

Coast to Coast (Wainwrights) 22-24 July 2006										
from	to	distance miles	supporters	day	clock time in	cum time in	clock time out	cum time out	running time	pace
<b>START</b>							<b>05:37</b>	<b>00:00</b>		
st bees	ennerdale bridge	14.25	dave thompson	0	08:53	3:16:00	09:04	3:27:00	03:16	4.36
ennerdale bridge	rosthwaite	14.5	allan pollock john thornhill	0	12:37	7:00:00	12:49	7:12:00	03:33	4.08
rosthwaite	grasmere	9.25	allan pollock malcolm	0	15:11	9:34:00	15:32	9:55:00	02:22	3.91
grasmere	patterdale	8	dave thompson	0	17:26	11:49:00	17:52	12:15:00	01:54	4.21
patterdale	shap	16	tom ottewell	0	22:27	16:50:00	22:46	17:09:00	04:35	3.49
shap	orton	6.25	dave thompson john thornhill	1	02:55	21:18:00	03:20	21:43:00	04:09	1.51
orton	kirkby stephen	13.75	dave thompson john thornhill	1	06:50	25:13:00	07:20	25:43:00	03:30	3.93
kirkby stephen	keld	12.75	malcolm	1	10:15	28:38:00	10:35	28:58:00	02:55	4.37
keld	reeth	11.25	tom ottewell	1	13:48	32:11:00	14:10	32:33:00	03:13	3.50
reeth	richmond	10.5	allan pollock	1	16:45	35:08:00	17:06	35:29:00	02:35	4.06
richmond	danby whiske	14	dave thompson	1	20:31	38:54:00	20:53	39:16:00	03:25	4.10
danby whiske	ingleby cross	9	john thornhill malcolm	1	23:22	41:45:00	23:50	42:13:00	02:29	3.62
ingleby cross	clay bank top	12.25	tom ottewell allan pollock	2	05:41	48:04:00	05:59	48:22:00	05:51	2.09
clay bank top	blakey	9.25	dave thompson	2	07:50	50:13:00	08:09	50:32:00	01:51	5.00
blakey	grosmont	12	malcolm	2	11:19	53:42:00	11:28	53:51:00	03:10	3.79
grosmont	low moor	7.5	john thornhill	2	14:37	57:00:00	14:37	57:00:00	03:09	2.38
low moor	robin hood's bay	8	john thornhill dave thompson	2	15:34	<b>57:57:00</b>			<b>51:57:00</b>	