

Coast to Coast - 4-7 June 2015 - plan versus actual times & distances covered

Stage	Day	From	To	Stage Miles	Total Day Miles	Ascent Feet	Descent Feet	PLAN					ACTUALS					Jon K	Bryan	Andy	Robin	Ian	Lecky	Keith	Alan	Mark	Matt		
								Time Out	Time In	Leg Time	Stop Time	Pace m.p.h.	Time Out	Time In	Leg Time	Stop Time	Pace m.p.h.												
1	Thurs	St Bees	Sandwith	4.6	4.6			07:00	08:00	01:00	00:05	4.6	07:47	08:41	00:54	00:01	5.1	1	1	1	1	1	1	1	1	1	1	1	
2	Thurs	Sandwith	Cleator	4.4	9.0			08:05	09:02	00:57	00:05	4.6	08:42	09:28	00:46	00:02	5.8	1	1	1	1	1	1	1	1	1	1	1	
3	Thurs	Cleator	Ennerdale Bridge	6.3	15.3			09:07	10:29	01:22	00:05	4.6	09:30	10:42	01:12	00:15	5.3	1	1	1	1	1	1	1	1	1	1	1	
4	Thurs	Ennerdale Bridge	Rosthwaite	14.8	30.1			10:34	13:51	03:17	00:05	4.6	10:57	14:11	03:14	00:15	4.6	1	1	1	1	1	1	1	1	1	1	1	
5	Thurs	Rosthwaite	Mill Bridge N Grassmer	7.9	38.0			13:56	15:38	01:42	00:05	4.6	14:26	16:27	02:01	00:08	3.9	1	1	1	1	1	1	1	1	1	1	1	
6	Thurs	Mill Bridge N Grassmer	Patterdale	6.4	44.4			15:43	17:06	01:23	00:05	4.6	16:35	18:18	01:43	n/a	3.7	1	1	1	1	1	1	1	1	1	1	1	
Day 1 Totals				44.4		7,505	7,049		10:06	09:41	00:30	4.6		10:31	09:50	00:41	4.7												
7	Fri	Patterdale	Naddle Bridge	11.2	11.2			07:00	09:26	02:26	00:05	4.7	07:03	09:50	02:47	00:18	4.0	1	1	1	1	1	1	1	1	1	1	1	
8	Fri	Naddle Bridge	Shap	4.0	15.2			09:31	10:21	00:50	00:05	4.7	10:08	10:52	00:44	00:04	5.4	1	1	1	1	1	1	1	1	1	1	1	
9	Fri	Shap	Orton Scar	7.2	22.5			10:26	11:58	01:32	00:05	4.7	10:56	12:13	01:17	00:07	5.6	1	1	1	1	1	1	1	1	1	1	1	
10	Fri	Orton Scar	Ravenstonedale Moor	7.2	29.7			12:03	13:35	01:32	00:05	4.7	12:20	13:33	01:13	00:13	6.0	1	1	1	1	1	1	1	1	1	1	1	
11	Fri	Ravenstonedale Moor	Kirkby Stephen	7.1	36.9			13:40	15:11	01:31	00:05	4.7	13:46	15:06	01:20	00:06	5.4	1	1	1	1	1	1	1	1	1	1	1	
12	Fri	Kirkby Stephen	Keld	11.0	47.9			15:16	17:36	02:20	00:05	4.7	15:12	18:24	03:12	00:18	3.4	1	1	1	1	1	1	1	1	1	1	1	
13	Fri	Keld	Surrender Bridge	6.9	54.8			17:41	19:09	01:28	00:05	4.7	18:42	20:25	01:43	n/a	4.0	1	1	1	1	1	1	1	1	1	1	1	
14	Fri	Surrender Bridge	Reeth					19:14	20:00	00:46	00:05	4.7	-	-	-	-	-												
Day 2 Totals				54.8		7,446	7,249		13:00	12:25	00:40	4.7		13:22	12:16	01:06	4.8												
14	Sat	Surrender Bridge	Reeth	3.7	3.7			-	-	-	-	-	07:00	07:40	00:40	00:05	5.5	1	1	1	1	1	1	1	1	1	1	1	
15	Sat	Reeth	Marske	5.3	8.9			07:00	08:07	01:07	00:05	4.7	07:45	08:48	01:03	00:02	5.0	1	1	1	1	1	1	1	1	1	1	1	
