

To be handed out at GOSFORTH (Out)

LE JOG 2009 REGULARITY SECTION Y - COWGASK

Jogularity Distance/Time Schedule

Important Note: The following schedule does not necessarily show every instance of any type of landmark (signs, junctions, etc).

All timing points will be at one of the landmarks shown.

Changes of speed are highlighted. This is for your assistance only - no protest will be allowed in cases where this is not done.

* This column shows the correct elapsed time only as far as the first TP at which you are not on time. Your due time at each subsequent point must be adjusted by the number of seconds you are late or early.

The intermediate times and total times do not always add up, because of hidden fractions of a second. In these cases the TOTAL time is the correct one.

Inter- val km	Total km	Inter- val miles	Total miles	Landmark	Mph from this point	Km/h from this point	Interval time (m:s)	Time from Start* (m:s)	For competitor's use
0.00	0.00	0.00	0.00	Regularity Start	30	48.28	0:00	00:00:00	
0.15	0.15	0.09	0.09	Sign on L: Hilton of Gask			0:11	00:00:11	
0.09	0.24	0.06	0.15	Warning triangle: 20% hill			0:07	00:00:18	
0.25	0.49	0.15	0.30	Junction			0:18	00:00:36	
0.75	1.23	0.47	0.77	Tracks crossing			0:56	00:01:32	
0.67	1.91	0.42	1.18	Telephone exchange on R			0:50	00:02:22	
0.08	1.98	0.05	1.23	X-rds: STOP and Give Way			0:06	00:02:28	
0.78	2.76	0.49	1.72	Gateposts on L			0:58	00:03:26	
0.25	3.02	0.16	1.87	Track on L			0:19	00:03:45	
0.76	3.78	0.47	2.35	Warning triangle: double bend			0:57	00:04:42	
0.13	3.91	0.08	2.43	Forestry tracks on R			0:10	00:04:51	
0.12	4.03	0.07	2.50	Gated forestry tracks on L			0:09	00:05:00	
0.50	4.53	0.31	2.81	Stone gateposts on L			0:37	00:05:37	
0.75	5.28	0.47	3.28	Sign on L: Mill of Gask			0:56	00:06:33	
0.87	6.15	0.54	3.82	Farm entrance on R			1:05	00:07:38	
0.35	6.50	0.22	4.04	Village sign: TRINITY GASK			0:26	00:08:05	
0.04	6.54	0.02	4.06	Junction	20	32.19	0:03	00:08:07	
0.06	6.60	0.04	4.10	Warning triangle: slippery roads for 1 mile			0:07	00:08:14	
0.23	6.82	0.14	4.24	Church entrance on R			0:25	00:08:39	
0.19	7.01	0.12	4.36	Mirror on R			0:21	00:09:00	
0.53	7.54	0.33	4.69	Track on L	25	40.23	1:00	00:10:00	
0.32	7.86	0.20	4.88	Gated track on R			0:28	00:10:28	
0.39	8.24	0.24	5.12	Junction			0:34	00:11:03	
0.58	8.83	0.36	5.48	Sign on R: Cow Gask			0:52	00:11:55	
0.21	9.03	0.13	5.61	Wide gates to buildings on R			0:19	00:12:13	
0.24	9.27	0.15	5.76	Track on R			0:21	00:12:35	
0.27	9.54	0.17	5.93	Track on R			0:24	00:12:58	
0.50	10.04	0.31	6.24	Bridge			0:45	00:13:44	
0.17	10.21	0.11	6.35	Gas line marker pole on r			0:15	00:13:59	
0.35	10.56	0.22	6.56	X-rds			0:31	00:14:30	
0.42	10.97	0.26	6.82	X-rds: STOP and Give Way			0:37	00:15:07	
0.30	11.27	0.18	7.00	Warning triangle: pedestrians			0:26	00:15:33	
0.12	11.39	0.08	7.08	Track on L			0:11	00:15:44	
0.31	11.70	0.19	7.27	Track on R			0:28	00:16:12	
0.39	12.09	0.24	7.51	Farm entrance on L			0:35	00:16:47	
0.19	12.28	0.12	7.63	T-junction: STOP and Give Way			0:17	00:17:04	
0.21	12.49	0.13	7.76	Junction	20	32.19	0:18	00:17:22	

<i>Inter- val km</i>	<i>Total km</i>	<i>Inter- val miles</i>	<i>Total miles</i>	Landmark	Mph from this point	<i>Km/h from this point</i>	Interval time (m:s)	Time from Start* (m:s)	For competitor's use
0.35	12.84	0.22	7.98	Warning triangle: school			0:39	00:18:02	
0.23	13.07	0.14	8.12	Track on R			0:26	00:18:28	
0.08	13.15	0.05	8.17	Junction			0:09	00:18:37	
0.72	13.87	0.45	8.62	Track on R			1:21	00:19:57	
0.29	14.16	0.18	8.80	T-junction: STOP and Give Way	30	48.28	0:32	00:20:30	
0.64	14.81	0.40	9.20	X-rds			0:48	00:21:18	
0.28	15.08	0.17	9.37	Sign on L: Cargates			0:21	00:21:38	
0.35	15.43	0.22	9.59	Village sign: ST DAVIDS			0:26	00:22:05	
0.52	15.95	0.32	9.91	Junction			0:39	00:22:43	
0.23	16.18	0.14	10.05	Farm entrances on L			0:17	00:23:00	
0.47	16.65	0.29	10.35	Farm entrance on L			0:35	00:23:35	
0.39	17.04	0.24	10.59	Farm entrance on R			0:29	00:24:04	
0.23	17.27	0.14	10.74	Junction			0:17	00:24:22	
0.68	17.95	0.42	11.16	Gated track on L			0:50	00:25:12	
0.32	18.27	0.20	11.35	T-junction: STOP and Give Way			0:24	00:25:36	
0.60	18.87	0.37	11.73	House entrance on L			0:45	00:26:21	
0.19	19.06	0.12	11.84	Sign on R: Muirmouth			0:14	00:26:35	
0.55	19.61	0.34	12.19	Gated forest track on L			0:41	00:27:16	
0.23	19.84	0.14	12.33	X-rds: STOP and Give Way; REGULARITY ENDS			0:17	00:27:33	

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