No Cure Always Hope Ultra

Timings from Paul Johnson's 10hrs 55 mins run on Friday 22nd July 2016 starting at 0530hrs.

Location	Actual Time	Split Time	Cumulative
Swinside	05:30		
Causey Pike	06:13	00:43	00:43
Sail	06:37	00:24	01:07
Crag Hill	06:45	00:08	01:15
Wandope	06:51	00:06	01:21
Whiteless Pike	06:59	00:08	01:29
Buttermere (Bridge Hotel)	07:15	00:16	01:45 (+ 3 mins stop)
Dodd	08:03	00:48	02:33
Red Pike	08:13	00:10	02:43
High Stile	08:26	00:13	02:56
High Crag	08:38	00:12	03:08
Seat	08:47	00:09	03:17
Haystacks	09:08	00:21	03:38
Grey Knotts	09:47	00:39	04:17
Brandreth	09:55	00:08	04:25
Green Gable	10:10	00:15	04:40
Seathwaite Fell	Forget to note time here (too busy enjoying the views!)		
Allen Crags	11:10		05:40
Glaramara	11:40	00:30	06:10
Thorneythwaite	11:55	00:15	06:25
Rosthwaite	12:23	00:28	06:53
Castle Crag	12:50	00:27	07:20
Maiden Moor	13:58	01:08	08:28
High Spy	14:17	00:19	08:47
Dale Head	14:46	00:29	09:16
Hindscarth	15:01	00:15	09:31
Robinson	15:22	00:21	09:52
Snockrigg	15:41	00:19	10:11
Swinside	16:25	00:44	10:55