

**Rolls-Royce Harriers & Congleton Harriers - Traverse of Scotland Challenge - 26th to 30th June 2010**

Stage	From	To	Path	Team	Leg Miles	Total Miles	Seve- rity	Day	Plan					Actuals						
									Time Out	Time In	Dark Light	Leg Time	Pace mph	Time Out	Time In	Stop Time	Run Time	Pace mph	Runners	
1	Cape Wrath	Blairmore	CWT	A	12.2	12.2	4	Sat	10:00	13:22	L	3:22	3.6	10:43	13:09		2:26	5.0	BC,BL,SL,HTC	
2	Blairmore	Kinlochbervie	CWT	A	3.9	16.1	1	Sat	13:22	13:58	L	0:36	6.6	13:09	13:47	0:00	0:38	6.2	KB	
3	Kinlochbervie	Rhiconich	CWT	A	3.8	19.9	1	Sat	13:58	14:33	L	0:35	6.5	13:47	14:21	0:00	0:34	6.7	AE	
4	Rhiconich	Lochstack Lodge	CWT	B	7.1	27.0	3	Sat	14:33	16:22	L	1:49	3.9	14:22	16:00	0:01	1:38	4.3	AS,TC	
5	Lochstack Lodge	Lochmore Lodge	CWT	B	6.3	33.3	3	Sat	16:22	17:58	L	1:36	3.9	16:02	17:30	0:02	1:28	4.3	AR,JB	
6	Lochmore Lodge	Kylestrome	CWT	B	6.7	40.0	3	Sat	17:58	19:41	L	1:43	3.9	17:32	19:22	0:02	1:50	3.7	AW,BB	
7	Kylestrome	Loch na Gainmhich	CWT	B	4.6	44.6	2	Sat	19:41	20:41	L	1:00	4.6	19:23	20:12	0:01	0:49	5.6	DL,TC	
8	Loch na Gainmhich	Inchnadamph	CWT	B	8.6	53.2	4	Sat	20:41	23:03	LD	2:22	3.6	20:14	23:56	0:02	3:42	2.3	AR,AS,JB	
9	Inchnadamph	Loch Ailish	CWT	A	10.6	63.8	4	Sat	23:03	1:59		2:56	3.6	23:58	3:44	0:02	3:46	2.8	BS,SL	
10	Loch Ailish	Oykel Bridge	CWT	A	8.4	72.2	3	Sun	1:59	4:08	DL	2:09	3.9	3:45	5:23	0:01	1:38	5.1	AE,DC,KB	
11	Oykel Bridge	Inverlael	CWT	A	19.1	91.3	5	Sun	4:08	9:46	L	5:38	3.4	5:28	9:30	0:05	4:02	4.7	BC,BL,HTC	
12	Inverlael	Corrie Hallie	CWT	B	6.5	97.8	3	Sun	9:46	11:26	L	1:40	3.9	9:34	12:05	0:04	2:31	2.6	AW,BB	
13	Corrie Hallie	Lochivraon Bothy	CWT	B	10.6	108.4	4	Sun	11:26	14:21	L	2:55	3.6	12:06	14:25	0:01	2:19	4.6	AR,JB (Note 3)	
14	Lochivraon Bothy	Kinlochewe	CWT	B	10.1	118.5	4	Sun	14:21	17:08	L	2:47	3.6	14:42	17:43	0:17	3:01	3.3	AS,TC (Note 3)	
15	Kinlochewe	Achnashellach Station	CWT	A	10.8	129.3	3	Sun	17:08	19:53	L	2:45	3.9	17:43	21:00	0:00	3:17	3.3	BS,SL	
16	Achnashellach Station	Coulags Bridge	CWT	A	4.5	133.8	1	Sun	19:53	20:34	L	0:41	6.5	21:00	21:40	0:00	0:40	6.7	DC	
17	Coulags Bridge	Attadale	CWT	A	4.8	138.6	1	Sun	20:34	21:18	L	0:44	6.5	21:40	22:29	0:00	0:49	5.9	KN	
18	Attadale	Killilan	CWT	A	7.6	146.2	3	Sun	21:18	23:15	LD	1:57	3.9	22:31	0:40	0:02	2:09	3.5	AE,KB	
19	Killilan	Morvich	CWT	A	12.4	158.6	4	Sun	23:15	2:40		3:25	3.6	0:41	3:48	0:01	3:07	4.0	BC,BL,HTC	
20	Morvich	Cluanie	CWT	B	15.5	174.1	5	Mon	2:40	7:13	DL	4:33	3.4	4:27	8:30	0:39	4:03	3.8	AR,AS,JB	
