

<b>West Highland Way Race</b>		<b>silver - sub 21hrs</b>			<b>gold - sub 19hrs 50mins</b>			
<b>Milngavie to Drymen</b>		<b>distance</b>	<b>time</b>	<b>total</b>	<b>pace</b>	<b>time</b>	<b>total</b>	<b>pace</b>
start	end of wood	2.14	22:30	22:30	10:31	22:00	22:00	10:17
end of wood	wall	2.20	23:30	46:00	10:41	22:00	44:00	10:00
wall	beech tree	2.71	27:00	1:13:00	9:58	26:00	1:10:00	9:36
beech tree	steps	2.62	26:00	1:39:00	9:55	25:00	1:35:00	9:33
steps	drymen	2.44	26:00	2:05:00	10:39	25:00	2:00:00	10:15
	<b>Leg Total</b>	<b>12.11</b>	<b>2:05:00</b>		<b>10:19</b>	<b>2:00:00</b>		<b>9:55</b>
	Rest		00:00	2:05:00		00:00	2:00:00	

<b>Drymen to Balmaha</b>		<b>distance</b>	<b>time</b>	<b>total</b>	<b>pace</b>	<b>time</b>	<b>total</b>	<b>pace</b>
drymen	path junction	2.22	24:30	2:29:30	11:02	23:00	2:23:00	10:22
path junction	bridge	2.38	27:00	2:56:30	11:21	25:00	2:48:00	10:30
bridge	balmaha	2.24	33:30	3:30:00	14:57	32:00	3:20:00	14:17
	<b>Leg Total</b>	<b>6.84</b>	<b>1:25:00</b>		<b>12:26</b>	<b>1:20:00</b>		<b>11:42</b>
	<b>Total</b>	<b>18.95</b>		<b>3:30:00</b>	<b>11:05</b>		<b>3:20:00</b>	<b>10:33</b>
	Rest		01:00	3:31:00		01:00	3:21:00	

<b>Balmaha to Rowardennan</b>		<b>distance</b>	<b>time</b>	<b>total</b>	<b>pace</b>	<b>time</b>	<b>total</b>	<b>pace</b>
balmaha	bridge	2.18	26:00	3:57:00	11:56	25:00	3:46:00	11:28
bridge	salchony	2.75	34:30	4:31:30	12:33	32:30	4:18:30	11:49
salchony	rowardennan	2.77	34:30	5:06:00	12:27	31:30	4:50:00	11:22
	<b>Leg Total</b>	<b>7.70</b>	<b>1:35:00</b>		<b>12:20</b>	<b>1:29:00</b>		<b>11:34</b>
	<b>Total</b>	<b>26.65</b>		<b>5:06:00</b>	<b>11:29</b>		<b>4:50:00</b>	<b>10:53</b>
	Rest		3:00	5:09:00		3:00	4:53:00	

<b>Rowardennan to Inversnaid</b>		<b>distance</b>	<b>time</b>	<b>total</b>	<b>pace</b>	<b>time</b>	<b>total</b>	<b>pace</b>
rowardennan	single track	4.46	48:00	5:57:00	10:46	46:00	5:39:00	10:19
single track	hotel	2.80	37:00	6:34:00	13:13	36:00	6:15:00	12:51
	<b>Leg Total</b>	<b>7.26</b>	<b>1:25:00</b>		<b>11:42</b>	<b>1:22:00</b>		<b>11:18</b>
	<b>Total</b>	<b>33.91</b>		<b>6:34:00</b>	<b>11:37</b>		<b>6:15:00</b>	<b>11:04</b>
	Rest		2:00	6:36:00		2:00	6:17:00	

