

Offa's Dyke Path - 12 to 15 July 2014 - plan versus actual times & distances covered

Stage	Day	From	To	Stage Miles	Total Miles	Ascent Feet	Descent Feet	PLAN					ACTUALS					Jon	Bryan	Andy	Alan	Ian	Bill	Bob	Steve	Julie		
								Time Out	Time In	Leg Time	Stop Time	Pace m.p.h.	Time Out	Time In	Leg Time	Stop Time	Pace m.p.h.											
1	Sat	Sedbury Cliff	Boughspring	4.3	4.3	707	296	10:30	11:17	00:47	00:05	5.5	11:40	12:30	00:50	00:02	5.1	X	X	X	X							
2	Sat	Boughspring	Brockweir	4.4	8.7	553	1,017	11:22	12:05	00:43	00:05	6.1	12:32	13:30	00:58	00:06	4.5	X	X	X	X				A	A		
3	Sat	Brockweir	Mork	3.8	12.4	332	195	12:10	12:48	00:38	00:15	6.0	13:36	14:13	00:37	00:23	6.1	X	X	X	X		X	X				
4	Sat	Mork	Redbrook	3.2	15.7	595	717	13:03	13:37	00:34	00:05	5.7	14:36	15:06	00:30	00:03	6.5	X	X		X							
5	Sat	Redbrook	Monmouth	4.0	19.7	849	853	13:42	14:26	00:44	00:05	5.4	15:09	15:59	00:50	00:06	4.8	X	X	X	X			A	A			
6	Sat	Monmouth	Hendre	3.4	23.0	430	258	14:31	15:07	00:35	00:15	5.7	16:05	16:37	00:32	00:04	6.3	X	X		X	X						
7	Sat	Hendre	Onen	3.5	26.5	392	286	15:22	15:58	00:36	00:05	5.8	16:41	17:23	00:42	00:05	4.9	X	X	X	X			A	A	A		
8	Sat	Onen	Caggle Street	5.0	31.5	457	514	16:03	16:54	00:51	00:05	5.9	17:28	18:29	01:01	00:06	4.9	X	X									
9	Sat	Caggle Street	Pandy	4.6	36.1	705	604	16:59	17:48	00:50	n/a	5.5	18:35	19:30	00:55	n/a	5.0	X	X	X								
Day 1 Totals					36.1	5,022	4,740		07:18	06:18	01:00	5.7		07:50	06:55	00:55	5.2											
10	Sun	Pandy	Llanthony / Trig 552	5.1	5.1	1,663	232	08:00	09:11	01:11	00:05	4.3	07:57	09:10	01:13	00:00	4.2	X	X	X	X							
11	Sun	Llanthony / Trig 552	Hay Bluff	7.7	12.8	609	917	09:16	10:37	01:21	00:05	5.7	09:10	10:40	01:30	00:14	5.1	X	X	X			X	X				
12	Sun	Hay Bluff	Hay-on-Wye	3.5	16.3	57	1,218	10:42	11:10	00:28	00:15	7.5	10:54	11:31	00:37	00:05	5.6	X	X	X		A	X	X		A		
13	Sun	Hay-on-Wye	Crowther's Pool	5.1	21.3	912	282	11:25	12:26	01:01	00:05	5.0	11:36	12:38	01:02	00:09	4.9	X	X		X	X						
14	Sun	Crowther's Pool	Gladestry	5.7	27.0	785	983	12:31	13:34	01:03	00:15	5.4	12:47	13:55	01:08	00:18	5.0	X	X									
15	Sun	Gladestry	Kington	4.2	31.2	634	770	13:49	14:35	00:46	00:05	5.4	14:13	14:57	00:44	00:06	5.7	X	X	X		X	X		A	A		
16	Sun	Kington	Lower Harpton	4.4	35.6	811	885	14:40	15:31	00:51	00:15	5.2	15:03	15:59	00:56	00:12	4.8	X	X	X	X							
17	Sun	Lower Harpton	Rhos-y-meirch	7.0	42.6	1,514	861	15:46	17:16	01:30	00:05	4.7	16:11	17:45	01:34	00:08	4.4	X	X		X							
18	Sun	Rhos-y-meirch	Knighton	2.7	45.3	153	732	17:21	17:46	00:25	n/a	6.5	17:53	18:22	00:29	n/a	5.7	X	X	X	A		X	X		A		
Day 2 Totals					45.3	7,138	6,881		09:46	08:36	01:10	5.3		10:25	09:13	01:12	4.9											
19	Mon	Knighton	Lower Spoad	7.3	7.3	1,505	1,389	08:00	09:32	01:32	00:05	4.8	08:15	10:07	01:52	00:03	3.9	X	X	X								
20	Mon	Lower Spoad	Kerry Ridgeway	5.4	12.7	1,889	1,390	09:37	10:54	01:17	00:05	4.2	10:10	11:38	01:28	00:06	3.7	X	X		X	X			A	A		
21	Mon	Kerry Ridgeway	Montgomery	5.4	18.1	85	965	10:59	11:51	00:52	00:15	6.2	11:44	12:45	01:01	00:16	5.3	X	X	X			X	X				
