

### Rolls-Royce Harriers South Downs Way Relay - 11th to 12th October 2013

Stage	From	To	Leg Miles	Total Miles	Ascent Feet	Descent Feet	Day	Plan					Actuals					Runners				
								Time Out	Time In	Rest Time	Leg Time	Pace mph	Time Out	Time In	Rest Time	Leg Time	Pace mph					
1	Winchester	Ovington Down	5.8	5.8	486	216	Fri	20:30	21:39		01:09	5.0	21:18	22:21		01:03	5.5	JK,RC,AS				
2	Ovington Down	Beacon Hill	4.8	10.6	364	136	Fri	21:43	22:40	00:04	00:57	5.1	22:24	23:19	00:03	00:55	5.2	JK,RC,AS,BS				
3	Beacon Hill	Old Winchester Hill	5.0	15.6	547	564	Fri	22:44	23:44	00:04	01:00	5.0	23:22	00:25	00:03	01:03	4.8	JK,RC,AC				
4	Old Winchester Hill	Butser Hill	6.0	21.6	543	361	Fri	23:48	01:02	00:04	01:14	4.9	00:34	01:44	00:09	01:10	5.1	JK,RC,AC,AS				
5	Butser Hill	Harting Downs	6.9	28.5	725	874	Fri	01:14	02:40	00:12	01:26	4.8	01:57	04:19	00:13	02:22	2.9	JK,BS				
6	Harting Downs	Cocking	6.4	34.9	665	946	Fri	02:44	04:04	00:04	01:20	4.8	04:24	05:40	00:05	01:16	5.1	JK,AC				
7	Cocking	Upwaltham	5.1	40.0	535	428	Sat	04:08	05:13	00:04	01:05	4.7	05:49	06:50	00:09	01:01	5.0	JK,RC,AS				
8	Upwaltham	Houghton	5.5	45.5	521	880	Sat	05:17	06:24	00:04	01:07	4.9	07:07	08:14	00:17	01:07	4.9	JK,RC,AC				
9	Houghton	Washington	7.2	52.7	797	570	Sat	06:44	08:11	00:20	01:27	5.0	08:19	09:40	00:05	01:21	5.3	JK,AC,AS,BS				
10	Washington	Bramber	6.7	59.4	508	807	Sat	08:15	09:29	00:04	01:14	5.4	09:48	10:54	00:08	01:06	6.1	JK,RC,SL,JS				
11	Bramber	Devil's Dyke	5.1	64.5	888	345	Sat	09:33	10:39	00:04	01:06	4.6	11:02	12:06	00:08	01:04	4.8	JK,RC,AC,AS,SL				
12	Devil's Dyke	Ditchling Beacon	5.2	69.7	767	594	Sat	10:43	11:48	00:04	01:05	4.8	12:23	13:25	00:17	01:02	5.0	JK,RC,AC				
13	Ditchling Beacon	Falmer	5.2	74.9	218	758	Sat	12:08	13:03	00:20	00:55	5.7	13:29	14:20	00:04	00:51	6.1	JK,AC,AS,BS				
14	Falmer	Southease	6.1	81.0	624	727	Sat	13:07	14:21	00:04	01:14	4.9	14:23	15:41	00:03	01:18	4.7	JK,RC				
15	Southease	Bostal Hill	5.4	86.4	768	315	Sat	14:25	15:37	00:04	01:12	4.5	15:49	16:46	00:08	00:57	5.7	JK,RC				
16	Bostal Hill	Exceat	5.4	91.8	335	857	Sat	15:53	16:55	00:16	01:02	5.2	17:03	18:13	00:17	01:10	4.6	JK,AS,BS				
17	Exceat	Hod Combe	4.8	96.6	773	638	Sat	16:59	18:03	00:04	01:04	4.5	18:14	19:26	00:01	01:12	4.0	JK,AC,SL,JS				
18	Hod Combe	Eastbourne Pier	4.4	101.0	409	551	Sat	18:07	19:00	00:04	00:53	5.0	19:31	20:23	00:05	00:52	5.1	JK,RC,AC,AS				
					10473	10567						02:00	20:30	4.9						02:15	20:50	4.8

#### Notes

- 1 Stage 5 took longer than planned due to a navigational error.
- 2 Route followed the coastal alternative between Alfriston and Eastbourne.
- 3 Finish was at Eastbourne pier (official end of the SDW is at the start of the promenade).

<b>Elapsed Time</b>	<b>23:05</b>
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#### Total Miles Run

			Ascent	Descent
AC	Amanda Carter	54.8	6128	6207
AS	Andy Swift	49.0	4575	4222
BS	Bill Southgate	29.5	2439	3195
JK	Jon Kinder	101.0	10473	10567
JS	Julie Smith	11.5	1281	1445
RC	Robin Carter	65.1	6960	5924
SL	Steve Leach	16.6	2169	1790

Runner miles 327.5  
Average miles per runner 46.8