

 Lakeland 100 Checkpoint Timings				Cumulative miles travelled	Cut off Time LAST DEPARTURE FROM CHECKPOINT		Fastest Competitors			Slowest Competitors		
Start Location: Coniston / Finish Location: Coniston					LAST DEPARTURE Cut-Off Clock Time	Elapsed Time hr:min	Est Time hr:min	Cumulative Time hr:min	Clock Time	Est Time hr:min	Cumulative Time hr:min	Clock Time
CP	Start CP	Finish CP	CP Location				Start Time Friday	6:00 PM	Start Time Friday	6:00 PM		
1	Coniston	Seathwaite	Seathwaite Parish Room	7.0			1:15	1:15	7:15 PM	2:30	2:30	8:30 PM
2	Seathwaite	Boot	Eskdale Corn Mill	14.0	11:00 am	05:00	1:06	2:21	8:21 PM	2:12	4:42	10:42 PM
3	Boot	Wasdale Head	Row Head Farm Barn	19.4	12:30 am	06:30	0:48	3:09	9:09 PM	1:36	6:18	12:18 AM
4	Wasdale Head	Buttermere	Buttermere Village Hall	26.3	3:30 am	09:30	1:30	4:39	10:39 PM	3:00	9:18	3:18 AM
5	Buttermere	Braithwaite	Braithwaite Primary School	32.8	6:00 am	12:00	1:18	5:57	11:57 PM	2:36	11:54	5:54 AM
6	Braithwaite	Blencathra	Blencathra Centre	41.3	9:00 am	15:00	1:30	7:27	1:27 AM	3:00	14:54	8:54 AM
7	Blencathra	Dockray	The Royal	50.0	12:15 pm	18:15	1:36	9:03	3:03 AM	3:12	18:06	12:06 PM
8	Dockray	Dalemain	Marquee at Dalemain Estate	59.1	4:00 pm	22:00	1:50	10:53	4:53 AM	3:40	21:46	3:46 PM
9	Dalemain	Howtown	Howtown Bobbin Mill	66.2	6:20 pm	24:20	1:13	12:06	6:06 AM	2:26	24:12	6:12 PM
10	Howtown	Mardale Head	Marquee in Car Park	75.6	10:20 pm	28:20	2:00	14:06	8:06 AM	4:00	28:12	10:12 PM
11	Mardale Head	Kentmere	Kentmere Institute	82.1	1:15 am	31:15	1:24	15:30	9:30 AM	2:48	31:00	1:00 AM
12	Kentmere	Ambleside	Ambleside Primary School	89.4	4:00 am	34:00	1:18	16:48	10:48 AM	2:36	33:36	3:36 AM
13	Ambleside	Chapel Stile	Baysbrown Marquee in field	95.0	6:00 am	36:00	0:57	17:45	11:45 AM	1:54	35:30	5:30 AM
14	Chapel Stile	Tilberthwaite	Marquee in Car Park	101.5	8:40 am	38:40	1:09	18:54	12:54 PM	2:18	37:48	7:48 AM
15	Tilberthwaite	Coniston	John Ruskin School	105.0	10:00 am	40:00	1:06	20:00	2:00 PM	2:12	40:00	10:00 AM
			TOTALS	105.0				20:00			40:00	