

Pembrokeshire Coast Path - 18-21 May 2013

Leg	From	To	Total Distance (miles)	Leg (miles)	Time Out	Time In	Run Time	Stop Time	Running Pace (m.p.h)	Legs Run										
										Amanda	Robin	Jon K	Jon L	Bryan C	Andy S	Allan E	Hollie			
Saturday																				
1	Amroth	Saundersfoot	3.1	3.1	7:07	7:40	0:33	0:05	5.71		X	X	X	X	X	X	X			
2	Saundersfoot	Tenby South Beach	8.1	4.9	7:45	8:41	0:56	0:20	5.28		X	X	X	X	X		X			
3	Tenby South Beach	Manorbier	13.0	4.9	9:01	9:59	0:58	0:03	5.09		X	X	X	X	X		X			
4	Manorbier	Freshwater East	18.9	5.9	10:02	11:09	1:07	0:12	5.25		X	X	X	X		X	X			
5	Freshwater East	St. Govan's Chapel	26.2	7.3	11:21	12:44	1:23	0:11	5.30		X	X	X	X	X		X			
6	St. Govan's Chapel	Castlemartin	32.5	6.3	12:55	13:51	0:56	0:16	6.74	X	X	X	X	X			X			
7	Castlemartin	West Angle Bay	40.1	7.6	14:07	15:39	1:32	0:05	4.99	X	X	X		X			X			
8	West Angle Bay	Rhoscrowther	45.5	5.3	15:44	16:44	1:00	0:11	5.34	X	X	X		X	X	X	X			
9	Rhoscrowther	Pwllcrochan Church	49.1	3.7	16:55	17:36	0:41	0:02	5.37	X	X	X		X						
10	Pwllcrochan Church	Pembroke Castle	54.6	5.4	17:38	18:38	1:00	n/a	5.45		X	X		X						
Saturday Total				54.6		11:31	10:06	1:25	5.40	22.9	54.6	54.6	32.5	54.6	25.7	14.4	45.5			
Sunday																				
11	Pembroke Castle	Hazelbeach	61.9	7.3	7:38	8:57	1:19	0:10	5.57	X	X	X		X	X					
12	Hazelbeach	Milford Haven	66.7	4.8	9:07	10:04	0:57	0:05	5.07	X	X	X		X		X	X			
13	Milford Haven	Sandy Haven (East)	71.0	4.3	10:09	10:57	0:48	0:03	5.37	X	X	X		X	X		X			
14	Sandy Haven (East)	Sandy Haven (West)*	71.3	0.3	11:00	11:15	0:15	0:23	1.21		X	X		X						
15	Sandy Haven (West)*	Dale*	76.6	5.3	11:38	12:40	1:02	0:13	5.09		X	X	X	X						
16	Dale*	St. Ann's Head	81.0	4.4	12:53	13:41	0:48	0:12	5.50		X	X	X	X	X	X	X			
17	St. Ann's Head	Martin's Haven	87.4	6.4	13:53	15:00	1:07	0:20	5.72		X	X	X	X			X			
18	Martin's Haven	St. Brides	91.8	4.4	15:20	16:10	0:50	0:16	5.28		X	X	X	X	X		X			
19	St. Brides	Musselwick	96.6	4.8	16:26	17:16	0:50	0:07	5.78	X	X	X	X	X		X	X			
20	Musselwick	Nolton Haven	101.9	5.2	17:23	18:20	0:57	n/a	5.51	X	X	X	X	X	X					
Sunday Total				47.3		10:42	8:53	1:49	5.32	26.5	47.3	47.3	30.5	47.3	25.7	14.0	29.1			
Monday																				
21	Nolton Haven	Newgale	104.5	2.6	7:32	8:06	0:34	0:02	4.62	X	X	X	X	X			X			
22	Newgale	Solva	109.5	5.0	8:08	9:07	0:59	0:04	5.11	X	X	X		X	X	X	X			
23	Solva	Porth Clais	115.6	6.1	9:11	10:20	1:09	0:11	5.28	X	X	X		X			X			
24	Porth Clais	Whitesands Bay	122.1	6.5	10:31	11:49	1:18	0:14	5.00	X	X	X		X	X					
25	Whitesands Bay	Abereiddy	129.7	7.6	12:03	13:38	1:35	0:22	4.83		X	X	X	X			X			
26	Abereiddy	Abercastle	136.1	6.4	14:00	15:08	1:08	0:24	5.64		X	X	X	X	X	X				
27	Abercastle	Pwll Deri	142.8	6.7	15:32	16:57	1:25	0:26	4.73		X	X	X	X						
28	Pwll Deri	Strumble Head	145.6	2.8	17:23	18:01	0:38	0:03	4.47	X	X	X	X	X	X	X				
29	Strumble Head	Fishguard	152.5	6.8	18:04	19:25	1:21	n/a	5.04	X	X	X	X	X	X					
Monday Total				50.6		11:53	10:07	1:46	5.00	29.9	50.6	50.6	33.0	50.6	27.6	14.2	21.4			
Tuesday																				
30	Fishguard	Pwllgwaelod	159.1	6.6	8:20	9:47	1:27	0:10	4.55	X	X	X	X	X	X					
31	Pwllgwaelod	Newport Sands	166.5	7.4	9:57	11:30	1:33	0:22	4.80	X	X	X	X	X		X				
32	Newport Sands	Ceibwr Bay	173.2	6.7	11:52	13:25	1:33	0:18	4.33		X	X	X	X						
33	Ceibwr Bay	Poppit Sands	179.0	5.8	13:43	14:59	1:16	0:01	4.55		X	X	X	X	X		X			
34	Poppit Sands	St. Dogmaels	180.5	1.6	15:00	15:19	0:19	n/a	4.96	X	X	X	X	X	X	X				
Tuesday Total				28.1		6:59	6:08	0:51	4.58	15.6	28.1	28.1	28.1	28.1	13.9	9.0	5.8			
Grand Total				180.5		41:05	35:14	5:51	5.12	94.9	180.5	180.5	124.1	180.5	92.8	51.7	101.7			

* Note Distances shown are for coastal route utilising tidal crossings at Sandy Haven and Dale saving 5.5 miles via alternative inland route.

Support: Steve Leach

Drivers: Allan Eccleston & Steve Leach

Weather conditions: Saturday & Sunday - sunny, warm, dry. Monday - overcast, dry. Tuesday - cloudy, northerly wind, dry.