

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

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

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