

Geoff's Joss Naylor Lakeland Challenge 17th June 2012

Time Limits and Split Times

Leg	Start and Finish	Summit	Leg Distance	Leg Ascent	over 55 15 hour	Actual leg time	Scheduled Time	Actual Time
1	Pooley Bridge						07:00	
	3 hours 22 mins	1 Arthur's Pike			42	36	07:42	07:36
		2 Loadpot Hill			20	21	08:02	07:57
		3 Wether Hill			10	9	08:12	08:06
		4 Red Crag			15	12	08:27	08:18
		5 Raven Howe			5	5	08:32	08:23
		6 High Raise			10	10	08:42	08:33
		7 Kidsty Pike			10	6	08:52	08:39
		8 Ramsgill Head			5	4	08:57	08:43
		9 High Street			15	15	09:12	08:58
		10 Thornthwaite Beacon			12	11	09:24	09:09
		11 Stoney Cove Pike			28	21	09:52	09:30
		12 Pike How			10	11	10:02	09:41
	Kirkstone Pass - arrive		16	3900	20	14	10:22	09:55
				Rest	5	5		
2	Kirkstone Pass - depart						10:27	10:00
	2 hours 20 mins	13 Red Screes			25	22	10:52	10:22
		14 Hart Crag			55	47	11:47	11:09
		15 Fairfield			15	15	12:02	11:24
		16 Seat Sandal			25	20	12:27	11:44
	Dunmail Raise - arrive		8	3200	20	21	12:47	12:05
				Rest	10	10		
3	Dunmail Raise - depart						12:57	12:10
	4 hours 10 mins	17 Steel Fell			25	22	13:22	12:32
		18 High Raise			55	50	14:17	13:22
		19 Rossett Pike			50	44	15:07	14:06
		20 Bowfell			35	29	15:42	14:35
		21 Esk Pike			30	21	16:12	14:56
		22 Great End			25	25	16:37	15:21
	Sty Head - arrive		11	4900	30	27	17:07	15:49
				Rest	5	4		
4	Sty Head - depart						17:12	15:53
	4 hours 28 mins	23 Great Gable			35	33	17:47	16:26
		24 Kirkfell			45	36	18:32	17:02
		25 Pillar			56	58	19:28	18:00
		26 Scoat Fell			25	24	19:53	18:24
		27 Steeple			7	6	20:00	18:30
		28 Haycock			20	17	20:20	18:47
		29 Seatallon			35	38	20:55	19:25
		30 Middlefell			25	25	21:20	19:50
	Greendale Bridge - arrive		13	5000	20	18	21:40	20:08

Total 48 17000

Total 15 hours 13 hrs 8 mins