

	Joss Naylor's Time of Day	Joss's Spilts	Kirils Spilts	Time of Day			Support Runners
Start - Loweswater	05:00			05:00:00			Josh Wade
Crummock			00:19:58	05:19:58			
Buttermere	05:37	00:37	00:16:53	05:36:51	00:09		
Ennerdale Water	06:31	00:54	00:57:11	06:34:02		03:02	
Wastwater	07:58	01:27	01:23:25	07:57:27	00:33		
Eskdale Green							James Gibson, Steve Hopwood
Devoke water	09:11	01:13	01:15:21	09:12:48		01:48	
Goat's water	10:45	01:34	01:38:31	10:51:19		06:19	
Low Water	11:11	00:26	00:23:41	11:15:00		04:00	
Levers water	11:20	00:09	00:08:36	11:23:36		03:36	
Coniston Water	11:43	00:23	00:23:24	11:47:00		04:00	Emma Stuart, Hannah Rickman
Esthwaite Water	12:21	00:38	00:31:55	12:18:55	02:05		
Eiterwater	13:10	00:49	00:47:05	13:06:00	04:00		
Grasmere	13:25	00:15	00:16:20	13:22:20	02:40		
Rydal Water	13:36	00:11	00:08:43	13:31:03	04:57		
Windermere	13:55	00:19	00:24:40	13:55:43		00:43	Damian Hall, Rob Brown
Skegges Water	16:03	02:08	01:52:44	15:48:27	14:33		
Kentmere Res	16:53	00:50	00:50:03	16:38:30	14:30		
Small Water	17:29	00:36	00:37:51	17:16:21	12:39		
Haweswater			00:12:39	17:29:00			
Blea Water			00:24:25	17:53:25			
Hayeswater	19:06	01:37	00:43:22	18:36:47	29:13		
Brothers Water	19:29	00:23	00:22:29	18:59:16	29:44		Matt Stapely, Carol Morgan
Ullswater	20:03	00:34	00:25:14	19:24:30	38:30		
Thirlmere	21:35	01:32	01:37:37	21:02:07	32:53		Matt Harris, Sabrina Vergee
Derwent	22:30	00:55	00:58:25	22:00:32	29:28		
Bassenthwaite	23:16	00:46	00:54:09	22:54:41	21:19		
Over Water	00:14	00:58	00:55:53	23:50:34	23:26		
	Total time	19:14	18:50:34				

Road Suppot
Ally Love
Ally Love
Angela White
Angela White
Ally, Katie, Ada
Ally, Katie, Ada