22	Mon	Montgomery	Forden	4.1	22.3	500	180	12:06	12:55	00:49	00:05	5.1	13:01	13:48	00:47	00:05	5.3	X	X	X	X							
23	Mon	Forden	Buttington	4.9	27.2	952	1,417	13:00	13:58	00:58	00:05	5.1	13:53	14:59	01:06	00:04	4.5	X	X		X							
24	Mon	Buttington	Rhy-esgyn	5.3	32.5	88	111	14:03	15:00	00:57	00:15	5.7	15:03	15:57	00:54	00:13	5.9	X	X	X				X	A	A		
25	Mon	Rhy-esgyn	Llanymynech	5.7	38.3	124	80	15:15	16:17	01:02	00:05	5.5	16:10	17:10	01:00	00:06	5.7	X	X		X							
26	Mon	Llanymynech	Trefonen	5.3	43.5	1,319	871	16:22	17:34	01:12	00:15	4.4	17:16	18:34	01:18	00:01	4.1	X	X		X							
27	Mon	Trefonen	Racecourse Common	3.6	47.2	747	421	17:49	18:36	00:47	00:05	4.6	18:35	19:20	00:45	00:02	4.9	X	X	X			X					
28	Mon	Racecourse Common	Craignant	2.9	50.1	366	398	18:41	19:14	00:33	n/a	5.2	19:22	19:56	00:34	n/a	5.1	X	X	X	X		X					
Day 3 Totals					50.1	7,575	7,221		11:14	09:59	01:15	5.0		11:41	10:45	00:56	4.7											
29	Tue	Craignant	Froncysyllte	6.6	6.6	843	1,522	08:00	09:17	01:17	00:05	5.1	07:38	09:06	01:28	00:03	4.5	X	X		X							
30	Tue	Froncysyllte	Dinbren	4.6	11.2	1,037	456	09:22	10:26	01:04	00:05	4.3	09:09	10:13	01:04	00:02	4.3	X	X	X		X						
31	Tue	Dinbren	World's End	3.2	14.3	696	382	10:31	11:14	00:43	00:15	4.5	10:15	10:58	00:43	00:07	4.4	X	X	X		X	X		A			
32	Tue	World's End	Pen-y-ffriith	6.7	21.0	815	998	11:29	12:51	01:22	00:05	4.9	11:05	12:29	01:24	00:16	4.8	X	X		X							
33	Tue	Pen-y-ffriith	Bwlch Penbarras	5.7	26.7	1,273	1,105	12:56	14:15	01:19	00:05	4.4	12:45	14:13	01:28	00:04	3.9	X	X	X	X							
34	Tue	Bwlch Penbarras	Moel Arthur	4.5	31.2	974	1,059	14:20	15:19	00:59	00:15	4.5	14:17	15:20	01:03	00:06	4.2	X	X	X			X		A	A		
35	Tue	Moel Arthur	Bodfari	4.9	36.1	797	1,764	15:34	16:33	00:58	00:05	5.0	15:26	16:28	01:02	00:05	4.8	X	X	X	X		X					
36	Tue	Bodfari	Rhuallt	4.6	40.8	1,049	927	16:38	17:42	01:05	00:15	4.3	16:33	17:48	01:15	00:11	3.7	X	X		X							
37	Tue	Rhuallt	Dyserth	3.9	44.7	711	614	17:57	18:49	00:52	00:05	4.5	17:59	18:47	00:48	00:01	4.9	X	X		X	X	X					
38	Tue	Dyserth	Prestatyn	3.8	48.5	479	816	18:54	19:40	00:46	00:00	5.0	18:48	19:46	00:58	n/a	3.9	X	X	X	X	X	X					
Day 4 Totals					48.5	8,673	9,642		11:40	10:25	01:15	4.7		12:08	11:13	00:55	4.3											
Grand Totals					179.9	28,408	28,485			39:58	35:18	4:40	5.1		42:04	38:06	3:58	4.7										

A = Set off ahead.

Name	Total Miles	Ascent Feet	Descent Feet	Extra Miles	Extra Ascent	Extra Descent	
Jon Kinder	179.9	28,408	28,485				
Bryan Carr	179.9	28,408	28,485				
Andy Swift	108.2	16,012	17,050	0.8			Checkpoint 37 moved to road crossing 0.8 miles earlier
Alan Eccleston	75.5	11,948	11,950	2.5		1,065	
Ian Page	63.7	12,341	11,381				
Bill Southgate	45.1	5,780	8,852	5.0	1,065	1,065	Checkpoint 11 at Llanthony 2.5 miles and 1,065 feet below meeting point on Hatterall Ridge. BS, BB and SL did ascent, AE and BS did descent.
Bob Bond	68.7	8,944	10,032	2.5	1,065		
Steve Leach	44.6	7,750	6,786	2.5	1,065		
Julie Smith	33.4	4,741	6,584				

Weather conditions: hot and humid on the Saturday, warm and dry remainder of the time aside from a minor shower on the Sunday. Visibility excellent.