

Rolls-Royce Harriers Circuit of Cornwall Challenge May 2009 - Actual Times

A = Team A, B = Team B, K = Kayak section, C = Cycling section

LEG	DAY	FROM	TO	Team	Actual Times							Pace
					TIME OUT	TIME IN	LEG RUN TIME	LEG TOT TIME	TOTAL TIME HR	LEG MILES	TOTAL MILES	
1	Fri	Mead	Coombe	A	13:40	14:49	1:09	1:09	1.15	5.4	5.4	4.70
2	Fri	Coombe	Bude (Crooklets Beach)	A	14:49	15:22	0:33	0:33	1.70	3.3	8.7	6.00
3	Fri	Bude	Widemouth Bay	A	15:27	16:04	0:37	0:42	2.40	4.0	12.7	6.49
4	Fri	Widemouth Bay	Crackington Haven	A	16:05	17:31	1:26	1:27	3.85	6.8	19.5	4.74
5	Fri	Crackington Haven	Boscastle	A	17:33	19:12	1:39	1:41	5.53	6.8	26.3	4.12
6	Fri	Boscastle	Tintagel	B	19:16	20:18	1:02	1:06	6.63	5.0	31.3	4.84
7	Fri	Tintagel	Trebarwith	B	20:20	20:45	0:25	0:27	7.08	1.8	33.1	4.32
8	Fri	Trebarwith	Port Isaac	B	20:45	22:45	2:00	2:00	9.08	6.9	40.0	3.45
9	Sat	Port Isaac	Polzeath	B	22:49	0:56	2:07	2:11	11.27	8.8	48.8	4.16
10	Sat	Polzeath	Rock Ferry	B	0:57	1:40	0:43	0:44	12.00	2.9	51.7	4.05
K1	Sat	Rock Ferry	Padstow	K	1:55	2:04	0:09	0:24	12.40	0.6	52.3	4.27
11	Sat	Padstow	Trevone	A	2:12	3:26	1:14	1:22	13.77	5.7	58.0	4.62
12	Sat	Trevone	Porthcothan	A	3:26	5:30	2:04	2:04	15.83	7.9	65.9	3.82
13	Sat	Porthcothan	Watergate Bay	A	5:32	6:42	1:10	1:12	17.03	6.8	72.7	5.83
14	Sat	Watergate Bay	Fistral Beach	A	6:45	7:30	0:45	0:48	17.83	5.1	77.8	6.80
15	Sat	Newquay	Holywell (beach)	A	7:32	8:51	1:19	1:21	19.18	6.5	84.3	4.94
16	Sat	Holywell (beach)	Perranporth	A	8:53	9:32	0:39	0:41	19.87	4.5	88.8	6.92
17	Sat	Perranporth	St Agnes	B	9:32	11:25	1:53	1:53	21.75	8.3	97.1	4.41
18	Sat	St Agnes	Porthtowan	B			0:00		21.75			
19	Sat	Porthtowan	Portreath	B	11:28	12:05	0:37	0:40	22.42	3.7	100.8	6.00
20	Sat	Portreath	Gwithian	B	12:06	13:48	1:42	1:43	24.13	8.0	108.8	4.71
21	Sat	Gwithian	Hayle	B	13:49	14:51	1:02	1:03	25.18	5.5	114.3	5.32
22	Sat	Hayle	St Ives	B	15:00	15:57	0:57	1:06	26.28	5.3	119.6	5.58
23	Sat	St Ives	Zennor	B	15:57	17:13	1:16	1:16	27.55	5.9	125.5	4.66
24	Sat	Zennor	Pendeen Watch	A	17:15	18:52	1:37	1:39	29.20	7.7	133.2	4.76
25	Sat	Pendeen Watch	Cape Cornwall	A	18:55	19:42	0:47	0:50	30.03	4.0	137.2	5.11
26	Sat	Cape Cornwall	Sennen Cove	A	19:43	20:39	0:56	0:57	30.98	5.1	142.3	5.46
27	Sat	Sennen Cove	Porthcurno	A	20:43	22:30	1:47	1:51	32.83	6.6	148.9	3.70
28	Sun	Porthcurno	Lamorna Cove	A	22:36	1:03	2:27	2:33	35.38	5.5	154.4	2.24
29	Sun	Lamorna Cove	Penzance station	B	1:04	2:24	1:20	1:21	36.73	6.1	160.5	4.58
30	Sun	Penzance station	Marazion	B	2:24	2:55	0:31	0:31	37.25	3.1	163.6	6.00
