|  |  |  |
| --- | --- | --- |
| **Team name:** | **Day number:** | **Day of week & date:** |
| **Aim of expedition:** | | |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Pace (km/hour): | | Names of team members: |  | |  | | |  | |  |
|  | |  | | |  | |  |
| Leg number | Time at start of leg | Start of leg grid reference and place name | End of leg grid reference and place name | Distance (km) | (A)  Time for travel (mins) | (B) Time for height climbed (mins)\* | (C) Time for aim, rests, meals (mins) | (A)+(B)+(C) Total time for leg (mins) | Brief details of route | |
| 1 |  |  |  |  |  |  |  |  |  | |
| 2 |  |  |  |  |  |  |  |  |  | |
| 3 |  |  |  |  |  |  |  |  |  | |
| 4 |  |  |  |  |  |  |  |  |  | |
| 5 |  |  |  |  |  |  |  |  |  | |
| 6 |  |  |  |  |  |  |  |  |  | |
| 7 |  |  |  |  |  |  |  |  |  | |
| 8 |  |  |  |  |  |  |  |  |  | |
| Totals: | | | |  |  |  |  |  | Finish time: | |