

Anglesey Coast Path Challenge - September 2021 - Schedule and Actual Times

Stage	Day	From	To	Stage Miles	Total Miles	Scheduled Times and Pace				Actual Times and Pace				Runners
						Stage Time	Stop Time	Total Time	Pace m.p.h	Actual Start Time	Actual Finish Time	Actual elapsed time	Actual Pace m.p.h	
1	Sat	Menai Bridge	Moel-y-don	6.2	6.2	1:14	00:04	1:18	5.0	11:12	12:19	1:07	5.6	JK, KC, BC, AP, MF, YT, RT, TC
2	Sat	Moel-y-don	Dwyran (Llyn Rhos Ddu)	8.5	14.7	1:42	00:04	3:04	5.0	12:22	13:40	1:18	6.5	JK, KC, BC, AP, MF, YT, TC
3	Sat	Dwyran (Llyn Rhos Ddu)	Malltraeth	9.3	24.0	1:51	00:10	5:05	5.0	13:52	15:39	1:47	5.2	JK, BC, AP, MF, RT, YT, TC
4	Sat	Malltraeth	Aberffraw	5.6	29.6	1:07	00:04	6:16	5.0	15:46	16:52	1:06	5.1	JK, BC, AP, MF, RT, YT, TC
5	Sun	Aberffraw	Rhosneigr	7.5	37.1	1:30	00:04	1:34	5.0	08:56	10:16	1:20	5.6	JK, BC, MF, RT, KC, TC
6	Sun	Rhosneigr	Four Mile Bridge	7.0	44.1	1:24	00:10	3:08	5.0	10:19	11:50	1:31	4.6	JK, BC, MF, YT, AP, TC
7	Sun	Four Mile Bridge	Rhoscolyn	4.9	49.0	0:59	00:04	4:11	5.0	12:05	13:14	1:09	4.3	JK, BC, MF, YT, AE, TC
8	Sun	Rhoscolyn	Trearddur	4.4	53.4	0:53	00:04	5:08	5.0	13:20	14:10	0:50	5.3	JK, BC, MF, RT, KG, TC, KC
9	Sun	Trearddur	South Stack	6.4	59.8	1:17	00:10	6:35	5.0	14:15	15:43	1:28	4.4	JK, BC, MF, RT, TC, YT, AE
10	Sun	South Stack	Holyhead	5.2	65.0	1:02	0:00	7:37	5.0	15:52	17:10	1:18	4.0	JK, BC, MF, AP, TC
11	Sun	Holyhead	Llanfachraeth	7.5	72.5	1:30	00:04	9:11	5.0	17:20	18:55	1:35	4.7	JK, BC, MF, AP, TC, YT, RT
12	Mon	Llanfachraeth	Church Bay	7.0	79.5	1:24	00:04	1:28	5.0	08:30	09:45	1:15	5.6	JK, BC, AP, TC, YT, RT
13	Mon	Church Bay	Cemlyn Bay	6.5	86.0	1:18	00:10	2:56	5.0	10:15	11:50	1:35	4.1	JK, BC, AP, TC, YT, RT, KC
14	Mon	Cemlyn Bay	Cemaes Bay	6.0	92.0	1:12	00:04	4:12	5.0	11:54	13:00	1:06	5.5	JK, BC, AE, TC, YT, RT, AP
15	Mon	Cemaes Bay	Bull Bay	5.8	97.8	1:10	00:04	5:26	5.0	13:10	14:42	1:32	3.8	JK, BC, TC, YT, KC, AP
16	Mon	Bull Bay	Amlwch Port	2.5	100.3	0:30	00:10	6:06	5.0	14:55	15:19	0:24	6.3	JK, BC, TC, YT, MF, AP
17	Mon	Amlwch Port	Traeth Dulas	8.5	108.8	1:42	00:04	7:52	5.0	15:23	17:00	1:37	5.3	JK, BC, TC, YT, MF, AP, KC, KG
18	Tue	Traeth Dulas	Moelfre	5.0	113.8	1:00	00:04	1:04	5.0	08:35	09:30	0:55	5.5	JK, BC, TC, YT, MF, KC
19	Tue	Moelfre	Red Dwarf Bay	6.3	120.1	1:16	00:10	2:30	5.0	09:39	10:43	1:04	5.9	JK, BC, TC, YT, MF, AE, AP
20	Tue	Red Dwarf Bay	St Seiriol's Priory	9.6	129.7	1:55	00:04	4:29	5.0	10:53	13:02	2:09	4.5	JK, BC, TC, YT, MF, AE, AP
21	Tue	St Seiriol's Priory	Beaumaris	4.5	134.2	0:54	00:04	5:27	5.0	13:27	14:10	0:43	6.3	JK, BC, TC, KC, MF, AP
22	Tue	Beaumaris	Menai Bridge	4.5	138.7	0:54	00:10	6:31	5.0	14:10	15:00	0:50	5.4	JK, BC, TC, KC, AP, YT

Saturday	29.6	29.6	5:54	0:22	6:16	5.0				5:18	5.6
Sunday	42.9	72.5	8:35	0:36	9:11	5.0				9:11	4.7
Monday	36.3	108.8	7:16	0:36	7:52	5.0				7:29	4.9
Tuesday	29.9	138.7	5:59	0:32	6:31	5.0				5:41	5.3
TOTAL	138.7	138.7	27:44	2:06	29:50	5.0				27:39	5.01

The actual times include the stop times

Runner mileages		
AE	Alan Eccleston	33.2
AP	Allan Pollock	110.5
BC	Bryan Carr	138.7
JK	Jon Kinder	138.7
KC	Keith Covell	61.4
KG	Kate Giles	12.9
MF	Mark Fowell	108.9
RT	Rob Turner	66.4
TC	Todd Coxhead	138.7
YT	Yvonne Turner	117.1