

Place	Check Point	Miles	Total Time	Time 3.6mph	Total Time	Time 3mph	Total Time	Time 4mph
Devon/CornwallBorder	Start	0	0	22:00	0	22:00	0	22:00
Duckpool	1	6	1.67	23:40	2	00:00	1.5	23:30
Crookless Beach	2	8.5	2.37	00:22	2.83	00:50	2.13	00:08
Widemouth Bay	3	12.5	3.47	01:28	4.17	02:10	3.13	01:07
Canclleave	4	16	4.42	02:25	5.33	03:20	4	02:00
Crackington Haven	5	19.3	5.36	03:21	6.43	04:26	4.83	02:49
Boscastle	6	26	7.22	05:13	8.67	06:40	6.5	04:30
Tintagel		30.8	8.56	06:33	10.27	08:16	7.7	05:42
Trebarwith Strand	8	32.9	9.14	07:08	10.97	08:58	8.23	06:13
Portgaverne	9	39.1	10.86	08:51	13.03	11:02	9.78	07:46
Port Isaac		39.8	11.06	09:03	13.27	11:16	9.95	07:57
Portquin	10	43	11.94	09:56	14.33	12:20	10.75	08:45
Pentire Point		47	13.06	11:03	15.67	13:40	11.75	09:45
Polzeath	11	48.7	13.53	11:31	16.23	14:14	12.18	10:10
Rock (Ferry)	12	51.6	14.33	12:20	17.2	15:12	12.9	10:54
Padstow (Ferry)		51.6	14.33	12:20	17.2	15:12	12.9	10:54
Harlyn	13	58.9	16.35	14:21	19.63	17:38	14.73	12:44
Trevose Head		60.9	16.92	14:55	20.3	18:18	15.23	13:13
Treyarnon Bay (YHA)	14	62.9	17.47	15:28	20.97	18:58	15.73	13:43
Porthcothan		65.1	18.08	16:05	21.7	19:42	16.28	14:16
Mawgan Porth	15	69.6	19.33	17:20	23.2	21:12	17.4	15:24
Watergate Bay		71.9	19.97	17:58	23.97	21:58	17.98	15:58
Porth	16	73.9	20.53	18:32	24.63	22:38	18.48	16:29
Fistral (south end road)	17	77.9	21.64	19:34	25.97	23:58	19.48	17:29
Crantock (via bridge)		79.5	22.08	20:05	26.5	00:30	19.88	17:52
Holywell	18	83.5	23.19	21:11	27.83	01:50	20.88	18:52
Perranporth	19	87.9	24.42	22:25	29.3	03:18	21.98	19:58
Trevaunance Cove	20	91.8	25.5	23:30	30.6	04:36	22.95	20:57
St Agnes Head	21	93.5	25.97	23:58	31.17	05:10	23.38	21:22
Chapel Porth		95.1	26.42	00:25	31.7	05:42	23.78	21:46
Porthtowan	22	96.3	26.75	00:45	32.1	06:06	24.08	22:04
Portreath	23	100.3	27.86	01:51	33.43	07:26	25.08	23:04
North Cliffs	24	103	28.75	02:45	34.33	08:20	25.75	23:45
Godrevy (end car park)	25	106.4	29.56	03:33	35.47	09:28	26.6	00:36
Gwithian		107.9	29.97	03:58	35.97	09:58	26.98	00:58
Hayle	26	112	31.11	05:06	37.33	11:20	28	02:00
Lelant	27	114.3	31.75	05:45	38.1	12:06	28.58	02:34
St Ives	28	118.1	32.81	06:48	39.37	13:22	29.53	03:31
Zennor Head	29	124.6	34.61	08:36	41.53	15:32	31.15	05:09
Bosigran Cliff		128.7	35.75	09:45	42.9	16:54	32.18	06:10
Pendeen Watch	30	131.8	36.61	10:36	43.93	17:56	32.95	06:57
Cape Cornwall	31	135.8	37.72	11:43	45.27	19:16	33.95	07:57
Sennen Cove		140.9	39.14	13:08	46.97	20:58	35.23	09:13
Lands End	Finish	142.2	39.5	13:30	47.4	21:24	35.55	09:33