|  |  |  |
| --- | --- | --- |
| **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:  |