						PLAN						WHO RAN EACH LEG										
		Time		Time		Leg	Stop	Stage	Total	Pace	Stage	ACTUALS Time Time Leg										
Stage	Day	Out	From	In	То	Time	Time	Miles	Miles	m.p.h.	Miles	out	In	_	ЈК ВС	тс	кс .	JL  II	РВ	S JS	МТ	AS SL
1	Wed	19:00	Stonehouse, Plymouth	19:58	Oreston, Plymouth	0:58	0:04	5.7	5.7	5.8												
2	Wed	20:02	Oreston, Plymouth	20:40	Jennycliff, Plymouth	0:38	0:04	3.5	9.2	5.6		Those logg were not run due to late arrival										
3	Wed	20:44	Jennycliff, Plymouth	21:39	Wembury Beach	0:55	0:04	4.8	14.0	5.3		These legs were not run due to late arrival										
4	Wed	21:43	Wembury Beach	22:01	Warren Point (Ferry)	0:18	0:04	1.7	15.7	5.7												
	Wedne	sday Tot	als			2:49	0:16	15.7		5.56	0.0											
5	Thur		Warren Point (Ferry)		Noss Mayo (Ferry)								Ferry cro	ossing no				arted	from	Noss I	Иауо	
6	Thur	8:00	Noss Mayo (Ferry)	8:53	Stoke Beach	0:53	0:04	4.7	20.4	5.3	4.7	7:51	8:52	1:01	Х	Х	Х		Х	Х		
7	Thur	8:57	Stoke Beach	9:43	Mothecombe	0:46	0:04	3.8	24.2	4.9	3.8	8:54	9:45	0:51	Х	Х	Х	Α	Х	Х		X
8	Thur	9:47	Mothecombe	9:53	Wonwell Slipway							The	tide con	ditions a	llowed u	ıs to	wade	acro	ss th	e Erme	estu	ary
9	Thur	9:57	Wonwell Slipway	10:55	Bigbury-on-Sea	0:59	0:04	4.6	29.3	4.7	4.6	9:48	11:07	1:19	Х	Х	Х		,	X		Х
10	Thur	10:59	Bigbury-on-Sea	11:15	Bantham		•	=	·			\	Ne drove	around	the cros	ssing	rathe	r tha	n tak	ing the	ferrr	У
11	Thur	11:19	Bantham	12:01	Hope Cove	0:42	0:04	3.7	34.5	5.3	3.7	11:42	12:20	0:38	X	X	Х			X		Х
12	Thur	12:05	Hope Cove	13:37	Salcombe North Sands	1:31	0:04	7.4	41.9	4.9	7.4	12:25	13:56	1:31	Х	Х			Х			
13	Thur	13:41	Salcombe North Sands	13:53	East Portlemouth								Runners	took pas	ssenger	ferry	acros	s to	East	Portler	nouth	1
14	Thur	13:57	East Portlemouth	14:51	Prawle Point	0:54	0:04	4.4	47.4	4.8	4.4	?	15:29		Х	Х					Ш	
15	Thur	14:55	Prawle Point	16:01	Start Point	1:06	0:04	5.1	52.6	4.7	5.1	15:31	16:35	1:04	X	Х	Х	Х		Χ		X
16	Thur	16:05	Start Point	16:53	Slapton Sands	0:49	0:04	4.6	57.2	5.7	4.6	16:38	17:34	0:56	X	Х				Α		Α
17	Thur	16:57	Slapton Sands	18:00	Little Dartmouth	1:03	0:04	5.1	62.3	4.9	5.1	17:38	18:52	1:14	X	Х	Х			Х		Х
18	Thur	18:04	Little Dartmouth	18:41	Dartmouth (Ferry)	0:37	0:04	3.2	65.4	5.2	3.2	18:54	19:45	0:51	Х	Х			Х			
	Thursday Totals		S			9:20	0:40	46.6		4.75	46.6		11:54									
19	Fri		Dartmouth (Ferry)		Kingswear (Ferry)							Ferry crossing not necessary as sta			arted	I from Kingswear						
20	Fri	8:00	Kingswear (Ferry)	10:01	Berry Head	2:01	0:04	8.7	74.3	4.3	8.7	8:32	11:07	2:35	X	Х	Х				Х	
21	Fri	10:05	Berry Head	11:18	Goodrington Sands	1:13	0:04	6.5	80.8	5.4	6.5	11:11	12:26	1:15	Х		Х	Α	X	Х	Х	Α
22	Fri	11:22	Goodrington Sands	11:55	Torquay Station	0:33	0:04	3.1	84.0	5.7	3.1	12:28	13:04	0:36	X			Α	X 2	ХХ	Х	Α
23	Fri	11:59	Torquay Station	13:00	Anstey's Cove	1:01	0:04	4.9	88.8	4.8	4.9	13:10	14:15	1:05	X		Х				Х	
24	Fri	13:04	Anstey's Cove	14:39	Shaldon	1:35	0:04	7.0	95.8	4.4	7.0	14:24	16:31	2:07	Х			Α		Χ	Х	A A
25	Fri	14:43	Shaldon	14:48	Teignmouth	0:04	0:04		96.3	6.8		١	Ne drove	e around	the cros	ssing	rathe	r tha	n tak	ing the	ferrr	<i>y</i>
26	Fri	14:52	Teignmouth	15:33	Dawlish	0:41	0:04	3.6	99.9	5.2	3.6	16:46	17:33	0:47	Х		Х	Х	Х		Х	Х
27	Fri	15:37	Dawlish	16:19	Starcross (Ferry)	0:42	0:04	4.0	104.0	5.7	4.0	17:37	18:19	0:42	Х	Х	Х		Х		Х	
28	Fri	16:23	Starcross (Ferry)	16:42	Exmouth								We	finished	on Thur	sday	at the	e Sta	rcros	s Ferry	,	
29	Fri	16:46	Exmouth	17:55	Budleigh Salterton	1:10	0:04	5.9	111.9	5.1				т	hese le	ae w	oro no	ot run				
30	Fri	17:59	Budleigh Salterton	19:20	Sidmouth	1:20	0:04	6.7	118.5	5.0					Hese le	ys w	ere no	), Tull				
	Friday	Totals				10:20	0:40	50.9		4.92	37.8		9:47									
31	Sat	8:00	Sidmouth	9:47	Beer Head	1:47	0:04	7.7	126.3	4.3	7.7	8:27	10:32	2:05	X						Х	Х
32	Sat	9:51	Beer Head	10:15	Axmouth Bridge	0:24	0:04	2.2	128.5	5.6	2.2	10:43	11:08	0:25	Х	Х	Х	Α	Х	Х	Х	Х
33	Sat	10:19	Axmouth Bridge	11:35	Lyme Regis	1:16	0:04	6.1	134.6	4.9	6.1	11:09	12:52	1:43	Х	Х		Α	Х	Х	Х	
34	Sat	11:39	Lyme Regis	12:44	Stonebarrow Hill	1:05	0:04	4.8	139.5	4.5	4.8	13:07	14:22	1:15	Х	Х	Х				Х	
35	Sat	12:48	Stonebarrow Hill	13:27	Seatown	0:39	0:04	3.3	142.8	5.1	3.3	14:31	15:19	0:48	Х	Х	Х	Α	-	A X	Х	A A
36	Sat	13:31	Seatown	14:39	Burton Beach	1:08	0:04	5.6	148.4	5.0	5.6	15:26	16:45	1:19	Х	Х			Х	Х	Х	Х
37	Sat	14:43	Burton Beach	15:14	West Bexington	0:31	0:04	3.0	151.4	5.7	3.0	16:50	17:28	0:38	Х	Х	Х		X :	X	Х	Х