21	Cluanie	Kingie	CWT	B	8.8	182.9	4	Mon	7:13	9:39	L	2:26	3.6	8:44	11:41	0:14	2:57	3.0	AW,BB	
22	Kingie	Loch Garry	CWT	B	5.4	188.3	1	Mon	9:39	10:29	L	0:50	6.5	11:42	12:42	0:01	1:00	5.4	DL	
23	Loch Garry	Mandally	CWT	B	6.8	195.1	2	Mon	10:29	11:58	L	1:29	4.6	12:43	13:55	0:01	1:12	5.7	TC	
24	Mandally	Laggan Locks	CWT	A	5.2	200.3	2	Mon	11:58	13:06	L	1:08	4.6	13:56	14:42	0:01	0:46	6.8	AE,BS	
25	Laggan Locks	Clunes	CWT	A	7.5	207.8	2	Mon	13:06	14:44	L	1:38	4.6	14:43	15:55	0:01	1:12	6.2	SL	
26	Clunes	Gairloch	CWT	A	4.0	211.8	1	Mon	14:44	15:21	L	0:37	6.5	15:55	16:37	0:00	0:42	5.7	KB	
27	Gairloch	Neptune's Staircase	CWT	A	6.2	218.0	1	Mon	15:21	16:18	L	0:57	6.5	16:37	17:34	0:00	0:57	6.5	AE	
28	Neptune's Staircase	Fort William	CWT	A	4.1	222.1	1	Mon	16:18	16:56	L	0:38	6.5	17:34	18:16	0:00	0:42	5.9	DC,KN	
29	Fort William	Lundavra	WHW	A	7.2	229.3	3	Mon	16:56	18:47	L	1:51	3.9	18:16	19:55	0:00	1:39	4.4	BS,SL	
30	Lundavra	Kinlochleven	WHW	A	7.6	236.9	3	Mon	18:47	20:44	L	1:57	3.9	19:55						
31	Kinlochleven	Altnafeadh	WHW	A	5.7	242.6	3	Mon	20:44	22:11	L	1:27	3.9		22:48	0:00	2:53	4.6	BC,BL,HTC	
32	Altnafeadh	Blackrock Cottage	WHW	B	3.8	246.4	1	Mon	22:11	22:46	L	0:35	6.5	22:50	23:36	0:02	0:46	5.0	AR,DL	
33	Blackrock Cottage	Victoria Bridge	WHW	B	8.2	254.6	3	Mon	22:46	0:52	LD	2:06	3.9	23:40	1:01	0:04	1:21	6.1	AR,JB	
34	Victoria Bridge	Bridge of Orchy	WHW	B	3.2	257.8	2	Tue	0:52	1:33		0:41	4.6	1:04	1:38	0:03	0:34	5.6	AS,TC	
35	Bridge of Orchy	Tyndrum	WHW	B	6.7	264.5	2	Tue	1:33	3:00		1:27	4.6	1:38	3:00	0:00	1:22	4.9	AW,BB	
36	Tyndrum	Crianlarich	WHW	B	6.0	270.5	2	Tue	3:00	4:19	DL	1:19	4.6	5:23	7:00	0:11	1:37	3.7	TC (Note 1)	
37	Crianlarich	Inveraman	WHW	B	5.7	276.2	2	Tue	4:19	5:33	L	1:14	4.6	4:48	6:16	0:00	1:28	3.9	AW,BB	
38	Inveraman	Rowardennan	WHW	B	14.9	291.1	2	Tue	5:33	8:47	L	3:14	4.6	6:23	9:39	0:07	3:16	4.6	AS	
39	Rowardennan	Balmaha	WHW	A	7.6	298.7	2	Tue	8:47	10:26	L	1:39	4.6	9:40						
40	Balmaha	Garadbhan Forest	WHW	A	5.7	304.4	2	Tue	10:26	11:40	L	1:14	4.6		11:54	0:01	2:14	6.0	BC,BL,HTC	
41	Garadbhan Forest	Gartness	WHW	A	4.9	309.3	2	Tue	11:40	12:44	L	1:04	4.6	11:54	12:30	0:00	0:36	8.2	BS	
42	Gartness	Dumgoyne	WHW	A	2.5	311.8	2	Tue	12:44	13:17	L	0:33	4.6	12:30	12:56	0:00	0:26	5.8	KN	
43	Dumgoyne	Easter Carbeth	WHW	A	3.2	315.0	2	Tue	13:17	13:59	L	0:42	4.6	12:56	13:26	0:00	0:30	6.4	DC	
44	Easter Carbeth	Craigend	CSW	A	4.6	319.6	2	Tue	13:59	14:58	L	0:59	4.6	13:26	14:07	0:00	0:41	6.7	AE	

