**7:30am START 24 HOUR SCHEDULE / 20MINUTES CONTINGENCY**

|  |  |  |  |
| --- | --- | --- | --- |
| Place | Splits(h:m) | Real time(Departure time in **bold**) |  |
| Ashness Landing (Swim) |  | **07:30** |  |
| Ashness Landing | 1:20 | 08:50 |  |
| Transition | 0:20 | **09:10** |  |
| Bike to Fell Road(Ennerdale) | 2:30 | 11:40 / **11:50** (10mins break) |  |
| Bike to Ambleside | 2:20 | 14:10 / **14:20** (10mins break) |  |
| Bike to Ashness Landing | 2:20 | 16:40 |  |
| Transition  | 0:25 | **17:05** |  |
| Seathwaite | 1:10 | 18:15 / **18:20** (5mins break) |  |
| Sca Fell | 2:10 | 20:30 |  |
| Sca Fell Pike | 0:40 | 21:10 |  |
| Esk Hause | 0:25 | 21:35 / **21:40** (5mins break) |  |
| Angle Tarn | 0:15 | 21:55 |  |
| High Raise | 0:50 | 22:45 |  |
| Wythburn Church  | 1:20 | 00:05/ **00:20** (15mins break) |  |
| Swirls via Helvellyn | 2:30 | 02:50 |  |
| Burns | 1:10 | 04:00 / **04:05** (5mins break) |  |
| Ashness Landing via Skiddaw | 3:05 | 07:10 |  |
| Contingency  | 0:20 | 07:30 |  |

**7:00am START 24 HOUR SCHEDULE / 20MINUTES CONTINGENCY**

|  |  |  |  |
| --- | --- | --- | --- |
| Place | Splits(h:m) | Real time(Departure time in **bold**) |  |
| Ashness Landing (Swim) |  | **07:00** |  |
| Ashness Landing | 1:20 | 08:20 |  |
| Transition | 0:20 | **08:40** |  |
| Bike to Fell Road(Ennerdale) | 2:30 | 11:10 / **11:20** (10mins break) |  |
| Bike to Ambleside | 2:20 | 13:40 / **13:50** (10mins break) |  |
| Bike to Ashness Landing | 2:20 | 16:10 |  |
| Transition  | 0:25 | **16:35** |  |
| Seathwaite | 1:10 | 17:45 / **17:50** (5mins break) |  |
| Sca Fell | 2:10 | 20:00 |  |
| Sca Fell Pike | 0:40 | 20:40 |  |
| Esk Hause | 0:25 | 21:05 / **21:10** (5mins break) |  |
| Angle Tarn | 0:15 | 21:25 |  |
| High Raise | 0:50 | 22:15 |  |
| Wythburn Church  | 1:20 | 23:35/ **23:50** (15mins break) |  |
| Swirls via Helvellyn | 2:30 | 02:20 |  |
| Burns | 1:10 | 03:30 / **03:35** (5mins break) |  |
| Ashness Landing via Skiddaw | 3:05 | 06:40 |  |
| Contingency  | 0:20 | 07:00 |  |

**7:15am START 24 HOUR SCHEDULE / 20MINUTES CONTINGENCY**

|  |  |  |  |
| --- | --- | --- | --- |
| Place | Splits(h:m) | Real time(Departure time in **bold**) |  |
| Ashness Landing (Swim) |  | **07:15** |  |
| Ashness Landing | 1:20 | 08:35 |  |
| Transition | 0:20 | **08:55** |  |
| Bike to Fell Road(Ennerdale) | 2:30 | 11:25 / **11:35** (10mins break) |  |
| Bike to Ambleside | 2:20 | 13:55 / **14:05** (10mins break) |  |
| Bike to Ashness Landing | 2:20 | 16:25 |  |
| Transition  | 0:25 | **16:50** |  |
| Seathwaite | 1:10 | 18:00 / **18:05** (5mins break) |  |
| Sca Fell | 2:10 | 20:15 |  |
| Sca Fell Pike | 0:40 | 20:55 |  |
| Esk Hause | 0:25 | 21:20 / **21:25** (5mins break) |  |
| Angle Tarn | 0:15 | 21:40 |  |
| High Raise | 0:50 | 22:30 |  |
| Wythburn Church  | 1:20 | 23:50/ **00:05** (15mins break) |  |
| Swirls via Helvellyn | 2:30 | 02:35 |  |
| Burns | 1:10 | 03:45 / **03:50** (5mins break) |  |
| Ashness Landing via Skiddaw | 3:05 | 06:55 |  |
| Contingency  | 0:20 | 07:15 |  |

**7:45am START 24 HOUR SCHEDULE / 20MINUTES CONTINGENCY**

|  |  |  |  |
| --- | --- | --- | --- |
| Place | Splits(h:m) | Real time(Departure time in **bold**) |  |
| Ashness Landing (Swim) |  | **07:45** |  |
| Ashness Landing | 1:20 | 09:05 |  |
| Transition | 0:20 | **09:25** |  |
| Bike to Fell Road(Ennerdale) | 2:30 | 11:55 / **12:05** (10mins break) |  |
| Bike to Ambleside | 2:20 | 14:25 / **14:35** (10mins break) |  |
| Bike to Ashness Landing | 2:20 | 16:55 |  |
| Transition  | 0:25 | **17:20** |  |
| Seathwaite | 1:10 | 18:30 / **18:35** (5mins break) |  |
| Sca Fell | 2:10 | 20:45 |  |
| Sca Fell Pike | 0:40 | 21:25 |  |
| Esk Hause | 0:25 | 21:50 / **21:55** (5mins break) |  |
| Angle Tarn | 0:15 | 22:10 |  |
| High Raise | 0:50 | 23:00 |  |
| Wythburn Church  | 1:20 | 00:20/ **00:35** (15mins break) |  |
| Swirls via Helvellyn | 2:30 | 03:05 |  |
| Burns | 1:10 | 04:15 / **04:20** (5mins break) |  |
| Ashness Landing via Skiddaw | 3:05 | 07:25 |  |
| Contingency  | 0:20 | 07:45 |  |