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THE LANCASHIREMAN OFF-ROAD MARATHON

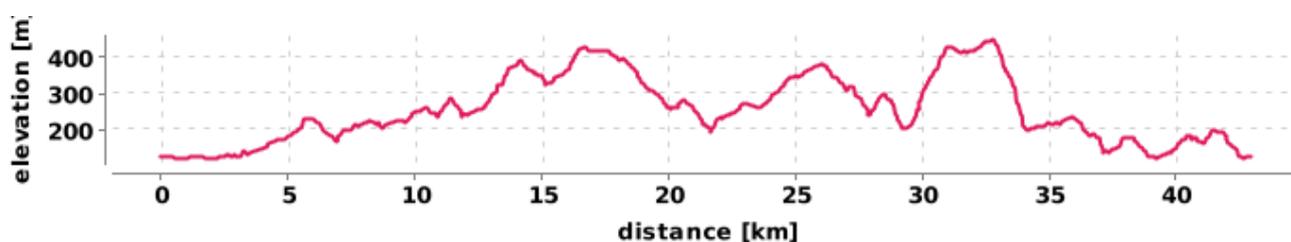
Route Information

The Lancashireman Off-Road Marathon

Route Summary

Total Distance **43 km (26.72 mi)**
 Elevation **122 m** at lowest point
448 m at highest point
 Total Ascent **1320 m**

Elevation Profile



Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SD 842 319	0 km	53° 47' 2" N	2° 14' 27" W	130 m
		Dist to next: 12.95 km , Ascent to next: 157 m			
2	SD 907 346	12.95 km	53° 48' 28" N	2° 8' 32" W	287 m
	CHECKPOINT 1	Dist to next: 12 km , Ascent to next: 61 m			
3	SD 893 288	24.96 km	53° 45' 22" N	2° 9' 44" W	348 m
	CHECKPOINT 2	Dist to next: 9.15 km , Ascent to next: -148 m			
4	SD 874 282	34.11 km	53° 45' 1" N	2° 11' 31" W	200 m
	CHECKPOINT 3 Water Station	Dist to next: 8.89 km , Ascent to next: -71 m			
5	SD 842 319	43 km	53° 47' 1" N	2° 14' 24" W	129 m