

### Glyndwr's Way Challenge 04/06 October 2019 - Schedule & Actual Times

Stage	Day	Time Out	From	Time In	To	Stage Miles	Total Miles	Stage Time	Stop Time	Total Time	Pace m.p.h	Actual Start Time	Actual Finish Time	Actual Pace m.p.h.	Runners	Actual Start Time	Actual Finish Time	Actual Pace m.p.h.	Walkers
1	Fri	09:00	Knighton	10:17	Llangunillo	6.4	6.4	1:17	00:04	1:21	5.0	08:30	09:45	5.14	TC, BC, MT, MF	08:30	10:20	3.50	JK, AS
2	Fri	10:21	Llangunillo	12:12	Felindre	9.3	15.7	1:51	00:04	3:16	5.0	10:18	12:05	5.19	TC, BC, MT, MF, MR				
3	Fri	12:16	Felindre	13:45	Llanbadarn Fynydd	7.4	23.1	1:29	00:10	4:55	5.0	12:11	13:52	4.40	TC, BC, MT, MF	11:06	13:25	3.19	JK, AS
4	Fri	13:55	Llanbadarn Fynydd	15:35	Abbey-cwm-hir	8.3	31.4	1:40	00:04	6:39	5.0	14:10	15:52	4.90	TC, BC, MT, MR				
5	Fri	15:39	Abbey-cwm-hir	16:41	Waun Marteg	5.2	36.6	1:02	00:04	7:45	5.0	16:02	17:01	5.24	TC, BC, MT	14:40			JK, AS
6	Fri	16:45	Waun Marteg	17:55	Pant Poeth Hill	5.8	42.4	1:10	00:10	9:05	5.0	17:05	18:20	4.66	TC, BC, MT, MF		18:25	2.93	JK, AS
7	Fri	18:05	Pant Poeth Hill	19:14	Llanidloes	5.7	48.1	1:09	00:04	10:18	5.0	18:30	19:33	5.47	BC, MT, MR, MF				
<b>Sunday done in reverse Machynlleth to Llanidloes</b>																			
8	Sun	09:00	Llanidloes	10:28	Llyn Clweddog	7.3	55.4	1:28	00:04	1:32	5.0	15:00	16:24	5.21	BC, JK, MR, MF				
9	Sun	10:32	Llyn Clweddog	11:32	Staylittie	5.0	60.4	1:00	00:10	2:42	5.0	13:05	14:55	2.73	BC, JK, MT, MF				
10	Sun	11:42	Staylittie	13:02	Dyffyn-Dulas	6.7	67.1	1:20	0:00	4:02	5.0	11:05	12:45	4.02	BC, JK, MT, MF, MR				
11	Sun	13:02	Dyffyn-Dulas	14:48	Machynlleth	8.9	76.0	1:46	00:04	5:52	5.0	8:55	11:00	4.25	BC, MF, MT, JK, MR				
<b>Saturday</b>																			
12	Sat	14:52	Machynlleth	16:47	Glantwymyn	9.6	85.5	1:55	00:04	7:51	5.0	8:22	10:30	4.48	TC, BC, MF, MT	8:22	11:25	3.13	JK, AS
13	Sat	16:51	Glantwymyn	18:13	Llanbrynmair	6.8	92.3	1:22	00:10	9:23	5.0	10:35	12:22	3.81	TC, BC, MF, MT, MR				
14	Sat	09:00	Llanbrynmair	10:30	Dolwen	7.5	99.8	1:30	00:04	1:34	5.0	12:29	14:07	4.57	TC, BC, MT	12:00	14:30	2.98	JK, AS
15	Sat	10:34	Dolwen	11:35	Penyfford	5.1	104.9	1:01	00:04	2:39	5.0	14:30	15:54	3.64	TC, BC, MT, MR				
16	Sat	11:39	Penyfford	12:53	Llanwddyn	6.2	111.1	1:14	00:10	4:03	5.0	16:00	17:10	5.29	TC, BC, MF, MR	15:15	17:05	3.37	JK, AS
17	Sat	13:03	Llanwddyn	14:32	Dolwar Fach	7.4	118.5	1:29	00:04	5:36	5.0	17:20	19:11	4.02	BC, MT, MF, MR	17:05	18:30	5.24	JK
18	Sat	14:36	Dolwar Fach	15:40	Pontrobert	5.3	123.8	1:04	00:10	6:50	5.0	The order of running the event had to be changed because the World Rally Championships were taking part in the same area that weekend. This meant the last 3 legs could not be completed due to lack of time.							
19	Sat	15:50	Pontrobert	17:19	Stonehouse	7.4	131.2	1:29	00:04	8:23	5.0								
20	Sat	17:23	Stonehouse	18:29	Welshpool	5.5	136.7	1:06	0:00	9:29	5.0								