

**COAST OF CORNWALL CHALLENGE - 300 MILES  
MAY 1<sup>ST</sup> - 4<sup>TH</sup> 2009**

Undaunted by our last experience on a long distance path (the Pennine Way in July 2007, when I'm sure we crossed paths with Noah's Ark en route), a bunch of some of the nuttier Harriers embarked on an attempt to complete the 300 miles of the Cornish section of the South West Coast Path as a non-stop relay in less than 72 hours. As if that wasn't challenge enough, we chose a Bank Holiday weekend to squeeze the two cars and two Transit vans of the support fleet through some of the narrowest lanes Cornwall has to offer. But we did it!

We set off from Mead at 1.40pm on the Friday, and reached the end of the coast path section at the Cremyll ferry at 12.30pm on Monday, having run 300.3 miles and kayaked or canoed across four estuaries in a total time of 70 hours and 50 minutes. To complete the circuit, our intrepid kayaker Stephen Turnough paddled across the Tamar, and the three cyclists pedalled the 56 miles back to Mead.

We were blessed with fine weather for the most part, the main exception being in the middle of Saturday night, when Ian Page and Andy Swift were tackling one of the rockiest sections between Porthcurno and Lamorna Cove, and the rain came down in torrents. Andy's language as he handed over the baton illuminated a very dark night!



Ready for the off



A very dark Land's End

The team of 14 consisted of:

|                |                  |
|----------------|------------------|
| Bob Bond       | Jon Kinder       |
| Todd Coxhead   | Steve Leach      |
| Alan Eccleston | Malcolm Marchant |
| Des Gosling    | Alan Newby       |

|                |                  |
|----------------|------------------|
| Ian Page       | Stephen Turnough |
| Mark Rogerson  | Gill Watson      |
| Bill Southgate |                  |
| Andy Swift     |                  |

Bill Southgate – May 2009