## Summer Epic 2018 - Miles Run

38	Sat	15:18	West Bexington	15:48	Abbotsbury Beach	0:30	0:04	2.1	153.5	4.1	2.1	17:33	17:57	0:24		X	X					Х		
39	Sat	15:52	Abbotsbury Castle	16:41	Hardy Monument	0:48	0:04	4.1	157.5	5.0			•	-	Those	loge	wor	o not	run	-				
40	Sun	16:45	Hardy Monument	17:44	Bincombe Down	0:59	0:04	5.4	163.0	5.5		These legs were not run												
	Saturd	lay Totals	3			9:07	0:40	44.4		4.87	34.9	9:30												
41	Sun	8:00	Bincombe Down	9:03	Osmington Mills	1:03	0:04	5.4	168.4	5.2		This leg was not run												
42	Sun	9:07	Osmington Mills	10:24	Lulworth Cove	1:18	0:04	6.0	174.4	4.6	6.0	9:11	10:36	1:25		X	X .	X			Х	Х	Х	Χ
43	Sun	10:28	Lulworth Cove	12:14	Kimmeridge Bay	1:45	0:04	7.2	181.6	4.1	7.2	10:43	12:30	1:47		X	X			Α	Х	Х		
44	Sun	12:18	Kimmeridge Bay	13:17	St. Aldem's Head	0:59	0:04	4.4	185.9	4.4	4.4	12:38	13:48	1:10		X	Χ.	A A	X			Х	Α	
45	Sun	13:21	St. Aldem's Head	14:48	Durlston Head	1:27	0:04	7.0	193.0	4.8	7.0	14:00	15:32	1:32		X	X		Х			Х		
46	Sun	14:52	Durlston Head	16:18	Studland Beach	1:26	0:04	7.2	200.2	5.0	7.2	15:41	16:56	1:15	Α	X	X .	A			Х	Х	Α	Α
47	Sun	16:22	Studland Beach	16:44	South Haven Point	0:23	0:04	2.2	202.3	5.8	2.2				Α			A					Α	
	Sunda	y Totals				8:21	0:28	39.4		4.72	34.0		7:45											
	Grand	Totals				39:57	2:44	197.0		4.93	153.3		38:56											

Runner	Miles	
Bryan Carr	151.1	
Todd Coxhead	131.8	Includes extra two miles for dog rescue on stage 9
Matt Tomlinson	104.5	
Keith Covell	90.9	
Andy Swift	79.6	
Jenny Southgate	78.7	Includes extra 2 miles for return run to Salcombe ferry
Ian Page	64.6	
Jon Leek	45.2	
Steve Leach	32.8	
Bill Southgate	25.9	
Jon Kinder	9.4	Jon also cycled close to 400 miles over the four days

## Notes

Total amount of climb and descent for the route completed was around 32,000 feet based on OS mapping data.

The weather conditions were good for the challenge, mostly fine and dry and not too hot except for Friday PM where we had rain.

The total distance driven in the minibus was 1158 miles.

Drivers were Bill, Ian and Steve