



Lakeland 50 Checkpoint Timings

Start Location: Dalemain / Finish Location: Coniston				Cumulative miles travelled	Checkpoint Closure	Fastest Competitors			Slowest Competitors		
CP	Start CP	Finish CP	CP Location		Checkpoint closes at:	Est Time hr:min	Cumulative Time hr:min	Clock Time	Est Time hr:min	Cumulative Time hr:min	Clock Time
						Start Saturday		11:30 am	Start Saturday		11:30 am
1	Dalemain	Howtown	Howtown Bobbin Mill	11.2	6:20 pm	1:20	1:20	12:50 pm	3:30	3:30	3:00 pm
2	Howtown	Mardale Head	Marquee in Car Park	20.6	10:20 pm	1:30	2:50	2:20 pm	4:20	7:50	7:20 pm
3	Mardale Head	Kentmere	Kentmere Institute	27.1	1:15 am	1:10	4:00	3:30 pm	3:20	11:10	10:40 pm
4	Kentmere	Ambleside	Parish Centre	34.4	4:00 am	1:10	5:10	4:40 pm	3:30	14:40	2:10 am
5	Ambleside	Chapel Stile	Marquee in field	40	6:00 am	0:45	5:55	5:25 pm	3:00	17:40	5:10 am
6	Chapel Stile	Tilberthwaite	Marquee in Car Park	46.5	10:00 am	1:10	7:05	6:35 pm	3:40	21:20	8:50 am
7	Tilberthwaite	Coniston	John Ruskin School	50	11:30 am	0:40	7:45	7:15 pm	2:40	24:00	11:30 am
			TOTALS	50			7:45			24:00	