

LMW KATHERINE SUTTON, DAVID RALPHS 2022

	Distance Miles	Total Distance	Estimated time taken	Estimated time arrives	Estimated time depart	Helpers	Actual time.
loweswater					07:00	John V	7:00
Crummock Water			45	7:45		Jim	7:41
Buttermere			25	8:10			8:17
Ernsdale	8.75	8.75	2	10:10			10:01
greendale			2.30	12:40		Guy	12:10
rest			20		13:00	John T	12:35
Westwater	0.13	17.88	20	13:20			12:51
Devoka water	7.81	25.69	2	15:20			15:03
Goats water	9	35	3.20	18:40			18:10
low water			60	19:40			18:50
Lavers water			20	20:00			19:15
Coniston water	4		50	20:50		Julie	19:59
Rest			20		21:10	Matt	20:22
Eathwaite water	4	42.5	60	22:10			21:18
Elterwater			1.30	23:40			22:59
Grasmere			35	0:15			23:35
Rydal water			20	0:35			23:48
Rest			20	1:15		Wally	12:30
depart					1:35	Fred	12:51
Windermere	10	52.88	40	1:38		Richard	12:54
Skiggles water	9	62	3.25	5			3:50
SadGill							4:41
Haweswater			2.30	7:30			6:20
Small water			30	8			6:51
Blea water			30	8:30			7:13
Hayswater			1:30	10			8:25
checkpoint			30	10:30		Debbie & mart	8:45
depart					11:00		9:25
Brothers Water	11	73	15	11:15		Chris & Mike	9:33
Ullewater			50	12:05			10:31
checkpoint			2.45	2:50		Emily, Kayleigh	12:51
depart					3:10		1:20
Thirlmere	9	82	10	3:20			1:30
Derwent Water	5	87	1.45	5:05			3:10
Portinscale op			20	5:25	5:30	Steph	3:28
Bassenthwaite	5.5	93.5	1.5	7			4:50
Over Water	5.5	99	2	9			6:24
total				38			35hrs24mins 45secs.

35 hours 24 mins 42 secs