

JNC 12hr SCHEDULE M50

Summit No	Miles	Grid Ref	Section 1	Schedule		Actual		Minutes	Minutes	Minutes
				Time	Splits	Time	Splits	Gained/Lost Splits	Gained/Lost Schedule	Gained/Lost on leg
Start	0	470 244	Pooley Bridge	7:00		7:00				
1	2.9	460 206	Arthurs Pike	7:40	40	7:32	32	8	8	
2	4.6	456 181	Loadpot Hill	8:05	25	7:51	19	6	14	
3	5.7	454 162	Wether Hill	8:15	10	8:00	9	1	15	
4	6.4	450 152	Red Crag	8:25	10	8:13	13	3	12	
5	6.9	450 144	Raven Howe	8:30	5	8:19	6	1	11	
6	7.5	448 134	High Raise	8:40	10	8:28	9	1	12	
7	8	447 125	Kidsty Pike	8:50	10	8:35	7	3	15	
8	8.4	442 127	Rampsgill Head	8:55	5	8:40	5	0	15	
9	9.5	440 110	High Street	9:10	15	8:55	15	0	15	
10	10.5	431 101	Thornthwaite Beacon	9:20	10	9:05	10	0	15	
11	11.4	418 100	Stoney Cove Pike	9:45	25	9:25	20	5	20	
12	12.3	411 090	Pike How	9:55	10	9:36	11	1	19	
	13.2	401 080	Kirkstone Inn	10:05	10	9:47	11	1	18	
				Rest	5	9:55	8	3	15	15
Section 2										
13	13.8	396 087	Red Screes	10:30	20	10:15	20	0	15	
14	16.3	368 112	Hart Crag	11:15	45	10:58	43	2	17	
15	17	358 117	Fairfield	11:25	10	11:13	15	5	12	
16	18	343 115	Seat Sandal	11:40	15	11:35	22	7	5	
	19	327 117	Dunmail Raise	11:55	15	11:50	15	0	5	
				Rest	10		15	5	0	15

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Section 3										
17	19.8	319 111	Steel Fell	12:25	20	12:28	23	3	3	
18	22.7	280 095	High Raise	13:10	45	13:20	52	7	10	
19	25.2	249 075	Rossett Pike	13:40	30	14:05	45	15	25	
20	26	244 064	Bow Fell	14:05	25	14:34	29	4	29	
21	27	236 075	Esk Pike	14:25	20	14:55	21	1	30	
22	28	225 084	Great End	14:45	20	15:18	23	3	33	
	29.5	218 094	Sty Head	15:05	20	15:43	25	5	38	38
				No Rest						
Section 4										
23	30	211 103	Great Gable	15:25	20	16:22	39	19	57	
24	30.7	194 104	Kirk Fell	15:55	30	16:53	31	1	58	
25	32.7	171 121	Pillar	16:35	40	17:43	50	10	68	
26	33.7	159 113	Scoat Fell	17:00	25	18:08	25	0	68	
27	34	157 116	Steeple	17:10	10	18:13	5	5	63	
28	35	144 107	Haycock	17:30	20	18:32	19	1	62	
29	36.5	139 083	Seatallan	17:55	25	19:05	33	8	70	
30	37.7	150 073	Middle Fell	18:10	15	19:31	26	11	81	
Finish	39	143 055	Greendale Bridge	18:30	20	19:50	19	1	80	42
			Total Time		11:30		12:50			