

Susan's Joss Naylor Lakeland Challenge 23rd May 2015

Time Limits and Split Times

Leg	Start and Finish Leg Time & Actual Support on the Leg	Summit	Leg Distance	Leg Ascent	W55 16 hour summit times (actual in brackets)	Scheduled Clock Time	Actual Clock Time
1	Pooley Bridge - depart					05:30	05:30
	3 hours 36 mins (3h 9m actual)	1 Arthur's Pike			43 (39)	06:13	06:09
	P.Hainsworth (Nav)	2 Loadpot Hill			22 (22)	06:35	06:31
	J.Percival, M.Hughes,	3 Wether Hill			11 (11)	06:46	06:42
	A.Welsh.	4 Red Crag			15 (11)	07:01	06:53
		5 Raven Howe			6 (5)	07:07	06:58
		6 High Raise			13 (12)	07:20	07:10
		7 Kidsty Pike			10 (7)	07:30	07:17
		8 Rampsgill Head			6 (6)	07:36	07:23
		9 High Street			17 (16)	07:53	07:39
		10 Thornthwaite Beacon			12 (11)	08:05	07:50
		11 Stoney Cove Pike			28 (23)	08:33	08:13
		12 Pike How			13 (13)	08:46	08:26
	Kirkstone Pass - arrive		16	3900	20 (13)	09:06	08:39
				Rest	5 (5)		
2	Kirkstone Pass - depart					09:11	08:44
	2 hours 28 mins (2h 21m actual)	13 Red Screens			26 (24)	09:37	09:08
	K.Bray(N), M.Bennett, D.Gibson	14 Hart Crag			55 (53)	10:32	10:01
	M.Dawson, N.Heppell.	15 Fairfield			18 (16)	10:50	10:17
	Dunmail Raise - arrive	16 Seat Sandal	8	3200	25 (27)	11:15	10:44
				Rest	24 (21)	11:39	11:05
				Rest	10 (10)		
3	Dunmail Raise - depart					11:49	11:15
	4 hours 28 mins (4h 29m actual)	17 Steel Fell			26 (25)	12:15	11:40
	J.Telfer(N), S.Gibson,	18 High Raise			60 (59)	13:15	12:39
	P.Evans, P.Appleby, K.Bray.	19 Rossett Pike			55 (56)	14:10	13:35
		20 Bowfell			37 (36)	14:47	14:11
		21 Esk Pike			30 (29)	15:17	14:40
		22 Great End			28 (30)	15:45	15:10
	Sty Head - arrive		11	4900	32 (34)	16:17	15:44
				Rest	5 (5)		
4	Sty Head - depart					16:22	15:54
	4 hours 47 mins (5h 8m actual)	23 Great Gable			37 (33)	16:59	16:27
	G.Davis(N), P.Moralee,	24 Kirkfell			45 (39)	17:44	17:06
	S.Scott, P.Reed, P.Evans,	25 Pillar			62 (62)	18:46	18:08
	K.Bray.	26 Scoat Fell			28 (30)	19:14	18:38
		27 Steeple			8 (7)	19:22	18:45
		28 Haycock			20 (27)	19:42	19:12
		29 Seatallon			40 (45)	20:22	19:57
		30 Middlefell			27 (33)	20:47	20:30
	Greendale Bridge - arrive		13	5000	22 (32)	21:09	21:02
				Total	48 17000		
				Running Time		15:19	15:12
				Rest Time		00:20	00:20
				Total Time		15:39	15:32
				Time Limit		16:00	16:00