Inversnaid to Beinglas Farm		distance	time	total	pace	time	total	pace
inversnaid	gate	2.53	39:00	7:15:00	15:25	37:00	6:54:00	14:37
gate	post	2.00	31:00	7:46:00	15:30	29:00	7:23:00	14:30
post	beinglas	2.10	30:00	8:16:00	14:17	29:00	7:52:00	13:49
	Leg Total	6.63	1:40:00		15:05	1:35:00		14:20
	Total	40.54		8:16:00	12:14		7:52:00	11:39
	Rest		2:00	8:18:00		2:00	7:54:00	

Beinglas Farm to Auchtertyre		distance	time	total	pace	time	total	pace
beinglas	derrydarroch	3.21	45:00	9:03:00	14:01	45:00	8:39:00	14:01
derrydarroch	big gate	3.64	48:00	9:51:00	13:11	48:00	9:27:00	13:11
big gate	auchtertyre	2.65	42:00	10:33:00	15:51	42:00	10:09:00	15:51
	Leg Total	9.50	2:15:00		14:13	2:15:00		14:13
	Total	50.04		10:33:00	12:39		10:09:00	12:10
	Rest		4:00	10:37:00		4:00	10:13:00	

Auchtertyre to Bridge of Orchy		distance	time	total	pace	time	total	pace
auchtertyre	tyndrum	2.63	31:00	11:08:00	11:47	29:00	10:42:00	11:02
tyndrum	bridge	3.32	37:00	11:45:00	11:09	36:00	11:18:00	10:51
bridge	bridge of orchy	3.32	37:00	12:22:00	11:09	35:00	11:53:00	10:33
	Leg Total	9.27	1:45:00		11:20	1:40:00		10:47
	Total	59.31		12:22:00	12:31		11:53:00	12:01
	Rest		2:00	12:24:00		2:00	11:55:00	

Bridge of Orchy to Glencoe Ski L		distance	time	total	pace	time	total	pace
bridge of orchy	gate	3.17	48:00	13:12:00	15:09	43:30	12:38:30	13:43
gate	bridge	4.25	56:00	14:08:00	13:11	53:00	13:31:30	12:28
bridge	ski lodge	3.35	46:00	14:54:00	13:44	43:30	14:15:00	12:59
	Leg Total	10.77	2:30:00		13:56	2:20:00		13:00
	Total	70.08		14:54:00	12:45		14:15:00	12:12
	Rest		2:00	14:56:00		2:00	14:17:00	

Glencoe Ski L to Kinlochleven		distance	time	total	pace	time	total	pace
ski lodge	bridge	4.40	58:00	15:54:00	13:11	53:00	15:10:00	12:03
bridge	bridge	2.72	57:00	16:51:00	20:57	52:00	16:02:00	19:07
bridge	kinlochleven	3.43	45:00	17:36:00	13:07	40:00	16:42:00	11:40
	Leg Total	10.55	2:40:00		15:10	2:25:00		13:45
	Total	80.63		17:36:00	13:06		16:42:00	12:26
	Rest		4:00	17:40:00		4:00	16:46:00	

Kinlochleven to Lundavra		distance	time	total	pace	time	total	pace
kinlochleven	bridge	2.92	53:00	18:33:00	18:09	49:00	17:35:00	16:47
bridge	sheep pen	3.48	48:00	19:21:00	13:48	44:00	18:19:00	12:39
sheep pen	lundavra	1.10	14:00	19:35:00	12:44	12:00	18:31:00	10:55
	Leg Total	7.50	1:55:00		15:20	1:45:00		14:00
	Total	88.13		19:35:00	13:20		18:31:00	12:36
	Rest		0:00	19:35:00		0:00	18:31:00	

Lundavra to Fort William		distance	time	total	pace	time	total	pace
lundavra	stile	3.13	53:00	20:28:00	16:56	50:00	19:21:00	15:58
stile	car park	2.69	22:00	20:50:00	8:11	20:00	19:41:00	7:26
car park	finish	1.10	10:00	21:00:00	9:05	9:00	19:50:00	8:11
	Leg Total	6.92	1:25:00		12:17	1:19:00		11:25
	Total	95.05		21:00:00	13:15		19:50:00	12:31