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Stage	From	To	Path	Team	Leg Miles	Total Miles	Sever-ity	Day	Plan					Actuals					Runners	
									Time Out	Time In	Dark Light	Leg Time	Pace mph	Time Out	Time In	Stop Time	Run Time	Pace mph		
45	Craigend	Lennoxtown	CSW	A	3.2	322.8	1	Tue	14:58	15:28	L	0:30	6.5	14:07	14:35	0:00	0:28	6.9	BS	
46	Lennoxtown	Twechar	CSW	A	6.4	329.2	1	Tue	15:28	16:27	L	0:59	6.5	14:35	15:34	0:00	0:59	6.5	SL	
47	Twechar	Kilsyth	CSW	A	2.9	332.1	1	Tue	16:27	16:54	L	0:27	6.5	15:34	15:58	0:00	0:24	7.2	BS	
48	Kilsyth	Allandale	CSW	A	4.6	336.7	1	Tue	16:54	17:36	L	0:42	6.5	15:58	16:41	0:00	0:43	6.4	BC,BL,KB,HTC	
49	Allandale	Falkirk Wheel	CSW	A	3.4	340.1	1	Tue	17:36	18:07	L	0:31	6.5	16:43	17:10	0:02	0:27	7.6	AE,BC,BL,HTC	
50	Falkirk Wheel	Glen Village	CSW	B	2.9	343.0	1	Tue	18:07	18:34	L	0:27	6.5	17:10	17:40	0:00	0:30	5.8	AW,DL	
51	Glen Village	Almond	CSW	B	5.6	348.6	1	Tue	18:34	19:25	L	0:51	6.5	17:40	18:24	0:00	0:44	7.6	AS	
52	Almond	Linlithgow	CSW	B	4.6	353.2	1	Tue	19:25	20:08	L	0:43	6.5	18:24	19:03	0:00	0:39	7.1	AR,TC	
53	Linlithgow	Niddry Castle	CSW	B	5.1	358.3	1	Tue	20:08	20:55	L	0:47	6.5	19:03	19:44	0:00	0:41	7.5	JB	
54	Niddry Castle	Muirend	CSW	B	3.7	362.0	1	Tue	20:55	21:29	L	0:34	6.5	19:44	20:15	0:00	0:31	7.2	AR	
55	Muirend	Ratho	CSW	B	3.0	365.0	1	Tue	21:29	21:56	L	0:27	6.5	20:15	20:43	0:00	0:28	6.4	BB,DL	
56	Ratho	Hermiston	CSW	B	2.9	367.9	1	Tue	21:56	22:22	L	0:26	6.5	20:43						
57	Hermiston	Slateford	CSW	B	3.6	371.5	1	Tue	22:22	22:55	L	0:33	6.5		21:58	0:00	1:15	5.2	JB	
58	Slateford	Duddingston Loch	CSW	B	4.4	375.9	1	Tue	22:55	23:36	LD	0:41	6.5	21:58	22:55	0:00	0:57	4.6	AS,AW	
59	Duddingston Loch	Fisherrow Harbour	CSW	B	3.4	379.3	1	Tue	23:36	0:07		0:31	6.5	22:55	23:25	0:00	0:30	6.8	AS,TC	
60	Fisherrow Harbour	Industrial Museum	JMW	B	3.2	382.5	2	Wed	0:07	0:49		0:42	4.6	23:29	0:14	0:04	0:45	4.3	AW,BB	
61	Industrial Museum	Seton Sands	JMW	B	4.4	386.9	2	Wed	0:49	1:47		0:58	4.6	0:15	0:52	0:01	0:37	7.1	AR,JB	
62	Seton Sands	Aberlady Bay	JMW	B	4.1	391.0	2	Wed	1:47	2:40		0:53	4.6	0:54	1:30	0:02	0:36	6.8	AS,TC	
63	Aberlady Bay	Gullane	JMW	A	3.2	394.2	2	Wed	2:40	3:22		0:42	4.6	1:46	2:20	0:16	0:34	5.6	BS,DC	
64	Gullane	North Berwick Bay	JMW	A	4.8	399.0	2	Wed	3:22	4:24	DL	1:02	4.6	2:20	3:19	0:00	0:59	4.9	AE,KB	
65	North Berwick Bay	Stonelaws	JMW	A	4.1	403.1	2	Wed	4:24	5:18	L	0:54	4.6	3:20	4:07	0:01	0:47	5.2	BC,BL,HTC	
66	Stonelaws	Knowes Mill	JMW	A	4.4	407.5	2	Wed	5:18	6:15	L	0:57	4.6	4:08	4:47	0:01	0:39	6.8	BC,BL,HTC	
