

Cleveland Way 5-6 October 2007

TEAM 'A' ACTUAL TIMINGS

LEG	DAY	TIME OUT	FROM	TO	TIME IN	RUNNING TIME	STOP TIME	TOTAL TIME	LEG MILES	TOTAL MILES	PACE M.P.H.	Allan Pollock	Stephen Turnough	Steve Leach	Malcolm Marchant
1	Fri	7:30	Helsmley	Hambleton Inn	8:57	1:27	0:05	1:32	7.0	7.0	4.8	X	X	X	X
2	Fri	9:02	Hambleton Inn	Sneck Yate	10:14	1:12	0:11	2:55	6.5	13.5	5.4	X	X	X	
3	Fri	10:25	Sneck Yate	Osmotherly	12:10	1:45	0:26	5:06	8.0	21.5	4.6	X	X	X	X
4	Fri	12:36	Osmotherly	Clay Bank	15:57	3:21	0:16	8:43	11.5	33.0	3.4	X	X	X	
5	Fri	16:13	Clay Bank	Kildale	18:22	2:09	0:45	11:37	9.0	42.0	4.2	X	X	X	X
6	Fri	19:07	Kildale	Slapewath	23:20	4:13	0:10	16:00	10.0	52.0	2.4	X	X	X	
7	Fri	23:30	Slapewath	Skinningrove	2:17	2:47	0:21	19:08	8.0	60.0	2.9	X		X	X
8	Sat	2:38	Skinningrove	Runswick	5:50	3:12	0:20	22:40	8.0	68.0	2.5	X		X	X
9	Sat	6:10	Runswick	Whitby	8:53	2:43	0:31	25:54	8.0	76.0	2.9	X			X
10	Sat	9:24	Whitby	Robin Hoods Bay	11:25	2:01	0:04	27:59	7.5	83.5	3.7	X	X		
11	Sat	11:29	Robin Hoods Bay	Ravenscar	12:48	1:19	0:09	29:27	4.0	87.5	3.0	X			
12	Sat	12:57	Ravenscar	Cloughton Wyke	14:30	1:33	0:16	31:16	7.0	94.5	4.5	X	X		
13	Sat	14:46	Cloughton Wyke	Scarborough	16:15	1:29	0:25	33:10	6.5	101.0	4.4	X			
14	Sat	16:40	Scarborough	Filey Brigg	18:50	2:10	0:00	35:20	9.0	110.0	4.2	X	X		X
						31:21	3:59	35:20	110.0			110.0	75.5	68.0	57.0

Average Pace (in miles per hour) =

3.51

3.11

Runners: Allan Pollock (full distance), Stephen Turnough, Steve Leach, Malcolm Marchant.
 Supporters: Bev Marchant, John Thornhill, Ken Northard (legs 11 & 13), Ray Thompson (leg 14)

TEAM 'B' ACTUAL TIMINGS

LEG	DAY	TIME OUT	FROM	TO	TIME IN	RUNNING TIME	STOP TIME	TOTAL TIME	LEG MILES	TOTAL MILES	PACE M.P.H.	Jon Kinder	Des Gosling	Dave Thompson	Andy Swift
1	Fri	14:15	Helsmley	Hambleton Inn	15:25	1:10	0:05	1:15	7.0	7.0	6.0	X	X	X	X
2	Fri	15:30	Hambleton Inn	Sneck Yate	16:27	0:57	0:05	2:17	6.5	13.5	6.8	X	X	X	X
3	Fri	16:32	Sneck Yate	Osmotherly	17:55	1:23	0:11	3:51	8.0	21.5	5.8	X	X		X
4	Fri	18:06	Osmotherly	Clay Bank	20:29	2:23	0:07	6:21	11.5	33.0	4.8	X		X	
5	Fri	20:36	Clay Bank	Kildale	22:20	1:44	0:10	8:15	9.0	42.0	5.2	X			X
6	Fri	22:30	Kildale	Slapewath	0:53	2:23	0:10	10:48	10.0	52.0	4.2	X		X	
7	Sat	1:03	Slapewath	Skinningrove	2:50	1:47	0:18	12:53	8.0	60.0	4.5	X			X
8	Sat	3:08	Skinningrove	Runswick	4:50	1:42	0:08	14:43	8.0	68.0	4.7	X		X	
9	Sat	4:58	Runswick	Whitby	6:41	1:43	0:24	16:50	8.0	76.0	4.7	X			X
10	Sat	7:05	Whitby	Robin Hoods Bay	8:31	1:26	0:14	18:30	7.5	83.5	5.2	X		X	
11	Sat	8:45	Robin Hoods Bay	Ravenscar	9:33	0:48	0:10	19:28	4.0	87.5	5.0	X			X
12	Sat	9:43	Ravenscar	Cloughton Wyke	10:45	1:02	0:03	20:33	7.0	94.5	6.8	X		X	
13	Sat	10:48	Cloughton Wyke	Scarborough	11:45	0:57	0:02	21:32	6.5	101.0	6.8	X			X
14	Sat	11:47	Scarborough	Filey Brigg	13:17	1:30	0:00	23:02	9.0	110.0	6.0	X		X	X
						20:55	2:07	23:02	110.0			110.0	21.5	66.5	66.0

Average Pace (in miles per hour) =

5.26

4.78

Runners: Jon Kinder (full distance), Des Gosling, Dave Thompson, Andy Swift.
 Supporters: Julie Smith, Ray Thompson (leg 14)