

Dales Way Challenge 17/18 October 2014 - Plan versus Actual Times

Leg	From	To	Leg (miles)	PLAN			ACTUAL					AC	RC	JK	BB	BS	AS	AE	SL
				Run Time	Stop Time	Run Pace (mph)	Time Out	Time In	Run Time	Stop Time	Run Pace (mph)								
1	Woodhouse Moor	Adel Woods	4.5	00:53	00:05	5.1	19:50	20:45	00:55	00:05	4.9		X	X	X			X	
2	Adel Woods	Bramhope	5.3	01:05	00:05	4.9	20:50	21:53	01:03	00:06	5.0		X	X		X			
3	Bramhope	The Chevin	3.2	00:41	00:05	4.7	21:59	22:37	00:38	00:06	5.1		X	X				X	
4	The Chevin	Burley Woodhead	4.0	00:46	00:05	5.3	22:43	23:34	00:51	00:07	4.7	X	X	X					
5	Burley Woodhead	Old Bridge, Ilkley	3.7	00:45	00:20	5.0	23:41	00:38	00:57	00:12	3.9	X	X	X	X				
6	Old Bridge, Ilkley	Bolton Bridge	4.8	00:58	00:05	5.0	00:50	01:53	01:03	00:08	4.6	X	X	X					
7	Bolton Bridge	Barden Bridge	4.4	00:56	00:05	4.7	02:01	02:55	00:54	00:10	4.9	X	X	X	X				
8	Barden Bridge	Burnsall Bridge	3.7	00:44	00:05	5.0	03:05	03:51	00:46	00:08	4.8		X	X					X
9	Burnsall Bridge	Grassington	3.4	00:43	00:05	4.8	03:59	04:41	00:42	00:09	4.9		X	X		X			
10	Grassington	Kettlewell	6.5	01:27	00:20	4.5	04:50	06:20	01:30	00:19	4.4		X	X			X		
11	Kettlewell	Hubberholme	5.3	01:04	00:05	5.0	06:39	07:48	01:09	00:04	4.6	X	X	X			X		
12	Hubberholme	Oughtershaw	4.9	00:59	00:05	5.0	07:52	08:50	00:58	00:16	5.1	X	X	X			X	X	X
13	Oughtershaw	Cam End	6.1	01:12	00:05	5.1	09:06	10:24	01:18	00:11	4.7		X	X			X		
14	Cam End	Stone House	4.5	00:52	00:05	5.2	10:35	11:26	00:51	00:16	5.3		X	X			X		
15	Stone House	Dent	5.2	00:57	00:20	5.5	11:42	12:43	01:01	00:11	5.1		X	X			X	X	
16	Dent	Millthorp	4.8	00:55	00:05	5.2	12:54	13:53	00:59	00:06	4.9	X	X	X			X		X
17	Millthorp	Bridge End	3.6	00:41	00:05	5.3	13:59	14:42	00:43	00:10	5.0	X	X	X			X		
18	Bridge End	Lowgill Viaduct	3.7	00:45	00:05	4.8	14:52	15:41	00:49	00:24	4.5	X	X	X	X		X	X	
19	Lowgill Viaduct	Grayrigg Foot	4.0	00:49	00:05	4.9	16:05	16:59	00:54	00:05	4.4	X	X	X	X				
20	Grayrigg Foot	Burneside	4.7	00:58	00:20	4.9	17:04	18:10	01:06	00:07	4.3		X	X					X
21	Burneside	Staveley	3.6	00:45	00:05	4.8	18:17	19:06	00:49	00:07	4.5	X	X	X				X	
22	Staveley	Hag End	3.1	00:44	00:05	4.3	19:13	19:58	00:45	00:04	4.1	X	X	X	X				
23	Hag End	Bowness	2.9	00:32	n/a	5.4	20:02	20:40	00:38	n/a	4.5	X	X	X	X				
Totals			100.1	20:11	02:50	5.0		24:50	21:19	03:31	4.7								

Individual Miles Covered		
AC	Amanda Carter	52.9
RC	Robin Carter	100.1
JK	Jon Kinder	100.1
BB	Bob Bond	26.2
BS	Bill Southgate	8.7
AS	Andy Swift	44.7
AE	Alan Eccleston	25.1
SL	Steve Leach	18.2

Minibus drivers: Alan Eccleston, Bill Southgate, Steve Leach

Conditions: Rain during most of the night but very mild for the time of year.
Mixture of heavy showers during the day gradually improving towards evening.