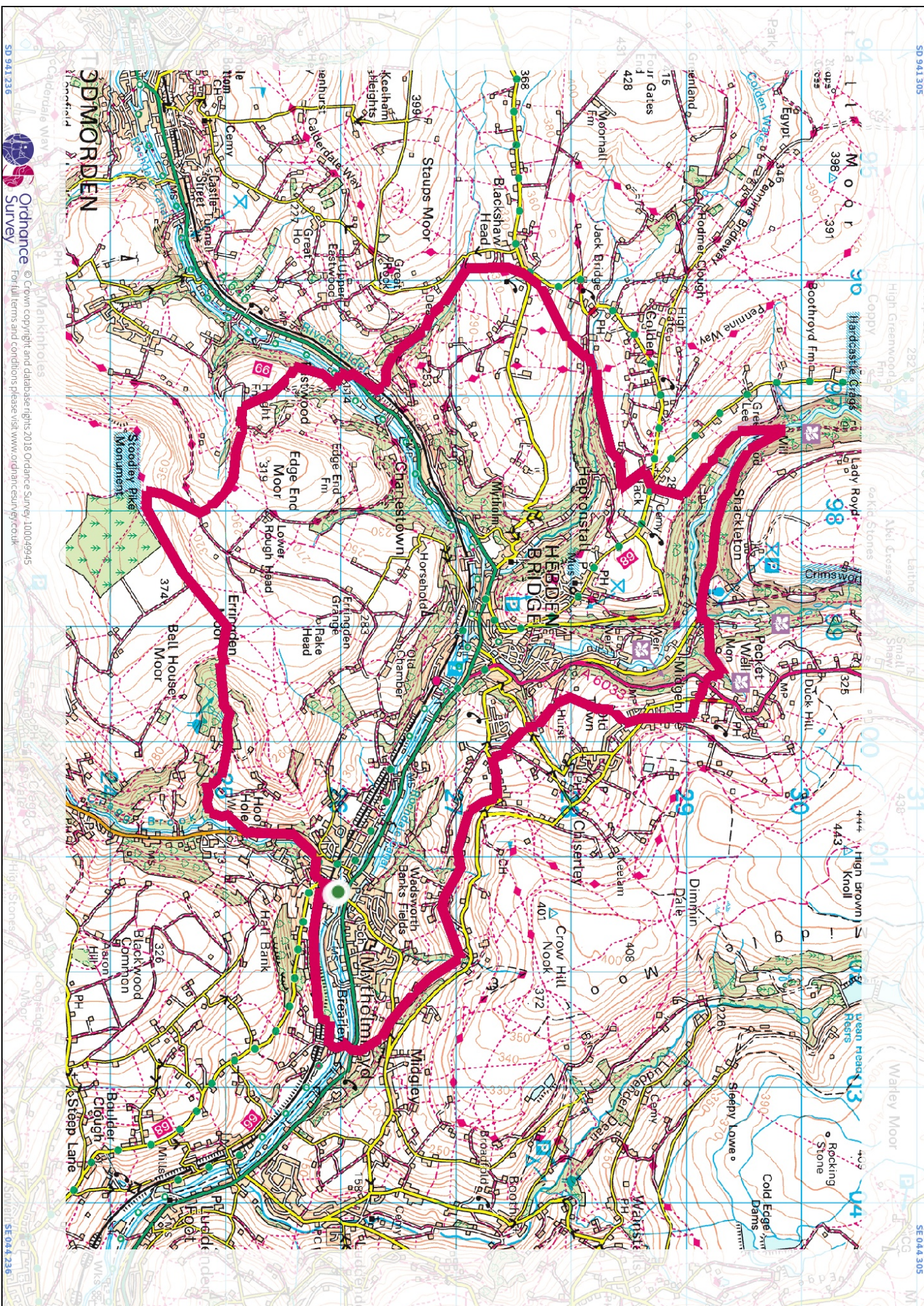




Route Information

Route Name TH-Short 2016

Route Summary

Total Distance	23.9km (14.8mi)	Walk	6h 26min
Elevation	92m at lowest point	Run	2h 10min
	381m at highest point	Cycle	1h 15min
Total Ascent	995m		

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Ascent to next	Latitude	Longitude	Elevation
1	SE 013 259	0.00km	995m	53° 43' 47" N	1° 58' 52" W	92m
	Dist to next: 23.89 km					
2	SE 013 259	23.89km	0m	53° 43' 48" N	1° 58' 54" W	93m