

West Highland Way Race		Plan sub 21				Actual			
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Milngavie to Drymen		distance	time	total	pace	distance	time	total	pace
start	end of wood	2.14	21:30	21:30	10:03	2.18	20:42	20:42	9:30
end of wood	wall	2.20	22:00	43:30	10:00	2.21	20:28	41:10	9:16
wall	beech tree	2.71	26:00	1:09:30	9:36	2.73	25:09	1:06:19	9:13
beech tree	steps	2.62	24:30	1:34:00	9:21	2.6	24:01	1:30:19	9:14
steps	drymen	2.44	24:00	1:58:00	9:50	2.44	25:44	1:56:03	10:33
	Leg Total	12.11	1:58:00		9:45	12.16	1:56:03		9:33
	Rest		00:00	1:58:00			00:00	1:56:03	

Drymen to Balmaha		distance	time	total	pace	distance	time	total	pace
drymen	path junction	2.22	23:00	2:21:00	10:22	2.25	23:43	2:19:46	10:32
path junction	bridge	2.38	25:00	2:46:00	10:30	2.37	25:23	2:45:09	10:43
bridge	balmaha	2.24	34:00	3:20:00	15:11	2.23	32:27	3:17:36	14:33
	Leg Total	6.84	1:22:00		11:59	6.85	1:21:32		11:54
	Total	18.95		3:20:00	10:33	19.01		3:17:36	10:24
	Rest		5:00	3:25:00			5:04	3:22:40	

Balmaha to Rowardennan		distance	time	total	pace	distance	time	total	pace
balmaha	bridge	2.18	25:00	3:50:00	11:28	2.17	24:02	3:46:42	11:04
bridge	salchony	2.75	32:30	4:22:30	11:49	2.91	31:27	4:18:09	10:48
salchony	rowardennan	2.77	33:30	4:56:00	12:06	2.74	32:52	4:51:01	12:00
	Leg Total	7.70	1:31:00		11:49	7.82	1:28:20		11:18
	Total	26.65		4:56:00	11:06	26.83		4:51:01	10:51
	Rest		5:00	5:01:00			4:09	4:55:10	

Rowardennan to Inversnaid		distance	time	total	pace	distance	time	total	pace
rowardennan	single track	4.46	49:00	5:50:00	10:59	4.5	52:02	5:47:12	11:34
single track	hotel	2.80	34:00	6:24:00	12:09	2.77	34:21	6:21:33	12:24
	Leg Total	7.26	1:23:00		11:26	7.27	1:26:22		11:53
	Total	33.91		6:24:00	11:19	34.10		6:21:33	11:11
	Rest		5:00	6:29:00			3:27	6:25:00	

Inversnaid to Beinglas Farm		distance	time	total	pace	distance	time	total	pace
inversnaid	gate	2.53	37:30	7:06:30	14:49	2.5	40:29	7:05:29	16:12
gate	post	2.00	29:30	7:36:00	14:45	1.99	33:11	7:38:41	16:41
post	beinglas	2.10	27:00	8:03:00	12:51	2.12	31:15	8:09:55	14:44
	Leg Total	6.63	1:34:00		14:11	6.61	1:44:55		15:52
	Total	40.54		8:03:00	11:55	40.71		8:09:55	12:02
	Rest		5:00	8:08:00			5:56	8:15:52	

Beinglas Farm to Auchtertyre		distance	time	total	pace	distance	time	total	pace
beinglas	derrydarouch	3.19	52:00	9:00:00	16:18	3.17	46:43	9:02:34	14:44
derrydarroch	big gate	2.74	38:00	9:38:00	13:52	2.73	43:32	9:46:06	15:57
big gate	auchtertyre	3.61	46:00	10:24:00	12:45	3.62	55:44	10:41:50	15:24
	Leg Total	9.54	2:16:00		14:15	9.52	2:25:59		15:20
	Total	50.08		10:24:00	12:28	50.23		10:41:50	12:47
	Rest		5:00	10:29:00			7:59	10:49:49	

Auchtertyre to Bridge of Orchy		distance	time	total	pace	distance	time	total	pace
auchtertyre	tyndrum	2.71	31:00	11:00:00	11:26	2.61	36:54	11:26:43	14:08
tyndrum	bridge	3.34	39:00	11:39:00	11:41	3.34	54:35	12:21:18	16:21
bridge	bridge of orchy	3.21	37:00	12:16:00	11:32	3.24	53:59	13:15:18	16:40
	Leg Total	9.26	1:47:00		11:33	9.19	2:25:28		15:50
	Total	59.34		12:16:00	12:24	59.42		13:15:18	13:23
	Rest		5:00	12:21:00			11:12	13:26:30	

Bridge of Orchy to Glencoe Ski L		distance	time	total	pace	distance	time	total	pace
bridge of orchy	gate	3.25	44:00	13:05:00	13:32	3.26	1:01:35	14:28:05	18:54
gate	bridge	4.23	50:00	13:55:00	11:49	4.24	1:10:14	15:38:20	16:34
bridge	ski lodge	3.34	43:00	14:38:00	12:52	3.36	56:12	16:34:31	16:44
	Leg Total	10.82	2:17:00		12:40	10.86	3:08:02		17:19
	Total	70.16		14:38:00	12:31	70.28		16:34:31	14:09
	Rest		5:00	14:43:00			8:12	16:42:43	

Glencoe Ski L to Kinlochleven		distance	time	total	pace	distance	time	total	pace
ski lodge	bridge	4.40	54:00	15:37:00	12:16	4.45	1:06:10	17:48:53	14:52
bridge	bridge	2.72	53:00	16:30:00	19:29	2.75	1:05:23	18:54:17	23:47
bridge	kinlochleven	3.43	38:00	17:08:00	11:05	3.43	1:01:29	19:55:46	17:56
	Leg Total	10.55	2:25:00		13:45	10.63	3:13:02		18:10
	Total	80.71		17:08:00	12:44	80.91		19:55:46	14:47
	Rest		5:00	17:13:00			44:24	20:40:10	

Kinlochleven to Lundavra		distance	time	total	pace	distance	time	total	pace
kinlochleven	bridge	3.01	52:00	18:05:00	17:17				
bridge	sheep pen	3.48	56:00	19:01:00	16:06				
sheep pen	lundavra	1.09	12:00	19:13:00	11:01				
	Leg Total	7.58	2:00:00		15:50				
	Total	88.29		19:13:00	13:04				
	Rest		0:00	19:13:00					

Lundavra to Fort William		distance	time	total	pace	distance	time	total	pace
lundavra	stile	3.20	54:00	20:07:00	16:52				
stile	car park	2.67	26:00	20:33:00	9:44				
car park	finish	1.12	12:00	20:45:00	10:43				
	Leg Total	6.99	1:32:00		13:10	14.47	6:55:50		28:44
	Total	95.28		20:45:00	13:04	95.38		27:36:00	17:22