

Rolls-Royce Harriers Peddars Way and North Norfolk Coast Path Challenge - 6th to 7th October 2017

Stage	From	To	Path	Leg Miles	Total Miles	Actual Miles	Actual Total	Ascent Ft	Descent Ft	Day	Planned Schedule					Actual Times					Notes	Jon	Todd	Keith	Matt	Rob	Andy	Alan	Bill						
											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	Knettishall Heath	Bridgeham Heath	PedWay	4.0	4.0	4.0	4.0	152	121	Fri	19:00	19:51	00:51	00:06	4.7	19:09	19:49	00:40	00:06	6.0		1	1	1	1	1	1	1							
2	Bridgeham Heath	Galley Hill	PedWay	4.0	8.0	4.0	8.0	111	70	Fri	19:57	20:48	00:51	00:06	4.7	19:55	20:36	00:41	00:03	5.9		1	1	1	1	1	1	1							
3	Galley Hill	Little Cressingham	PedWay	6.5	14.5	6.5	14.5	85	105	Fri	20:54	22:17	01:23	00:06	4.7	20:39	21:44	01:05	00:13	6.0		1	1	1	1	1	1								
4	Little Cressingham	North Pickenham	PedWay	5.3	19.8	5.3	19.8	121	142	Fri	22:23	23:30	01:07	00:06	4.7	21:57	22:47	00:50	00:06	6.4		1	1	1	1	1	1								
5	North Pickenham	Castle Acre	PedWay	7.0	26.8	7.0	26.8	187	216	Fri	23:36	01:05	01:29	00:15	4.7	22:53	00:15	01:22	00:07	5.1		1	1	1	1	1	1								
6	Castle Acre	B1145 Crossing	PedWay	4.9	31.7	4.9	31.7	171	100	Sat	01:20	02:23	01:03	00:06	4.7	00:22	01:06	00:44	00:04	6.7		1	1	1			1								
7	B1145 Crossing	B1153 Crossing	PedWay	6.1	37.8	6.1	37.8	222	177	Sat	02:29	03:37	01:08	00:06	5.4	01:10	02:14	01:04	00:11	5.7		1	1	1											
8	B1153 Crossing	B1454 Crossing	PedWay	5.6	43.4	5.6	43.4	90	153	Sat	03:43	04:55	01:12	00:06	4.7	02:25	03:31	01:06	00:05	5.1		1	1				1								
9	B1454 Crossing	Holme Next The Sea	PedWay	5.6	49.0	5.6	49.0	93	250	Sat	05:01	06:13	01:12	00:06	4.7	03:36	04:38	01:02	00:10	5.4		1	1	1		1									
10	Holme Next The Sea	Thornham	NNCP	3.5	52.5	3.5	52.5	31	1	Sat	06:19	07:04	00:45	00:06	4.7	04:48	05:29	00:41	00:06	5.1		1	1	1		1	1								
11	Thornham	Brancaster Staithe	NNCP	5.2	57.7	5.2	57.7	150	178	Sat	07:10	08:09	00:59	00:25	5.3	05:35	06:41	01:06	00:07	4.7		1		1	1										
12	Brancaster Staithe	Burnham Overy Staithe	NNCP	4.4	62.1	4.4	62.1	24	20	Sat	08:34	09:23	00:49	00:06	5.4	06:48	07:39	00:51	00:11	5.2		1			1	1	1	1	1	1					
13	Burnham Overy Staithe	Wells Next The Sea	NNCP	5.5	67.6	5.5	67.6	32	44	Sat	09:29	10:29	01:00	00:06	5.5	07:50	08:53	01:03	00:09	5.2		1		1	1										
14	Wells Next The Sea	Stiffkey	NNCP	4.3	71.9	4.3	71.9	43	20	Sat	10:35	11:22	00:47	00:06	5.5	09:02	09:51	00:49	00:05	5.3		1			1		1								
15	Stiffkey	Blakeney	NNCP	4.5	76.4	4.5	76.4	0	7	Sat	11:28	12:17	00:49	00:06	5.5	09:56	10:46	00:50	00:04	5.4		1				1		1							
16	Blakeney	Cley Next The Sea	NNCP	3.9	80.3	2.6	79.0	3	0	Sat	12:23	13:06	00:43	00:15	5.4	10:50	11:32	00:42	00:07	3.7	1	1				1			1						
17	Cley Next The Sea	Weybourne	NNCP	4.2	84.5	4.2	83.2	24	23	Sat	13:21	14:09	00:48	00:06	5.3	11:39	12:28	00:49	00:08	5.1		1	1	1			1								
18	Weybourne	West Runton	NNCP	5.0	89.5	5.0	88.2	114	104	Sat	14:15	15:12	00:57	00:06	5.3	12:36	13:41	01:05	00:02	4.6		1	1			1		1	1						
19	West Runton	Cromer Pier	NNCP	3.6	93.1	2.5	90.7	24	42	Sat	15:18	15:59	00:41		5.3	13:43	14:18	00:35		4.3	1	1	1	1		1	1		1						
				93.1	90.7			1677	1773						18:34	02:25	5.0						17:05	02:04	5.3										

Runner	Miles
Jon Kinder	90.7
Todd Coxhead	64.2
Keith Covell	55.9
Matt Tomlinson	54.6
Rob Turner	51.4
Andy Swift	38.7
Alan Eccleston	17.9
Bill Southgate	9.5

Elapsed Time 20:59

Elapsed Time 19:09

Notes
1 Stages 16 and 19 diverted owing to coastal erosion

Conditions
Dry and mild overnight; increasing westerly breeze and some light drizzle during the day.