



# Lakeland 100 Checkpoint Timings

|  |               |               |                     | Cumulative miles travelled | Cut off Time<br>LAST DEPARTURE FROM<br>CHECKPOINT |                        | Fastest Competitors |                              |            | Slowest Competitors |                              |            |
|--|---------------|---------------|---------------------|----------------------------|---|------------------------|---------------------|------------------------------|------------|---------------------|------------------------------|------------|
|  |               |               |                     |                            | LAST<br>DEPARTURE<br>Cut-Off<br>Clock Time        | Elapsed Time<br>hr:min | Est Time<br>hr:min  | Cumulative<br>Time<br>hr:min | Clock Time | Est Time<br>hr:min  | Cumulative<br>Time<br>hr:min | Clock Time |
| Start Location: Coniston / Finish Location: Coniston |               |               |                     |                            |   |                        |                     |                              |            |                     |                              |            |
| CP   | Start CP      | Finish CP     | CP Location         |                            |   |                        |                     |                              |            |                     |                              |            |
| 1  | Coniston      | Seathwaite    | Seathwaite V Hall   | 7.0                        |   |                        | 1:15                | 1:15                         | 7:15 pm    | 2:30                | 2:30                         | 8:30 pm    |
| 2  | Seathwaite    | Boot          | Boot Corn Mill      | 14.0                       |   |                        | 1:06                | 2:21                         | 8:21 pm    | 2:12                | 4:42                         | 10:42 pm   |
| 3  | Boot          | Wasdale Head  | Barn                | 19.4                       | 12:30 am  | 06:30                  | 0:48                | 3:09                         | 9:09 pm    | 1:36                | 6:18                         | 12:18 am   |
| 4  | Wasdale Head  | Buttermere    | Buttermere V Hall   | 26.3                       | 3:30 am   | 09:30                  | 1:30                | 4:39                         | 10:39 pm   | 3:00                | 9:18                         | 3:18 am    |
| 5  | Buttermere    | Braithwaite   | Church Hall         | 32.8                       | 6:00 am   | 12:00                  | 1:18                | 5:57                         | 11:57 pm   | 2:36                | 11:54                        | 5:54 am    |
| 6  | Braithwaite   | Blencathra    | Blencathra Centre   | 41.3                       | 9:00 am   | 15:00                  | 1:30                | 7:27                         | 1:27 am    | 3:00                | 14:54                        | 8:54 am    |
| 7  | Blencathra    | Dockray       | Marquee in Layby    | 49.0                       | 12:15 pm  | 18:15                  | 1:36                | 9:03                         | 3:03 am    | 3:12                | 18:06                        | 12:06 pm   |
| 8  | Dockray       | Dalemain      | Dalemain Estate     | 59.1                       | 4:00 pm   | 22:00                  | 1:50                | 10:53                        | 4:53 am    | 3:40                | 21:46                        | 3:46 pm    |
| 9  | Dalemain      | Howtown       | Howtown Bobbin Mill | 66.2                       | 6:20 pm   | 24:20                  | 1:13                | 12:06                        | 6:06 am    | 2:26                | 24:12                        | 6:12 pm    |
| 10   | Howtown       | Mardale Head  | Marquee in Layby    | 75.6                       | 10:20 pm  | 28:20                  | 2:00                | 14:06                        | 8:06 am    | 4:00                | 28:12                        | 10:12 pm   |
| 11   | Mardale Head  | Kentmere      | Kentmere Institute  | 82.1                       | 1:15 am   | 31:15                  | 1:24                | 15:30                        | 9:30 am    | 2:48                | 31:00                        | 1:00 am    |
| 12   | Kentmere      | Ambleside     | Parish Centre       | 89.4                       | 4:00 am   | 34:00                  | 1:18                | 16:48                        | 10:48 am   | 2:36                | 33:36                        | 3:36 am    |
| 13   | Ambleside     | Chapel Stile  | Marquee in field    | 95.0                       | 6:00 am   | 36:00                  | 0:57                | 17:45                        | 11:45 am   | 1:54                | 35:30                        | 5:30 am    |
| 14   | Chapel Stile  | Tilberthwaite | Marquee in Car Park | 101.5                      |   |                        | 1:09                | 18:54                        | 12:54 pm   | 2:18                | 37:48                        | 7:48 am    |
| 15   | Tilberthwaite | Coniston      | John Ruskin School  | 105.0                      | 10:00 am  | 40:00                  | 1:06                | 20:00                        | 2:00 pm    | 2:12                | 40:00                        | 10:00 am   |
| <b>TOTALS</b>  |               |               |                     | <b>105.0</b>               |   |                        |                     | <b>20:00</b>                 |            |                     | <b>40:00</b>                 |            |