

St Cuthbert's Way - Border Abbey Way - St Cuthbert's Way - NCP - St Oswalds Way 2021					
Location	Time in	Time Out	Speed Leg	Leg distance	Total
Melrose		12.00			
Haymount	16.30	16.45	2.8 mph	12.6 miles	12.6 miles
Jedfoot Bridge	23.30	12.00	2.5 mph	16.4 miles	29 miles
Kirk Yetholm - Sunrise 7.03	5.35	7.00	2.5 mph	14 miles	43 miles
Wooler Common	12.00	12.30	2.5 mph	12 miles	55 miles
Bamburgh - North Car park	19.15	19.45	2.8 mph	19 miles	74 miles
Low Newton	23.30	23.45	2.5 mph	9.2 miles	83 miles
Alnmouth - Set off at sunrise - 7.05	4.30	7.00	2.5 mph	12 miles	95 miles
Felton	10.00	10.15	2.8 mph	11.5 miles	107 miles
Rothbury	10.15	12.00	2.5 mph	12 miles	118 miles