

	Date	Start	Finish	Time	Elevation Gain	Min Elevation	Max Elevation	Avg Speed	Max Speed	Distance	Running Distance	
D A Y	1	Sun 9 Aug 09	John O'Groats	Tongue	05:35:40	1,237	7	167	11.5	35.2	64.23	64.23
	2	Mon 10 Aug 09	Tongue	Carbisdale Castle	04:27:40	691	8	263	10.8	32.1	47.99	112.22
	3	Tue 11 Aug 09	Carbisdale Castle	Loch Ness	05:31:22	1,100	-	269	11.4	32	63.13	175.32
	4	Wed 12 Aug 09	Loch Ness	Glencoe	05:02:07	756	-	128	11.6	28.6	58.3	233.62
	5	Thu 13 Aug 09	Glencoe	Killearn	05:35:02	893	9	353	11.4	29	63.84	297.46
	6	Fri 14 Aug 09	Killearn	New Lanark	04:01:31	536	6	169	10.2	39	41.11	338.57
	7	Sat 15 Aug 09	New Lanark	Carlisle	05:53:21	783	5	305	13.5	28.5	79.73	418.3
	8	Sun 16 Aug 09	Carlisle	Slaidburn	08:25:01	2,308	26	426	10.6	30.9	89.02	507.32
	9	Mon 17 Aug 09	Slaidburn	Chester	07:46:05	1,617	12	292	11.4	31.8	88.17	595.49
	10	Tue 18 Aug 09										
	11	Wed 19 Aug 09	Chester	Clun	06:12:01	1,024	10	316	11.9	32.8	73.64	669.13
	12	Thu 20 Aug 09	Clun	Welsh Bicknor	04:15:46	811	22	237	12.1	33.1	51.38	720.51
	13	Fri 21 Aug 09	Welsh Bicknor	Street	06:12:00				12	34.4	74.18	794.69
	14	Sat 22 Aug 09	Street	Okehampton	07:01:09	1,486	0	292	11.6	28.9	81.2	875.89
	15	Sun 23 Aug 09	Okehampton	Perranporth	06:10:08	1,347	-	374	12.2	30.4	75.17	951.06
	16	Mon 24 Aug 09	Perranporth	Land's End	03:13:47	809	-	165	12.1	30.1	39.24	990.3
					85:22:40	15,398			11.6	39	990.33	

Data from [Garmin Edge 705](#).

Key:-

Time: hh/mm/ss.

Elevation Gain: metres.

Min/Max Elevation: metres.

Avg speed: mph.

Max speed: mph.

Distance: miles.