

North Devon Coastal Path - 15 to 17 July 2016

Stage	Day	From	To	Stage Miles	Total Miles	Ascent Feet	Descent Feet	Plan					Actuals					Legs Run											
								Time Out	Time In	Run Time	Stop Time	Pace m.p.h.	Time Out	Time In	Run Time	Stop Time	Pace m.p.h.	A	A	B	I	J	J	K	S				
1	Fri	Minehead	Bossington	6.2	6.2	1,167	1,198	10:30	11:41	1:11	0:05	5.2	10:05	11:09	1:04	0:02	5.8		X	X	X	X							
2	Fri	Bossington	Porlock Weir	2.8	9.0	36	56	11:46	12:12	0:26	0:05	6.4	11:11	11:37	0:26	0:06	6.5		X	X	X	X	X	X					
3	Fri	Porlock Weir	County Gate	5.4	14.4	1,656	932	12:17	13:28	1:11	0:05	4.5	11:43	12:53	1:10	0:04	4.6	X				X	X	X	A				
4	Fri	County Gate	Lynmouth Harbour	6.1	20.5	1,399	2,085	13:33	14:44	1:10	0:05	5.2	12:57	14:11	1:14	0:24	5.0		X			X	X						
5	Fri	Lynmouth Harbour	Lee Abbey	2.3	22.7	638	558	14:49	15:16	0:27	0:05	5.0	14:35	15:05	0:30	0:01	4.5		X	X		X	X						
6	Fri	Lee Abbey	Trentishoe Down	6.5	29.2	2,250	1,700	15:21	16:50	1:29	0:05	4.4	15:06	16:30	1:24	0:05	4.6				X	X	X						
7	Fri	Trentishoe Down	Combe Martin Bay	4.9	34.1	850	1,551	16:55	17:47	0:52	0:05	5.6	16:35	17:39	1:04	0:04	4.6	X	A	X		X						A	
8	Fri	Combe Martin Bay	Ilfracombe (note 1)	5.5	39.6	1,038	926	17:52	18:39	0:47	0:05	4.8	17:43	18:56	1:13	0:00	4.5					X				X			
Day 1 Totals				39.6		9,033	9,007			7:33	0:40	5.0			8:05	0:46	4.9												
9	Sat	Ilfracombe	Lee Bay	3.4	41.3	1,228	1,309	8:30	9:32	1:02	0:05	4.9	8:41	9:27	0:46	0:00	4.4					X	X						
10	Sat	Lee Bay	Woolacombe	4.8	47.9	1,021	998	9:37	10:35	0:58	0:05	5.0	9:27	10:29	1:02	0:04	4.7		A			X	X					A	
11	Sat	Woolacombe	Croyde Bay	5.4	53.3	590	599	10:40	11:40	1:00	0:05	5.4	10:33	11:28	0:55	0:03	5.9	X				X	X						
12	Sat	Croyde Bay	Braunton Burrows	5.3	58.6	356	367	11:45	12:42	0:57	0:05	5.6	11:31	12:29	0:58	0:13	5.5		A		X	X	X					A	
13	Sat	Braunton Burrows	Chivenor	5.9	64.6	82	82	12:47	13:48	1:01	0:05	5.8	12:42	13:40	0:58	0:07	6.1				X	X							
14	Sat	Chivenor	Fremington Quay	7.1	71.7	147	150	13:53	15:08	1:15	0:05	5.7	13:47	14:55	1:08	0:08	6.3				X	X							
15	Sat	Fremington Quay	Instow	4.1	75.8	93	102	15:13	15:56	0:42	0:05	5.9	15:03	15:47	0:44	0:00	5.6	X	X		X	X							
16	Sat	Instow	Appledore	6.9	82.8	303	294	16:01	17:16	1:15	0:05	5.5	15:47	16:55	1:08	0:06	6.1		X			X	X						
17	Sat	Appledore	Westward Ho!	5.1	87.8	167	107	17:21	18:15	0:54	0:05	5.6	17:01	17:55	0:54	0:00	5.6					X	X					A	
Day 2 Totals				48.2		3,987	4,007			9:04	0:45	5.5			8:33	0:41	5.6												
18	Sun	Westward Ho!	Buck's Mills	6.5	94.3	1,618	1,458	8:30	9:55	1:25	0:05	4.5	9:02	10:35	1:33	0:07	4.2		X		X	X	X						
19	Sun	Buck's Mills	Clovelly	4.4	98.7	1,164	1,102	10:00	10:58	0:58	0:05	4.6	10:42	11:39	0:57	0:09	4.7	X		X		X	X	X	X				
20	Sun	Clovelly	Hartland Point	6.7	105.4	1,187	1,244	11:03	12:26	1:23	0:05	4.8	11:48	13:18	1:30	0:21	4.5					X	X						
21	Sun	Hartland Point	Hartland Quay	3.0	108.4	653	798	12:31	13:07	0:36	0:05	5.0	13:39	14:22	0:43	0:01	4.2	A	A			X	X	X					
22	Sun	Hartland Quay	Marsland Mouth	5.7	114.1	1,019	1,078	13:12	14:23	1:10	0:05	4.8	14:23	15:49	1:26	0:00	3.9		A		A	X	X	X	X			A	
Day 3 Totals to Devon / Cornwall border				26.3		5,640	5,679			5:32	0:25	4.7			6:09	0:38	4.3												
Grand Total - Minehead to Marsland Mouth				114.1		18,660	18,693			22:09	1:50	5.2			22:47	2:05	5.0												

	Name	Total Miles	Ascent Feet	Descent Feet	Extra Miles	Extra Ascent	Extra Descent	Notes and Comments
AE	Alan Eccleston	27.2	5,005	5,084	3.2	960	1,030	Note 1: The finish point of Day 1 was moved 1.7 miles from Hele Bay to where we were staying in Ilfracombe.
AS	Andy Swift	58.6	9,152	10,542	1.5	960	195	Extras to meet the team en-route include the following:-
BS	Bill Southgate	20.3	2,770	3,349	2.9	960	1,155	1. County Gate 0.4 miles and 530 ft of ascent/descent
IP	Ian Page	44.2	6,686	6,109	1.6	550	75	2. Buck's Mills 0.2 miles and 75 ft of ascent/descent
JK	Jon Kinder	114.1	18,660	18,693	1.0	430	-	3. Instow over-shoot 0.5 miles
JL	Jon Leek	86.5	16,451	15,881	0.9	550	-	4. Marsland Mouth 0.4 miles and 430 feet of ascent/descent
KK	Karolina Kuckarek	26.7	5,565	4,892	3.4	960	605	5. Trentishoe Down 0.3 miles
SL	Steve Leach	35.5	6,233	6,135	1.5	960	120	6. KK covered 2 miles in sand-dunes near Instow

The actual times are based on times for Jon Kinder who ran the whole route. In the legs run columns an X means you set off with Jon. An A means you set off ahead of Jon / the peleton.

Karolina also covered 91 miles with 4,713 feet of ascent on her bike over the weekend.

Weather: Good running conditions. Mostly cloudy with some fine drizzle on Friday and Saturday. Warm and humid on the Sunday with a thick sea mist on the coast but clear inland.

Minibus drivers: Alan Eccleston, Ian Page and Bill Southgate.

Accommodation was at the Ocean Backpackers hostel in Ilfracombe booked by Andy Swift.