

Summer Epic 2018 - Miles Run

						PLAN					ACTUALS			WHO RAN EACH LEG												
Stage	Day	Time Out	From	Time In	To	Leg Time	Stop Time	Stage Miles	Total Miles	Pace m.p.h.	Stage Miles	Time out	Time In	Leg Time	JK	BC	TC	KC	JL	IP	BS	JS	MT	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																
3	Wed	20:44	Jennycliff, Plymouth	21:39	Wembury Beach	0:55	0:04	4.8	14.0	5.3																
4	Wed	21:43	Wembury Beach	22:01	Warren Point (Ferry)	0:18	0:04	1.7	15.7	5.7																
<b>Wednesday Totals</b>						<b>2:49</b>	<b>0:16</b>	<b>15.7</b>		<b>5.56</b>	<b>0.0</b>															
5	Thur		Warren Point (Ferry)		Noss Mayo (Ferry)										Ferry crossing not necessary as started from Noss Mayo											
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		X	X	X		X		X				
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		X	X	X	A	X		X		X		
8	Thur	9:47	Mothecombe	9:53	Wonwell Slipway										The tide conditions allowed us to wade across the Erme estuary											
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		X	X	X			X				X	
10	Thur	10:59	Bigbury-on-Sea	11:15	Bantham										We drove around the crossing rather than taking the ferry											
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	X				X		X		
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		X	X			X						
13	Thur	13:41	Salcombe North Sands	13:53	East Portlemouth										Runners took passenger ferry across to East Portlemouth											
14	Thur	13:57	East Portlemouth	14:51	Prawle Point	0:54	0:04	4.4	47.4	4.8	4.4	?	15:29			X	X									
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	X	X	X			X		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	X				A				A	
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	X	X				X		X		
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		X	X			X						
<b>Thursday Totals</b>						<b>9:20</b>	<b>0:40</b>	<b>46.6</b>		<b>4.75</b>	<b>46.6</b>		<b>11:54</b>													
19	Fri		Dartmouth (Ferry)		Kingswear (Ferry)										Ferry crossing not necessary as started 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	X	X					X			
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		X		X	A	X		X	X	A		
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	X	X	A	X	X	X	X	A		
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	X	X					X			
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		X			A			X	X	A	A	
25	Fri	14:43	Shaldon	14:48	Teignmouth	0:04	0:04		96.3	6.8					We drove around the crossing rather than taking the ferry											
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		X	X	X	X	X			X	X		
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		X	X	X		X			X			
28	Fri	16:23	Starcross (Ferry)	16:42	Exmouth										We finished on Thursday at the Starcross Ferry											
29	Fri	16:46	Exmouth	17:55	Budleigh Salterton	1:10	0:04	5.9	111.9	5.1																
30	Fri	17:59	Budleigh Salterton	19:20	Sidmouth	1:20	0:04	6.7	118.5	5.0					These legs were not run											
<b>Friday Totals</b>						<b>10:20</b>	<b>0:40</b>	<b>50.9</b>		<b>4.92</b>	<b>37.8</b>		<b>9:47</b>													
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							X	X		
32	Sat	9:51	Beer Head	10:15	Axmouh Bridge	0:24	0:04	2.2	128.5	5.6	2.2	10:43	11:08	0:25		X	X	X	A	X		X	X	X		
33	Sat	10:19	Axmouh Bridge	11:35	Lyme Regis	1:16	0:04	6.1	134.6	4.9	6.1	11:09	12:52	1:43		X	X		A	X		X	X			
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		X	X	X					X			
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		X	X	X	A		A	X	X	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		X	X			X		X	X	X		
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		X	X	X		X	X		X	X		

