

SCOTTISH 4000 FOOT MUNROS:- 8 MUNROS, 17000 FEET OF ASCENT, 81 MILES

A solo/unsupported run by Martin Stone of DPFRR on Friday 4th July 1986. The previous record of 22hrs 33mins held by Stan Bradshaw (jnr) of Clayton-Le-Moors Harriers since May 1982 was broken by 54 minutes.

To	Section Miles	Cum. Miles	Sched Time in mins	My ETA	Stan's ATA	My ATA
Glen Nevis YHA depart						02.00
BEN NEVIS	4	4	90	03.30	03.33	03.25
CARN MOR DEARG	1	5	40	04.10	04.22	04.15
AONACH MOR	1.5	6.5	45	04.55	05.07	05.02
AONACH BEAG	1	7.5	20	05.15	-	05.19
Tom An Eite	3	10.5	45	06.00	06.12	06.02
Rest			0	06.00	06.19	06.02
Section Time (hrs. mins.)					4:19	4:02
Loch Treig (SW corner)	5.25	15.75	77	07.17	07.14	07.11
Loch Ossian (W. end)	4.25	20	55	08.12	-	08.10
Loch Ossian (E. end)	3.25	23.25	33	08.45	08.40	08.43
Ben Alder Col	5	28.25	80	10.05	10.00	10.03
Culra Lodge	3.5	31.75	40	10.45	-	10.38
Ben Alder Lodge	4	35.75	43	11.28	11.12	11.22
Dalwhinnie	5.5	41.25	62	12.30	12.04	12.22
Rest			0	12.30	12.18	12.27
Section time					5:59	6:25
Loch Cuaich (E. end)	5	46.25	65	13.35	-	13.20
Bhran Cottage	4	50.25	55	14.30	14.20	14.30
Wood (W. end)	4.5	54.75	75	15.45	-	15.37
Glen Feshie (Ruig)	3.5	58.25	40	16.25	16.12	16.26
Rest			0	16.25	16.29	16.31
Section Time					4:11	4:04
Track end	5	63.25	96	18.01	-	18.01
CAIRN TOUL	3.5	66.75	68	19.09	20.06	19.19
Angels Peak	0.5	67.25	18	19.27	20.41	19.37
BRAERIACH	2.5	69.75	50	20.17	21.06	20.33
BEN MACDUI	2.5	72.25	85	21.42	22.31	21.58
CAIRNGORM	4	76.25	70	22.52	23.35	22.55
Glen More YHA	4.75	81	53	23.45	00.33	23.39
Section Time					8:04	7:08
Total Time					22:33	21:39

N.B. - Peaks in capitals are 4000 foot Munros
Stan Bradshaw's start time has been adjusted by 27 minutes
in order to form a direct comparison.