**7:30am START- ACTUAL TIMINGS 29-06-13**

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| Place | Splits(h:m) | Real time(Departure time in **bold**) |  |
| Ashness Landing (Swim) |  | **07:30** |  |
| Ashness Landing | 1:12 | 08:42 |  |
| Transition | 0:19 | **09:01** |  |
| Bike to Fell Road(Ennerdale) | 2:37 | 11:38/**11:48**(10mins break) |  |
| Bike to Ambleside | 2:16 | 14:04/**14:16**(12mins break) |  |
| Bike to Ashness Landing | 2:09 | 16:25 |  |
| Transition  | 0:34 | **16:59** |  |
| Seathwaite | 1:00 | 17:59 / **18:13** (14mins break) |  |
| Sca Fell | 2:20 | 20:33 |  |
| Sca Fell Pike | 0:41 | 21:14 |  |
| Esk Hause | N/A | N/A |  |
| Angle Tarn | 0:58 | 22:12 |  |
| High Raise | N/A | N/A |  |
| Wythburn Church  | 2:27 | 00:39/**00:47** (8mins break) |  |
| Swirls via Helvellyn | 1:53 | 02:39/**02:45** (6mins break) |  |
| Burns | 1:05 | 03:50 / **03.55**(5mins break) |  |
| Ashness Landing via Skiddaw | 3:11 | 07:06 **FINISHED!** |  |
| Contingency  | 0:22 |  |  |