

National Forest Way 9/10 January 2016						Planned Schedule					Actual Times					Notes	Jon	Bryan	Keith	Mark	Chris	Karolina	Alan	Bill	Steve	Amanda	Robin	Bob	Darren	Andy
Stage	Day	From	To	Stage Miles	Total Miles	Time Out	Time In	Stage Time	Stop Time	Pace m.p.h	Time Out	Time In	Stage Time	Stop Time	Pace m.p.h															
1	Sat	National Arboretum	Yoxall	4.9	4.9	8:00	8:56	0:56	0:04	5.2	8:19	9:11	0:52	0:04	5.6		X	X	X	X	X						X			
2	Sat	Yoxall	Newchurch	4.1	8.9	9:00	9:47	0:47	0:04	5.2	9:15	10:03	0:48	0:03	5.1		X	X	X	X	X	X	X		X					
3	Sat	Newchurch	Tatenhill	5.0	13.9	9:51	10:50	0:59	0:04	5.1	10:06	11:08	1:02	0:07	4.8		X	X	X		X	X	X		X	X				
4	Sat	Tatenhill	Walton-on-Trent	5.2	19.1	10:54	11:55	1:01	0:10	5.1	11:15	11:57	0:42	0:12	7.4	1	X	X	X	X	X			X	X					
5	Sat	Walton-on-Trent	Botany Bay	4.7	23.8	12:05	13:01	0:56	0:04	5.1	12:09	13:06	0:57	0:06	5.0		X	X	X			X		X						
6	Sat	Botany Bay	Overseal	4.2	28.1	13:05	13:56	0:51	0:04	5.0	13:12	13:57	0:45	0:08	5.6		X	X	X	X	X				X					
7	Sat	Overseal	Smisby	5.0	33.0	14:00	15:00	1:00	0:10	5.0	14:05	15:02	0:57	0:09	5.2		X	X	X			X			X	X				
8	Sat	Smisby	Carver's Rocks	4.2	37.3	15:10	16:02	0:52	0:04	4.9	15:11	15:56	0:45	0:05	5.6		X	X	X		X									
9	Sat	Carver's Rocks	Ticknall	3.3	40.5	16:06	16:47	0:41	0:00	4.8	16:01	16:40	0:39	0:00	5.0	2	X	X	X	E	E	X	E	E		E				
10	Sun	Ticknall	Heath End	4.1	44.6	8:00	8:47	0:47	0:04	5.2	8:17	8:58	0:41	0:03	6.0		X	X	X	X				X			X	X		
11	Sun	Heath End	Mill Farm	4.5	49.1	8:51	9:43	0:52	0:04	5.2	9:01	9:52	0:51	0:06	5.3		X	X	X			X	X				X	X		
12	Sun	Mill Farm	Sense Valley	5.0	54.1	9:47	10:46	0:59	0:10	5.1	9:58	10:57	0:59	0:07	5.1		X	X	X	X							X			
13	Sun	Sense Valley	Bagworth	5.2	59.3	10:56	11:58	1:02	0:04	5.1	11:04	12:32	1:28	0:09	3.6	3	X	X	X								X			
14	Sun	Bagworth	Ratby Burroughs	4.9	64.2	12:02	13:00	0:58	0:04	5.0	12:41	13:33	0:52	0:12	5.6		X	X	X	X										
15	Sun	Ratby Burroughs	Sharply Hill	5.4	69.6	13:04	14:09	1:05	0:10	5.0	13:45	14:46	1:01	0:08	5.3	4	X	X	X			E	E							
16	Sun	Sharply Hill	Woodhouse Eaves	3.5	73.0	14:19	15:01	0:42	0:04	4.9	14:54	15:37	0:43	0:01	4.8		X	X	X	X			X							
17	Sun	Woodhouse Eaves	Beacon Hill	2.0	75.0	15:05	15:30	0:25	0:00	4.8	15:38	16:08	0:30	0:00	4.0	5	X	X	X	X		X	X							

Saturday		40.5		8:47	8:03	0:44	5.0		8:21	7:27	0:54	5.4
Sunday		34.5		7:30	6:50	0:40	5.0		7:51	7:05	0:46	4.9
Total		75.0		16:17	14:53	1:24	5.0		16:12	14:32	1:40	5.2

Runner	Miles
Jon	75.0
Bryan	75.0
Keith	75.0
Mark	41.0
Chris	26.6
Karolina	20.8
Alan	24.9
Bill	19.0
Steve	18.0
Amanda	19.0
Robin	9.2
Bob	18.1
Darren	18.8
Andy	17.1

Notes

- Shorter / faster route taken on stage 4 via canal towpath to avoid flooded river Trent
- Those marked "E" set off ahead of main group and completed the leg in 0:42
- Team lost approx 30 minutes due to confusion caused by two Wiggs farms with only one marked on map
- Those marked "E" set off ahead of main group and completed the leg in 1:11
- Time includes walk back to car park at Woodhouse Eaves after finishing at Beacon Hill
- Robin and Amanda were accompanied by their baby daughter, a first for a RR Harriers challenge
- Actual sat-nav recordings on some legs suggest overall distance is longer than 75 miles

Conditions

Very wet and muddy underfoot after weeks of heavy rain.
Overcast on Saturday with some rain in the morning but mostly dry with rain returning in the evening.
Sunday was a clear fine day getting colder in the afternoon.

Assumes Andy ran same distance back to Ticknall from Mill Farm to collect his car