31	Sun	Marazion	Prussia Cove	B	2:55	4:02	1:07	1:07	38.37	4.3	167.9	3.85
32	Sun	Prussia Cove	Porthleven	B	4:03	5:41	1:38	1:39	40.02	6.5	174.4	3.98
33	Sun	Porthleven	Mullion Cove	B	5:47	7:13	1:26	1:32	41.55	7.1	181.5	4.95
34	Sun	Mullion Cove	Lizard lighthouse	B	7:20	8:48	1:28	1:35	43.13	6.9	188.4	4.70
35A	Sun	Lizard lighthouse	Kennack Sands	A	8:50	9:50	1:00	1:02	44.17	5.3	193.7	5.30
35B	Sun	Kennack Sands	Coverack	A	9:53	11:19	1:26	1:29	45.65	5.3	199.0	3.70
36A	Sun	Coverack	Porthallow	A	11:19	12:25	1:06	1:06	46.75	5.0	204.0	4.55
36B	Sun	Porthallow	Helford South	A	12:36	14:11	1:35	1:46	48.52	9.6	213.6	6.06
K2	Sun	Helford South	Helford North	K	14:13	14:23	0:10	0:12	48.72	0.5	214.2	3.24
37	Sun	Helford North	Falmouth Watersport	A	14:33	16:29	1:56	2:06	50.82	10.0	224.2	5.17
K3	Sun	Falmouth Watersport	Place House	K	16:35	17:17	0:42	0:48	51.62	3.3	227.5	4.70
38	Sun	Place House	Portscatho	B	17:19	18:29	1:10	1:12	52.82	6.2	233.7	5.31
39	Sun	Portscatho	Portloe	B	18:32	20:13	1:41	1:44	54.55	7.5	241.2	4.46
40	Sun	Portloe	East Portholland	B	20:19	22:27	2:08	2:14	56.78	8.8	250.0	4.13
41	Sun	East Portholland	Gorran Haven	B			0:00		56.78			
42	Sun	Gorran Haven	Pentewan	B	22:32	23:52	1:20	1:25	58.20	5.6	255.6	4.20
43	Mon	Pentewan	Charlestown	A	23:52	1:38	1:46	1:46	59.97	5.6	261.2	3.17
44	Mon	Charlestown	Par (Polmear)	A	1:38	2:42	1:04	1:04	61.03	3.5	264.7	3.28
45	Mon	Par (Polmear)	Fowey (Quay)	A	2:42	4:18	1:36	1:36	62.63	6.8	271.5	4.25
K4	Mon	Fowey (Quay)	Polruan (Quay)	K	4:35	4:53	0:18	0:35	63.22	0.5	271.9	1.50
46	Mon	Polruan	Polperro	B	4:55	6:43	1:48	1:50	65.05	7.1	279.0	3.94
47	Mon	Polperro	Looe	B	6:43	7:38	0:55	0:55	65.97	5.0	284.0	5.45
48	Mon	Looe	Portwrinkle	B	7:42	9:34	1:52	1:56	67.90	7.7	291.7	4.13
49	Mon	Portwrinkle	Wiggle Cliff	All	9:40	10:46	1:06	1:12	69.10	5.2	296.9	4.73
50	Mon	Wiggle Cliff	Cawsand	All	10:51	11:40	0:49	0:54	70.00	4.6	301.5	5.63
51	Mon	Cawsand	Cremell Ferry	All	11:46	12:30	0:44	0:50	70.83	3.7	305.2	5.05
K5	Mon	Cremell Ferry	Plymouth Jetty	K	12:58	13:20	0:22	0:50	71.67	0.6	305.8	1.66
C1	Mon	Plymouth Jetty	Start Point nr. Meed	Bike	13:30	17:05	3:35	3:45	75.42	56.0	361.8	15.63

Notes Legs 17-18 and 40-41 were merged and run as single legs.
 Legs 35 and 36 were split to reduce the leg lengths.
 The final running legs 49-51 were run by the majority of both teams
 with intermediate stops to change drivers.

	TIME	MILES	MPH
Total running	69:40	300	4.3
Total kyaking	2:00	6	3.0
Total cycling	3:45	56	14.9
Total	75:25	362	4.8