



## Route Information

Route Name TelfordT5050MileTrailRelayLegs

Shows the legs for the relay. Many can be combined. Apart from the top of the Wrekin and the top of Lilleshall Hill all are accessible by road. Minor tweaks Feb 2019 and July 2019

## Route Summary

Total Distance	81.0km (50.3mi)	Walk	19h 54min
Elevation	38m at lowest point	Run	8h 23min
	401m at highest point	Cycle	5h 1min
Total Ascent	1772m		

## Elevation Profile



## Route Card

#	OS Grid Ref	Dist from start	Latitude	Longitude	Elevation
1	SJ 698 081	0.00km	52° 40' 13" N	2° 26' 47" W	156m
	Dist to next: 5.27km, Bearing to next: 209°, Ascent to next: 50m				
2	SJ 686 058	5.27km	52° 38' 58" N	2° 27' 54" W	137m
	Castle Pools Short section, on tarmac apart from the start. The part just after the start can be muddy. Dist to next: 3.30km, Bearing to next: 212°, Ascent to next: 55m				
3	SJ 677 044	8.57km	52° 38' 12" N	2° 28' 43" W	141m
	Woodside Off road, uphill at start Dist to next: 4.98km, Bearing to next: 136°, Ascent to next: 100m				
4	SJ 695 024	13.55km	52° 37' 9" N	2° 27' 3" W	45m
	Coalport Off road at first, then road, then paths, one steep ascent, then Silkin Way. Dist to next: 2.68km, Bearing to next: 291°, Ascent to next: 41m				
5	SJ 672 033	16.23km	52° 37' 37" N	2° 29' 7" W	46m
	Ironbridge Mainly off road, slightly uphill Dist to next: 2.72km, Bearing to next: 341°, Ascent to next: 126m				
6	SJ 667 047	18.95km	52° 38' 21" N	2° 29' 33" W	72m
	Coalbrookdale A hard mainly off road section, includes the rotunda steps Dist to next: 4.10km, Bearing to next: 315°, Ascent to next: 177m				

7	<b>SJ 646 068</b>	<b>23.05km</b>	52° 39' 29" N	2° 31' 25" W	<b>225m</b>
	Little Wenlock Uphill again, road, off road (across a field), then track. Dist to next: <b>6.08km</b> , Bearing to next: <b>304°</b> , Ascent to next: <b>287m</b>				
8	<b>SJ 628 081</b>	<b>29.13km</b>	52° 40' 9" N	2° 33' 5" W	<b>401m</b>
	Wrekin Summit The hard one, off road uphill to the top of the Wrekin Dist to next: <b>2.86km</b> , Bearing to next: <b>38°</b> , Ascent to next: <b>37m</b>				
9	<b>SJ 638 094</b>	<b>31.99km</b>	52° 40' 54" N	2° 32' 8" W	<b>160m</b>
	Exit from to the reservoir A downhill section, mainly off road Dist to next: <b>3.36km</b> , Bearing to next: <b>31°</b> , Ascent to next: <b>117m</b>				
10	<b>SJ 650 113</b>	<b>35.35km</b>	52° 41' 56" N	2° 31' 9" W	<b>99m</b>
	Wellington leisure Centre A hilly section, road, then the Ercall, then road again. Dist to next: <b>3.34km</b> , Bearing to next: <b>357°</b> , Ascent to next: <b>26m</b>				
11	<b>SJ 649 130</b>	<b>38.69km</b>	52° 42' 51" N	2° 31' 14" W	<b>84m</b>
	Whitchurch Rd Dist to next: <b>4.35km</b> , Bearing to next: <b>168°</b> , Ascent to next: <b>52m</b>				
12	<b>SJ 652 114</b>	<b>43.05km</b>	52° 41' 58" N	2° 30' 55" W	<b>101m</b>
	Wellington Chad Valley A tarmac section, partially on paths/cycleways Dist to next: <b>4.23km</b> , Bearing to next: <b>161°</b> , Ascent to next: <b>136m</b>				
13	<b>SJ 663 084</b>	<b>47.28km</b>	52° 40' 22" N	2° 29' 58" W	<b>223m</b>
	New Works Very rural mainly off road, some shallow climbs. Dist to next: <b>3.09km</b> , Bearing to next: <b>137°</b> , Ascent to next: <b>28m</b>				
14	<b>SJ 674 072</b>	<b>50.37km</b>	52° 39' 43" N	2° 28' 58" W	<b>171m</b>
	Horsehay Mainly down hill, mainly off road including crossing Horsehay golf course Dist to next: <b>5.33km</b> , Bearing to next: <b>10°</b> , Ascent to next: <b>76m</b>				
15	<b>SJ 680 110</b>	<b>55.70km</b>	52° 41' 44" N	2° 28' 25" W	<b>129m</b>
	Ketley Mainly off road but on good paths, one steep flight of steps up to Paddock Mound and a steeper flight down. Dist to next: <b>2.78km</b> , Bearing to next: <b>102°</b> , Ascent to next: <b>49m</b>				
16	<b>SJ 696 106</b>	<b>58.49km</b>	52° 41' 34" N	2° 27' 0" W	<b>124m</b>
	Oakengates Mainly off road but mostly on tarmac. Not very hilly. Dist to next: <b>4.92km</b> , Bearing to next: <b>30°</b> , Ascent to next: <b>106m</b>				
17	<b>SJ 707 125</b>	<b>63.41km</b>	52° 42' 35" N	2° 26' 2" W	<b>104m</b>
	Donnington Wood Mainly off road, Steep steps near the start, then not very hilly. Dist to next: <b>5.18km</b> , Bearing to next: <b>35°</b> , Ascent to next: <b>73m</b>				

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|----|---|---------|---------------|--------------|------|
| 18 | <b>SJ 728 156</b>   | 68.59km | 52° 44' 14" N | 2° 24' 10" W | 125m |
|    | Lilleshall Monument   |         |               |              |      |
|    | Some road at the start then mainly off road. Muxton Marsh can be muddy. A climb at the end.   |         |               |              |      |
|    | Dist to next: <b>4.67</b> km, Bearing to next: <b>200°</b> , Ascent to next: <b>67</b> m  |         |               |              |      |
| 19 | <b>SJ 717 124</b>   | 73.26km | 52° 42' 31" N | 2° 25' 10" W | 107m |
|    | Granville Country Park  |         |               |              |      |
|    | Starts with a short off road descent, then some road , then mainly off road, a short up hill on Muxton Lane and some steep steps to the Top of the World    |         |               |              |      |
|    | Dist to next: <b>4.08</b> km, Bearing to next: <b>192°</b> , Ascent to next: <b>106</b> m   |         |               |              |      |
| 20 | <b>SJ 712 099</b>   | 77.34km | 52° 41' 10" N | 2° 25' 37" W | 149m |
|    | Priorslee   |         |               |              |      |
|    | Mainly off road , a sustained up to St Georges, then flat.  |         |               |              |      |
|    | Dist to next: <b>3.64</b> km, Bearing to next: <b>217°</b> , Ascent to next: <b>62</b> m  |         |               |              |      |
| 21 | <b>SJ 699 081</b>   | 80.98km | 52° 40' 13" N | 2° 26' 47" W | 155m |
|    | Telford Town Park   |         |               |              |      |
|    | Mainly off road but on tarmac , through contrasting urban areas and finishing in the Town Park. Fairly flat apart from the park run finish plus a bit more. |         |               |              |      |