			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	13
Time of day		Afternoon	Afternoon	Evening	Evening	evening	eve/night	eve/night	night	night	night	night	night	night	Night / dawn	Dawn	morning	morning	morning	morning	afternoon	afternoon	afternoon	afternoon	afternoon	afternoon	afternoon
Distance		0.3	6.2	8.4	4.8	4.4	11.2	3.75	8.26	8.75	12.5	7.1	2.95	1.8	3.66	13.5	0.3	8.94	12.4	5.4	2.9	4.48	6.25	6.1	9.25	3.2	2.6	0.3
Terrain		off road	50% path 50% pavement	canal path	95% canal 5% pavement	pavement	60% pavement 40% lanes Big Hill	off road Woods Compared	country lanes Woods	90% off road	off road undulating	60% off road 40% lanes	50% lanes 50% pavement	off road	60% footpath 40% pavement	80% footpath 20% pavement	country lanes Undulating	95% country roads 5% off road	90% country lanes 10% off road	off road	footpath	40% country lanes 60% off road	80% country lanes 20% off road	90% lanes & pavement 10% off road	20% pavement 30% paths 50% lanes	pavement	pavement	off road
Navigation		VV Simple	simple	V simple	Easy	easy	medium	medium (& eerie)	medium / diffi ult	Difficult Good map readers only!	Difficult Many paths	medium	simple	V simple (circular route around a lake	medium	Difficult Stinging nettles!	medium	simple	simple / medium	Difficult Good map readers only	V Simple Severn Bridge	medium	medium	medium	medium	easy	medium	v simple
Julie Corby	8	26.3	1	1		1						1		1							1					1		1
Dave Duffy	6	14.88	1											1						1	1	1						1
Rachel Farrow	8	42.51	1								1			1	1				1					1			1	1
Jo Gregory	8	27.24	1				1						1	1				1					1				1	1
Pascale Holden	6	29.36	1					1						1	1				1									1
Ian Jones	7	36.26	1						1		1	1		1		1												1
Lee Meakin	9	32.08	1			1	1						1	1				1					1				1	1
Ian Patherjohns	8	34.7	1			1				1				1		1					1			1				
Kenny Multon	9	41.55	1		1			1			1			1			1									1	1	1
Christine Ongoma	7	19.33	1				1						1	1						1		1						1
Sam Peacch	9	52.45	1		1			1		1				1			1								1			1
Chris Purslow	7	31.6	1	1					1					1				1						1				1
	Start time		16:49	16:44	17:45	18:47	19:30	20:11	21:46	22:38	23:52	1:16	3:21	4:51	5:23	5:40	6:17	7:28	8:36	10:08	12:21	13:38	14:08	15:17	16:18	17:17	18:52	19:21	19:44
	Finish time		16:43	17:44	18:41	19:28	20:10	21:46	22:29	23:51	1:15	3:20	4:50	5:22	5:39	6:15	7:27	8:35	10:07	12:20	13:37	14:07	15:16	16:17	17:16	18:51	19:20	19:43	19:51
	Cut-off		16:58	18:00	19:25	20:13	20:57	22:50	23:28	12:51	2:19	4:25	5:36	6:06	6:25	7:02	7:55	9:48	11:18	13:23	14:17	14:46	15:32	16:34	17:36	19:09	19:41	20:07	20:10

KEY

Julie Corby	0.3	6.2	0	4.8	0	0	0	0	0	0	7.1	0	1.8	0	0	0	0	0	0	2.9	0	0	0	0	3.2	0	0.3
Dave Duffy	0.3	0	0	0	0	0	0	0	0	0	0	0	1.8	0	0	0	0	0	5.4	2.9	4.48	0	0	0	0	0	0.3
Rachel Farrow	0.3	0	0	0	0	0	0	0	0	12.5	0	0	1.8	3.66	0	0	0	12.4	0	0	0	0	0	9.25	0	2.6	0.3
Jo Gregory	0.3	0	0	0	4.4	0	0	0	0	0	0	2.95	1.8	0	0	0	8.94	0	0	0	0	6.25	0	0	0	2.6	0.3
Pascale Holden	0.3	0	0	0	0	11.2	0	0	0	0	0	0	1.8	3.66	0	0	0	12.4	0	0	0	0	0	0	0	0	0.3
Ian Jones	0.3	0	0	0	0	0	0	8.26	0	12.5	7.1	0	1.8	0	6.3	0	0	0	0	0	0	0	0	0	0	0	0.3
Lee Meakin	0.3	0	0	4.8	4.4	0	0	0	0	0	0	2.95	1.8	0	0	0	8.94	0	0	0	0	6.25	0	0	0	2.6	0.3
Kenny Multon	0.3	0	8.4	0	0	0	3.75	0	0	12.5	0	0	1.8	0	0	0	9	0	0	0	0	0	0	0	3.2	2.6	0.3
Christine Ongoma	0.3	0	0	0	4.4	0	0	0	0	0	0	2.95	1.8	0	0	0	0	0	5.4	0	4.48	0	0	0	0	0	0.3
Ian Patherjohns	0.3	0	0	4.8	0	0	3.75	0	8.75	0	0	0	1.8	0	6.3	0	0	0	0	2.9	0	0	6.1	0	0	0	0
Sam Peacch	0.3	0	8.4	0	0	11.2	3.75	0	8.75	0	0	0	1.8	0	0	0	9	0	0	0	0	0	0	9.25	0	0	0.3
Chris Purslow	0.3	6.2	0	0	0	0	0	8.26	0	0	0	0	1.8	0	0	0	8.94	0	0	0	0	0	6.1	0	0	0	0.3