

Rolls-Royce Harriers Coast to Coast via Hadrian's Wall Challenge - 23rd to 24th September 2011

Stage	From	To	Path	Leg Miles	Total Miles	Seve- rity	Day	Plan					Actuals					Runners			
								Time Out	Time In	Dark Light	Leg Time	Pace mph	Time Out	Time In	Rest Time	Leg Time	Pace mph				
1	Tynemouth	Wallsend	CT	6.3	6.3	1	Fri	16:00	17:12	L	1:12	5.3	17:27	18:29		1:02	6.1	AE,AS,JK,RC,SL			
2	Wallsend	Elswick Wharf	HW	6.0	12.3	1	Fri	17:12	18:20	L	1:08	5.3	18:32	19:30	0:03	0:58	6.2	AC,BB,BS,JK,RC			
3	Elswick Wharf	Newburn Sands	HW	5.7	18.0	2	Fri	18:20	19:40	LD	1:20	4.3	19:34	20:30	0:04	0:56	6.1	AS,JK,RC			
4	Newburn Sands	High Seat	HW	6.1	24.1	2	Fri	19:40	21:13	D	1:33	3.9	20:36	21:47	0:06	1:11	5.2	AC,BS,JK,RC			
5	High Seat	Carr Hill	HW	5.9	30.0	2	Fri	21:13	22:43	D	1:30	3.9	21:54	23:08	0:07	1:14	4.8	AE,AS,BB,JK,RC			
6	Carr Hill	Wall	HW	6.4	36.4	3	Fri	22:43	0:35	D	1:52	3.4	23:19	0:39	0:11	1:20	4.8	AC,BS,RC,SL			
7	Wall	Mithroem Fort	HW	5.1	41.5	3	Sat	0:35	2:05	D	1:30	3.4	0:48	1:57	0:09	1:09	4.4	AS,JK,RC			
8	Mithroem Fort	Steel Rigg	HW	8.0	49.5	4	Sat	2:05	4:36	D	2:31	3.2	2:06	4:26	0:09	2:20	3.4	JK,RC,SL			
9	Steel Rigg	Carvoran	HW	5.9	55.4	3	Sat	4:36	6:19	D	1:43	3.4	4:40	6:28	0:14	1:48	3.3	AC,AS,BB,JK			
10	Carvoran	Banks	HW	7.0	62.4	3	Sat	6:19	8:14	DL	1:55	3.7	7:00	8:25	0:32	1:25	4.9	BS,JK,RC			
11	Banks	Newtown	HW	5.8	68.2	2	Sat	8:14	9:29	L	1:15	4.6	8:41	9:46	0:16	1:05	5.4	AE,AS,JK,RC			
12	Newtown	Low Crosby	HW	4.6	72.8	2	Sat	9:29	10:29	L	1:00	4.6	9:54	10:44	0:08	0:50	5.5	AC,BS,JK,RC,SL			
13	Low Crosby	Carlisle	HW	5.3	78.1	2	Sat	10:29	11:37	L	1:08	4.6	10:57	11:50	0:13	0:53	6.0	AS,BB,JK			
14	Carlisle	Burgh by Sands	HW	5.6	83.7	2	Sat	11:37	12:49	L	1:12	4.6	12:04	13:17	0:14	1:13	4.6	BS,JK			
15	Burgh by Sands	Drumburgh	HW	4.1	87.8	1	Sat	12:49	13:36	L	0:47	5.3	13:23	14:04	0:06	0:41	6.0	AC,AE,AS,JK,RC			
16	Drumburgh	Bowness-on-Solway	HW	4.5	92.3	1	Sat	13:36	14:27	L	0:51	5.3	14:31	15:15	0:27	0:44	6.1	BB,BS,JK,SL			
17	Bowness-on-Solway	Whitrigg Common	MR	2.0	94.3	1	Sat	14:27	14:50	L	0:23	5.3	15:25	15:38	0:10	0:13	9.2	RC			
18	Whitrigg Common	Kirkbride	MR	2.0	96.3	1	Sat	14:50	15:13	L	0:23	5.3	15:39	15:56	0:01	0:17	7.1	AS			
19	Kirkbride	Mosside House	B5307	2.0	98.3	1	Sat	15:13	15:36	L	0:23	5.3	15:56	16:14	0:00	0:18	6.7	AE			
20	Mosside House	Newton Arlosh	B5307	2.0	100.3	1	Sat	15:36	15:59	L	0:23	5.3	16:15	16:31	0:01	0:16	7.5	AC			
21	Newton Arlosh	Abbey Town	B5307	2.0	102.3	1	Sat	15:59	16:22	L	0:23	5.3	16:31	16:48	0:00	0:17	7.1	BS			
22	Abbey Town	Seaville Turn	B5302	2.0	104.3	1	Sat	16:22	16:45	L	0:23	5.3	16:48	17:05	0:00	0:17	7.1	BB			
23	Seaville Turn	Cowburn	B5302	2.0	106.3	1	Sat	16:45	17:08	L	0:23	5.3	17:05	17:21	0:00	0:16	7.5	SL			
24	Cowburn	Silloth RNLi Station	B5302	2.0	108.3	1	Sat	17:08	17:31	L	0:23	5.3	17:21	17:44	0:00	0:23	5.2	AS,BS			
Total Times																		3:11	21:06	5.1	

Elapsed Time

24:17

Notes

- 1 Changeover at Drumburgh moved 0.2 miles to the East compared to original plan.
- 2 Bowness to Silloth section changed from footpath to road, and individual 2 mile stages substituted for longer stages, to avoid a late finish.
- 3 Final stage included a 0.6 mile detour!

Total Miles Run

AC	Amanda Carter	35.1
AE	Alan Eccleston	24.1
AS	Andy Swift	48.1
BB	Bob Bond	29.6
BS	Bill Southgate	44.2
JK	Jon Kinder	85.9
RC	Robin Carter	73.0
SL	Steve Leach	31.8

Pace

5.0
5.6
5.1
5.0
5.3
4.9
5.1
4.9

Paths

CT	Cycle track from Tynemouth to Wallsend
HW	Hadrian's Wall Path
MR	Minor road from Bowness to Kirkbride
B5307	B5307 road
B5302	B5302 road

Runner miles	371.8
Average miles per runner	46.5