

Alex Staniforth Friday 8<sup>th</sup> Saturday 9<sup>th</sup> April 2022

TART - Loweswater	Fri 08:00:47		
Crummock Water	Fri 08:38:00	00:37:13	00:37:13
Buttermere	Fri 09:04:00	00:26:00	01:03:13
Ennerdale Water	Fri 10:30:00	01:26:00	02:29:13
Wastwater	Fri 12:48:00	02:18:00	04:47:13
End Leg 1 - Greendale Bridge, Wasdale	Fri 12:48:00	00:00:00	04:47:13
Devoke Water	Fri 14:31:53	01:43:53	06:31:06
Seathwaite - Road Support	Fri 15:41:36	01:09:43	07:40:49
Goats Water	Fri 17:23:24	01:41:48	09:22:37
Low Water	Fri 18:07:16	00:43:52	10:06:29
Levers Water	Fri 18:25:14	00:17:58	10:24:27
Coniston Water	Fri 19:09:06	00:43:52	11:08:19
End Leg 2 - Monk Coniston	Fri 19:09:06	00:00:00	11:08:19
Esthwaite Water	Fri 20:20:58	01:11:52	12:20:11
Elterwater	Fri 21:42:39	01:21:41	13:41:52
Grasmere	Fri 22:16:58	00:34:19	14:16:11
Rydal Water			
End Leg 3 - Windermere/Waterhead			
Kentmere - Road Support	Sat 01:38:20	03:21:22	17:37:33
Skeggles Water	Sat 02:39:02	01:00:42	18:38:15
Kentmere Reservoir	Sat 04:10:24	01:31:22	20:09:37
Small Water	Sat 05:35:39	01:25:15	21:34:52

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Haweswater	Sat 06:10:34	00:34:55	22:09:47
Bleawater	Sat 06:48:34	00:38:00	22:47:47
Hayeswater	Sat 07:58:23	01:09:49	23:57:36
End Leg 4 - Hartsop CP	Sat 08:34:38	00:36:15	24:33:51
Brothers Water	Sat 08:42:37	00:07:59	24:41:50
Ullswater	Sat 09:22:30	00:39:53	25:21:43
Thirlmere	Sat 11:58:02	02:35:32	27:57:15
Derwent Water	Sat 13:14:01	01:15:59	29:13:14
End Leg 5 - Keswick	Sat 13:13:01	00:00:00	29:13:14
Bassenthwaite Lake	Sat 14:42:42	01:29:41	30:42:55
FINISH - Over Water	Sat 16:09:26	01:26:44	32:09:39