16	Sat	Marske	Richmond	5.6	14.5			08:12	09:23	01:11	00:05	4.7	08:50	09:53	01:03	00:14	5.3	1	1	1	1	1	1	1	1	1	1	1	
17	Sat	Richmond	Bolton on Swale	6.2	20.7			09:28	10:47	01:19	00:05	4.7	10:07	11:21	01:14	00:07	5.0	1	1	1	1	1	1	1	1	1	1	1	
18	Sat	Bolton on Swale	Danby Wiske	7.4	28.0			10:52	12:25	01:33	00:05	4.7	11:28	12:37	01:09	00:04	6.4	1	1	1	1	1	1	1	1	1	1	1	
19	Sat	Danby Wiske	N of East Harlsey	6.6	34.7			12:30	13:54	01:24	00:05	4.7	12:41	13:54	01:13	00:16	5.4	1	1	1	1	1	1	1	1	1	1	1	
20	Sat	N of East Harlsey	Huthwaite Green	7.8	42.4			13:59	15:38	01:39	00:05	4.7	14:10	15:49	01:39	00:04	4.7	1	1	1	1	1	1	1	1	1	1	1	
21	Sat	Huthwaite Green	Clay Bank View Point	6.5	48.9			15:43	17:06	01:23	00:05	4.7	15:53	17:35	01:42	n/a	3.8	1	1	1	1	1	1	1	1	1	1	1	
22	Sat	Clay Bank View Point	Blakey Ridge					17:11	19:06	01:55	00:05	4.7	-	-	-	-	-												
Day 3 Totals				48.9		4,730	4,103		12:06	11:31	00:40	4.7		10:35	09:43	00:52	5.2												
23	Sun	Clay Bank View Point	Blakey Ridge	9.0	9.0			-	-	-	-	-	07:05	08:42	01:37	00:08	5.6	1	1	1	1	1	1	1	1	1	1	1	
24	Sun	Blakey Ridge	Glaisdale	9.3	18.4			08:00	09:59	01:59	00:05	4.7	08:50	10:19	01:29	00:16	6.3	1	1	1	1	1	1	1	1	1	1	1	
25	Sun	Glaisdale	Grosmont	4.5	22.9			10:04	11:04	01:00	00:05	4.7	10:35	11:21	00:46	00:02	5.9	1	1	1	1	1	1	1	1	1	1	1	
26	Sun	Grosmont	Old May Beck	6.1	29.0			11:09	12:30	01:21	00:05	4.7	11:23	12:45	01:22	00:06	4.5	1	1	1	1	1	1	1	1	1	1	1	
27	Sun	Old May Beck	High Hawsker	5.1	34.1			12:35	13:43	01:08	00:05	4.7	12:51	13:53	01:02	00:02	5.0	1	1	1	1	1	1	1	1	1	1	1	
28	Sun	High Hawsker	Robin Hoods Bay	4.2	38.3			13:48	14:44	00:56	00:05	4.7	13:55	14:50	00:55	n/a	4.6	1	1	1	1	1	1	1	1	1	1	1	
Day 4 Totals				38.3		1,961	3,241		06:44	06:24	00:25	4.7		07:45	07:11	00:34	5.3												
Grand Totals				186.4	0.0	21,642	21,642		42:16	40:01	2:15	4.7		42:13	39:00	3:13	4.8												

Name	Total Miles	Ascent Feet	Descent Feet	Extra Miles	Extra Ascent	Extra Descent
Jon Kinder	186.4					
Bryan Carr	186.4					
Andy Swift	112.8			2.3		Extra miles down Glaisdale Rigg
Robin Carter	119.9					
Ian Page	54.1					
Jon Leek	108.0					
Keith Covell	123.3			2.3		Extra miles down Glaisdale Rigg
Alan Eccleston	48.3					
Mark Fowell	144.3					
Matt Tomlinson	120.9					

Weather conditions: warm and sunny Thurs, sunny and breezy Fri, Sat, lighter breeze Sun. Visibility excellent. No rain.