67	Knowes Mill	Belhaven Bay	JMW	A	3.3	410.8	2	Wed	6:15	6:58	L	0:43	4.6	4:49	5:25	0:02	0:36	5.5	BC,BL,KN,HTC	
68	Belhaven Bay	White Sands	JMW	A	5.1	415.9	2	Wed	6:58	8:05	L	1:07	4.6	5:27	6:25	0:02	0:58	5.3	AE,BC,BL,BS,HTC	
69	White Sands	Thorntonlock	JMW	B	3.8	419.7	2	Wed	8:05	8:55	L	0:50	4.6	7:23	8:02	0:58	0:39	5.8	AR,JB	
70	Thorntonlock	Pease Bay	JMW	B	4.3	424.0	2	Wed	8:55	9:51	L	0:56	4.6	8:02	9:00	0:00	0:58	4.4	AS,TC	
71	Pease Bay	Telegraph Hill	BCP	B	3.5	427.5	2	Wed	9:51	10:36	L	0:45	4.6	9:00	9:31	0:00	0:31	6.8	AW,BB	
72	Telegraph Hill	Coldingham	BCP	B	5.1	432.6	2	Wed	10:36	11:42	L	1:06	4.6	9:31	10:25	0:00	0:54	5.7	AR,JB	
73	Coldingham	Eyemouth	BCP	B	4.4	437.0	2	Wed	11:42	12:40	L	0:58	4.6	10:26	11:13	0:01	0:47	5.6	AS,TC	
74	Eyemouth	Burnmouth	BCP	B	3.2	440.2	2	Wed	12:40	13:21	L	0:41	4.6	11:14	11:56	0:01	0:42	4.6	AW,BB	
75	Burnmouth	The Border	BCP	B	3.0	443.2	2	Wed	13:21	14:00	L	0:39	4.6	12:15	13:01	0:19	0:46	3.9	All (Note 2)	
<b>Total Times</b>												<b>100:00</b>	<b>4.4</b>			<b>3:56</b>	<b>94:22</b>	<b>4.7</b>		

<b>SUMMARY</b>	<b>Planned Distance</b>	<b>443 miles</b>	<b>Actual distance covered</b>	<b>443 miles</b>
	<b>Planned time</b>	<b>100 hours</b>	<b>Actual (elapsed) time</b>	<b>98 hours 18 minutes</b>

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Stage	From	To	Path	Team	Leg Miles	Total Miles	Seve- rity	Day	Plan					Actuals														
									Time Out	Time In	Dark Light	Leg Time	Pace mph	Time Out	Time In	Stop Time	Run Time	Pace mph	Runners									
<b>Paths</b> CWT Cape Wrath Trail WHW West Highland Way CSW Central Scottish Way JMW John Muir Way BCP Berwickshire Coastal Path									<b>Stage Rating</b> <b>1</b> Road, track or well defined path on flat terrain. Basic navigation skills required.  <b>2</b> Mostly off-road on footpaths or tracks, some minor hills. Medium navigation skills required.  <b>3</b> Includes some hills and/or rough ground. Good navigation skills required, particularly in the dark or bad weather.  <b>4</b> Medium to long section including some big climbs and rough ground. Good navigation skills required, particularly in the dark or bad weather.  <b>5</b> Very long tough section including some big climbs and rough ground. Good navigation skills required, particularly in the dark or bad weather.																			
<b>Stop Time:</b> time lost at changeover points (for various reasons).  <b>Run Time:</b> actual running time (time out to time in)																												
