

53	Pandy	Caggle Street	OFD	A	4.5	333.2	BS	Trail	609	712	Mon	13:06	13:55		0:49	5.54	11:51	12:37		0:00	0:46	5.89	JK,KC,MF,RC
54	Caggle Street	Onen	OFD	A	5.1	338.2	S	Trail	530	471	Mon	13:55	14:50		0:55	5.57	12:37	13:33		0:00	0:56	5.43	AS,RC
55	Onen	Hendre	OFD	A	3.5	341.7	S	Trail	286	395	Mon	14:50	15:25		0:35	5.93	13:33	14:10		0:00	0:37	5.63	AW,JK,KC
56	Hendre	Monmouth	OFD	A	3.3	345.0	S	Trail	262	428	Mon	15:25	15:57		0:33	6.02	14:10	15:08		0:00	0:58	3.39	AP,BB
57	Monmouth	Redbrook	OFD	A	4.0	348.9	BS	Trail	853	848	Mon	15:57	16:43		0:46	5.16	15:08	16:08		0:00	1:00	3.96	AC,MF
58	Redbrook	Mork	OFD	B	3.3	352.2	BS	Trail	732	601	Mon	16:43	17:22		0:39	5.10	16:08	16:42		0:00	0:34	5.79	AS,RC
59	Mork	Brockweir	OFD	B	3.8	356.0	S	Trail	198	358	Mon	17:22	17:59		0:37	6.10	16:44	17:20		0:02	0:36	6.26	JK,KC,MF,RC
60	Brockweir	Boughspring	OFD	B	4.4	360.4	BS	Trail	1,026	553	Mon	17:59	18:54		0:55	4.85	17:20	18:15		0:00	0:55	4.81	AC,MF
61	Boughspring	Chepstow	OFD	B	2.5	362.9	S	Trail	161	621	Mon	18:54	19:16		0:23	6.63	18:15	18:47		0:00	0:32	4.69	AS,BB
62	Chepstow	Bulwark	Link	B	1.9	364.8	CS	Road	210	163	Mon	19:16	19:33		0:17	6.82	18:48	19:02		0:01	0:14	8.27	RC
63	Bulwark	Severn Bridge	Link	A&B	3.1	367.9	S	Road	146	152	Mon	19:33	19:59		0:26	7.10	19:26	19:59		0:24	0:33	5.62	All except AC,AP
Totals						368			69,694	69,737					82:00	4.49				1:47	86:53	4.03	

SUMMARY	Planned distance = 368 miles	Planned time = 82 hours	Average pace required = 4.49 m.p.h
	Actual distance = 350 miles.	Actual time = 86 hours 53 minutes.	Average pace achieved = 4.03 m.p.h

Note 1 Contingency plan invoked due to late running: Black Mountain sections 51 and 52 omitted and replaced by 9.5 mile road section between Crickhowell Bridge and Pandy, run as individual 8 x 1 mile plus 1 x 1.5 mile individual relay.

Runner	Total Miles Run
AC Amanda Carter	41.4
AE Alan Eccleston	25.5
AP Allan Pollock	28.2
AS Andy Swift	71.0
AW Andy Ward	41.3
BB Bob Bond	41.1
BC Bryan Carr	82.8
BL Bryan Lomas	82.8
BS Bill Southgate	45.4
CC Cliff Cooper	35.6
JK Jon Kinder	96.0
JL Jon Leek	85.6
KC Keith Covell	106.2
LS Laura Stubbs	49.2
MF Mark Fowell	116.0
PA Pete Adams	42.4
RC Robin Carter	129.1
SL Steve Leach	37.0
HC Hollie the Collie	A lot!
Runner miles	1156.6
Average miles per runner	64.3
Route Miles	349.5

Paths	
ACP	Anglesey Coastal Path (north coast) - waymarked trail
CW	Cambrian Way - not a national trail / not waymarked
OFD	Offa's Dyke Path - national trail / waymarked.
Link	Short link sections - primarily road.
Stage Rating	
	FRA style ratings
A	> 50m climb per kilometre / 260 feet per mile
B	> 25m climb per kilometre / 130 feet per mile
C	> 20m climb per kilometre / 100 feet per mile
blank	< 20m climb per kilometre / 100 feet per mile
S	Short - less than 10K / 6 miles
M	Medium - between 10K to 20K / 6 to 12 miles
L	Long - over 20K / 12 miles
Stage Type	
Road	Road section
Trail	Mostly off-road trail / footpath
Fell	Fell terrain crossing high ground
FellX	Very rough, rocky fell terrain, may involve some scrambling e.g. Tryfan, Rhinogs. Crib Goch arete.

Teams	
A	Alan Eccleston, Bryan Carr, Bryan Lomas, Bill Southgate, Cliff Cooper, Jon Leek, Laura Stubbs, Pete Adams, Steve Leach and Hollie the Collie
B	Amanda Carter, Allan Pollock, Andy Swift, Andy Ward, Bob Bond, Jon Kinder, Keith Covell, Mark Fowell, Robin Carter
Support Team	
	Bev and Malc Marchant
Pace Calculations	
The pace factors used to calculate this schedule (planned pace) were based on the actual pace achieved on a number of previous club challenge events. The pace for each leg was calculated using an algorithm taking into account terrain type, stage length, amount of climb and descent and proportion of the leg completed in darkness. Light hours were defined as between 4:30am and 10:30pm for 22-25 June. The planned schedule does not include any allowance for "lost time" at handovers or navigational errors.	
In the event the bad weather we experienced during our traverse plus some cock-ups meant we could not achieve the schedule as planned. This resulted in us invoking a contingency plan to omit the Black Mountains (sections 51 and 52) and replacing this with a shorter road run to pull back some of the lost time. With hindsight the planned pace for some mountain sections e.g. the Moelwyns and Rhinogs would have been challenging even in perfect conditions.	
Anyone repeating this route may wish to adjust the schedule they intend to use accordingly!	