

Rolls-Royce Harriers Ridgeway Relay - 21st to 22nd September 2012

Stage	From	To	Leg Miles	Total Miles	Ascent Feet	Descent Feet	Plan					Actuals					Runners		
							Time Out	Time In	Rest Time	Leg Time	Pace mph	Time Out	Time In	Rest Time	Leg Time	Pace mph			
1	Overton Hill	Barbury Hill	6.6	6.6	554	233	18:00	19:12		1:12	5.5	18:28	19:35		1:07	5.9	JK,RC,AC,AE,AS,BS		
2	Barbury Hill	Round Hill Downs	5.6	12.2	465	513	19:17	20:30	0:05	1:13	4.6	19:38	20:35	0:03	0:57	5.9	JK,RC,MR,SL		
3	Round Hill Downs	Fox Hill	4.7	16.9	223	399	20:35	21:36	0:05	1:01	4.6	20:37	21:33	0:02	0:56	5.0	JK,RC,AC,AS,BS		
4	Fox Hill	Ashbury	3.2	20.1	215	200	21:41	22:23	0:05	0:42	4.6	21:38	22:09	0:05	0:31	6.2	JK,RC,AE,MR		
5	Ashbury	Devil's Punchbowl	5.1	25.2	423	326	22:28	23:36	0:05	1:08	4.5	22:10	23:05	0:01	0:55	5.6	JK,RC,AC,AS,BS		
6	Devil's Punchbowl	Lattin Down	5.0	30.2	238	284	23:51	0:57	0:15	1:06	4.5	23:19	0:11	0:14	0:52	5.8	JK,RC,MR		
7	Lattin Down	Bury Down	4.1	34.3	63	179	1:02	1:55	0:05	0:53	4.6	0:16	0:57	0:05	0:41	6.0	JK,RC,AC,AS		
8	Bury Down	Thurle Down	6.3	40.6	316	617	2:00	3:24	0:05	1:24	4.5	1:01	2:08	0:04	1:07	5.6	JK,RC,MR		
9	Thurle Down	South Stoke	4.5	45.1	112	274	3:54	4:53	0:30	0:59	4.6	2:37	3:25	0:29	0:48	5.6	JK,RC,AC,AS,BS		
10	South Stoke	Cart Gap	4.7	49.8	193	17	4:58	5:59	0:05	1:01	4.6	3:29	4:23	0:04	0:54	5.2	JK,RC,MR		
11	Cart Gap	White Hill	5.1	54.9	736	470	6:04	7:15	0:05	1:11	4.3	4:25	5:40	0:02	1:15	4.1	JK,RC,AC,AS,BS		
12	White Hill	Lewknor	5.4	60.3	344	437	7:30	8:28	0:15	0:58	5.6	5:45	6:48	0:05	1:03	5.1	JK,RC,MR		
13	Lewknor	Lodge Hill	5.3	65.6	288	214	8:33	9:31	0:05	0:58	5.5	7:11	8:14	0:23	1:03	5.0	JK,RC,AC,AS,BS		
14	Lodge Hill	Princes Risborough	4.3	69.9	638	405	9:36	10:24	0:05	0:48	5.4	8:18	9:12	0:04	0:54	4.8	JK,RC,AE,MR		
15	Princes Risborough	Wendover	5.1	75.0	561	843	10:54	11:50	0:30	0:56	5.5	9:23	10:29	0:11	1:06	4.6	JK,RC,AC,AS		
16	Wendover	Hastoe Cross	5.6	80.6	600	398	11:55	12:58	0:05	1:03	5.3	10:37	11:38	0:08	1:01	5.5	JK,RC,BS,MR		
17	Hastoe Cross	Ivinghoe	5.1	85.7	412	525	13:03	14:00	0:05	0:57	5.4	11:44	12:43	0:06	0:59	5.2	JK,RC,AC,AE,AS,BS		
18a	Ivinghoe	Ivinghoe Aston	2.0	87.7	276	503	14:10					13:00					JK,RC,AS,BS,MR,SL		
18b	Ivinghoe Aston	Slapton Lock	2.7	90.4	10	90		15:02	0:10	0:52	5.4		14:02	0:17	1:02	4.5	JK,RC,BS,MR		
19	Slapton Lock	Linslade	5.1	95.5	28	68	15:07	16:03	0:05	0:56	5.5	14:07	15:09	0:05	1:02	4.9	JK,RC,AC		
20	Linslade	Water Eaton	4.8	100.3	68	86	16:08	17:00	0:05	0:52	5.5	15:12	16:03	0:03	0:51	5.6	JK,RC,AE,AS,BS,MR		
					6763	7081						2:50	20:10	5.0					
										Elapsed Time					21:35				

Notes

- 1 Stage 17 followed revised route for first kilometre from Hastoe Cross, as waymarked but not as mapped.
- 2 Stage 18 split to allow runners to run to the end of the Ridgeway.
- 3 Andy's and Steve's pace calculations exclude stage 18a, because of the lack of an intermediate time.
- 4 Support provided by Julie Smith.

Total Miles Run

			Ascent	Descent
AC	Amanda Carter	50.7	3400	3531
AE	Alan Eccleston	24.0	1887	1449
AS	Andy Swift	52.4	3716	4052
BS	Bill Southgate	46.4	3290	2993
JK	Jon Kinder	100.3	6763	7081
MR	Mark Rogerson	49.6	3363	3550
RC	Robin Carter	100.3	6763	7081
SL	Steve Leach	7.6	741	1016

Runner miles 431.3

Average miles per runner 53.9

	Miles	Rest	Run	Pace
Light Legs	46.6	1:17	9:05	5.1
Dark Legs	53.7	1:14	9:59	5.4
	100.3	2:31	19:04	5.3

	Stages 1-10	Stages 11-20	Total
Ascent	49.8	50.5	100.3
Descent	1:07	1:24	2:31
Run	8:48	10:16	19:04
Pace	5.7	4.9	5.3