

**Lake, Meres and Waters**  
**Challenge- Tony Marlow**  
**22/23 June 2019**

LEG 1	Distance Miles	Time Expected	Actual Time	Accompanied By:-	Climb Feet
Loweswater		08.00	08.12	Amie Miles/Lew Parky)	
Crummock			08.38		
Buttermere	3.75	08.50	09.14	Mike Ernil Kerry Varden	
Ennerdale			10.56		2000
Wastwater Arr	12.5	13.00	13.02		1891
<b>Total</b>	<b>16.25</b>		<b>4 hrs 50Min</b>		<b>3891</b>

LEG 2	Distance KMS	Time Expected	Actual Time	Accompanied By:-	Climb Feet
Wastwater dept		13.15	13.17	Brian Halton Chris Taylor	
Devoke Water	7.25	15.15	15.30		1790
Seathwaite Arr	5.0	16.30	17.28		
<b>Total</b>	<b>12.25</b>		<b>4hr 11min</b>		<b>1790</b>
<b>Cumulative</b>	<b>28.5</b>		<b>9 hr 16 min</b>		<b>5681</b>

Leg 3	Distance Miles	Time Expected	Actual Time	Accompanied By:-	Climb Feet
Seathwaite Dept			17.48		
Goats Water	2.8	17.30	18.53	Adrian Hope Mark Shuttleworth	1450
Low Water			19.49		970
Levers Water			20.05		
Coniston Water	6.2	19.00	20.52		
<b>Total</b>	<b>9.0</b>		<b>3hrs 04 mins</b>		<b>2420</b>
<b>Cumulative</b>	<b>37.5</b>		<b>12hrs 40m</b>		<b>8101</b>

LEG 4	Distance Miles	Time Expected	Actual Time	Accompanied By:-	Climb Feet
Coniston dpt		19.15	21.15	Mark Sammon Mark Edwards	
Esthwaite Water	3.8	20.15	22.15		570
Elterwater	5.0	21.45	23.51		***
Grassmere			00.31		
Rydal Water			00.51		
Windermere Arr	5.5	23.45	01.49		350
<b>Total</b>	<b>14.3</b>		<b>4 hr 34min</b>		<b>1820</b>
<b>Cumulative</b>	<b>51.8</b>		<b>17hrs 37 min</b>		

Leg 5	Distance Miles	Time Expected	Actual Time	Accompanied By:-	Climb Feet
Windermere Dept		00.05	02.50		
Kentmere	6.25	02.35		Josie Greenhalgh Andy Ford	
Skeggles Water	2.2	03.15	06.04		2600
Haweswater Mardale Head	5.0	05.00	08.44		1500
<b>Total</b>	<b>13.45</b>		<b>5 hrs 54</b>		<b>4100</b>
<b>Cumulative</b>	<b>65.25</b>		<b>24 hrs 32 min</b>		

LEG 6	Distance Miles	Time Expected	Leg Time	Accompanied By:-	Climb Feet
Haweswater Dp		05.15	09.10		
Small Water	1.1		09.38	Josie Greenhalgh Andy Ford	
Blea Water	0.6	06.15	10.00		2300
Heyeswater	2.0	07.15	11.10		
Brothers Water Arr	1.3	07.45	11.33		
<b>Totals</b>	<b>5.0</b>		<b>2.0hr 23 min</b>		<b>2300</b>
<b>Cumulative</b>	<b>70.25</b>				
LEG 7	Distance Miles	Time expected	Leg Time	Accompanied By:-	Climb feet
Brothers Water Dpt		08.10	12.15		
Ullswater	2.5	08.55	01.14	Rob Green Snr Rob Green Jnr	
Thirlmere Ar	8.2	11.55	16.20		2400
				Sunter Family	
<b>Total</b>	<b>10.7</b>		<b>3hr 05min</b>		<b>2400</b>
<b>Cumulative</b>	<b>80.95</b>		<b>32 hrs 08 min</b>		

LEG 8	Distance Miles	Time Expected	Leg Time	Accompanied By:-	Climb feet
Thirlmere Dp		12.05	16.40		
Derwent Water	5.0	13.35	18.08	Nigel Marlow Chris Roberts	488
Bassenthwaite	5.6	15.05	20.03		390
Overwater	5.6	16.35	21.21		890
<b>Total</b>	<b>16.2</b>		<b>4 hrs 41 min</b>		<b>1768</b>
<b>Measured Totals (Garmin)</b>	<b>105.7</b>		<b>37hrs 09 min</b>		<b>23452</b>