<b>Notes</b> 1 Stage 36 was run out of sequence due to a navigational error 2 Stage 75 was run by all except KB, KN and SL (KN ran the last few hundred yards) 3 Stages 13 and 14 involved a 2.5 mile run to/from the nearest road access. It is not included in the overall distance, but it is included in the individual miles run in the table below.																												
<b>Total Miles Run</b> AE Alan Eccleston 52.1 AR Anna Reeves 80.1 AS Andy Swift 91.1 AW Andy Ward 54.6 BB Bob Bond 50.3 BC Bryan Carr 98.2 BL Bryan Lomas 98.2 BS Bill Southgate 56.1 DC Dave Chisholm 26.4 DL Derek Lucas 22.7 JB John Bushby 79.6 KB Kevin Berry 33.3 KN Ken Northard 14.7 SL Steve Leach 54.7 TC Tim Cloughton 64.1 HTC Hollie the Collie > 100 at least!						<b>Planned pace calculations</b>  The scheduled (planned) pace for each leg was based on this table which takes into account the type of terrain (stage rating factor).				<table border="1"> <thead> <tr> <th>Stage Rating</th> <th>Pace m.p.h</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>6.5</td> </tr> <tr> <td>2</td> <td>4.6</td> </tr> <tr> <td>3</td> <td>3.9</td> </tr> <tr> <td>4</td> <td>3.6</td> </tr> <tr> <td>5</td> <td>3.4</td> </tr> </tbody> </table>		Stage Rating	Pace m.p.h	1	6.5	2	4.6	3	3.9	4	3.6	5	3.4	The pace factures were not adjusted for night legs but experience shows traversing rough terrain at night typically takes 30% longer than in daylight				
Stage Rating	Pace m.p.h																											
1	6.5																											
2	4.6																											
3	3.9																											
4	3.6																											
5	3.4																											
<b>Runner miles</b> 876.2 <b>Average miles per runner</b> 58.4						<b>Team Logistics</b>  15 runners plus one dog in total took part.  The runners were split into two teams: A and B, with roughly equal numbers and capability in each team. One team e.g. team A, would cover a sequence of legs scheduled to take 8 to 9 hours in total before handing over to team B who would then complete their section before handing back to team A. For the Traverse of Scotland and Traverse of Wales we used this two team approach successfully though it is important to ensure that drivers in particular got sufficient rest during their teams down time. We had shorter team sections on the first and last day to balance the distance and type of terrain covered by both teams.																						