

**West Highland Way Race. Comparison of Paul Giblin's 2015 reord with Rob Sinclair's new one  
Prepared by Adrian Stott**

<b>Checkpoint</b>	<b>Distance</b>	<b>Paul Giblin 2015</b>	<b>SPLIT</b>	<b>Rob Sinclair 2017</b>	<b>SPLIT</b>	<b>Difference</b>
<b>Milngavie Start</b>	<b>ZERO</b>	<b>00:00:00</b>		<b>00:00:00</b>		
<b>BALMAHA</b>	<b>19 miles</b>	<b>2.24.01</b>	<b>2.24.01</b>	<b>2.27.07</b>	<b>2.27.07</b>	<b>down 3.06</b>
<b>ROWARDENNAN</b>	<b>26 miles</b>	<b>3.28.20</b>	<b>1.04.19</b>	<b>3.27.03</b>	<b>59.56</b>	<b>up 1.17</b>
<b>BEINGLASS FARM</b>	<b>42 miles</b>	<b>5.45.12</b>	<b>2.16.52</b>	<b>5.29.47</b>	<b>2.02.44</b>	<b>up 15.25</b>
<b>AUCHTERTRYE</b>	<b>51 miles</b>	<b>7.09.02</b>	<b>1.23.50</b>	<b>6.50.52</b>	<b>1.21.05</b>	<b>up 18.10</b>
<b>BRIDGE OF ORCHY</b>	<b>60 miles</b>	<b>8.26.45</b>	<b>1.17.43</b>	<b>8.09.09</b>	<b>1.18.17</b>	<b>up 17.46</b>
<b>GLENCOE SKI RESORT CP</b>	<b>71 miles</b>	<b>10.05.16</b>	<b>1.38.31</b>	<b>9.40.58</b>	<b>1.31.49</b>	<b>up 24.18</b>
<b>KINLOCHLEVEN</b>	<b>81 miles</b>	<b>11.50.19</b>	<b>1.45.03</b>	<b>11.20.24</b>	<b>1.39.38</b>	<b>up 29.25</b>
<b>LUNDAVRA (</b>	<b>89 miles</b>	<b>not known</b>		<b>12.42.24</b>	<b>1.29.48</b>	
<b>LOCHABER SPORTS CENTRE</b>	<b>95 ML 155 KM</b>	<b>14.14.44</b>	<b>2.24.25</b>	<b>13.41.08</b>	<b>58.44</b>	<b>up 33.46</b>
				<b>KL to FW (2.20.32)</b>		



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