

 Lakeland 50 Checkpoint Timings				Cumulative miles travelled	Last departure. CUT OFF time	Fastest Competitors			Slowest Competitors		
Est Time hr:min	Cumulative Time hr:min	Clock Time	Est Time hr:min			Cumulative Time hr:min	Clock Time				
Start Time Saturday		10:00 am	Start Time Saturday			10:00 am					
CP	Start CP	Finish CP	CP Location								
1	Dalemain	Howtown	Howtown Bobbin Mill	11.2	3:00 pm	1:20	1:20	11:20 am	3:30	3:30	1:30 pm
2	Howtown	Mardale Head	Marquee in Car Park	20.6	8:00 pm	1:30	2:50	12:50 pm	4:20	7:50	5:50 pm
3	Mardale Head	Kentmere	Kentmere Institute	27.1	1:00 am	1:10	4:00	2:00 pm	3:20	11:10	9:10 pm
4	Kentmere	Ambleside	Outside Parish Centre	34.4	4:00 am	1:10	5:10	3:10 pm	3:30	14:40	12:40 am
5	Ambleside	Chapel Stile	Marquee in field	40.0	6:00 am	0:45	5:55	3:55 pm	3:00	17:40	3:40 am
6	Chapel Stile	Tilberthwaite	Marquee in Car Park	46.5	8:40 am	1:10	7:05	5:05 pm	3:40	21:20	7:20 am
7	Tilberthwaite	Coniston	John Ruskin School	50.0	10:00 am	0:40	7:45	5:45 pm	2:40	24:00	10:00 am
TOTALS				50.0			7:45			24:00	