

AMY GOES COASTAL - 1ST FEBRUARY 2010

1ST FEBRUARY 2010 SOUTH EAST COAST - LONDON TO BOURNMOUTH 494 MILES

Day 1	MONDAY 1st FEBRUARY 2010	GUYS HOSPITAL, LONDON TO GRAVESEND	30 MILES
Day 2	TUESDAY 2nd FEBRUARY 2010	GRAVESEND TO STROOD	30 MILES
Day 3	WEDNESDAY 3rd FEBRUARY 2010	STROOD TO CONYER	26 MILES
Day 4	THURSDAY 4th FEBRUARY 2010	CONYER TO HERNE BAY	25 MILES
Day 5	FRIDAY 5th FEBRUARY 2010	HERNE BAY TO PEGWELL BAY	25 MILES
Day 6	SATURDAY 6th FEBRUARY 2010	PEGWELL BAY TO DOVER	25 MILES
Day 7	SUNDAY 7th FEBRUARY 2010	DOVER TO ST. MARY'S BAY	24 MILES
Day 8	MONDAY 8th FEBRUARY 2010	ST. MARY'S BAY TO WINCHELSEA BEACH	25 MILES
Day 9	TUESDAY 9th FEBRUARY 2010	WINCHELSEA BEACH TO EASTBOURNE	32 MILES
Day 10	WEDNESDAY 10th FEBRUARY 2010	EASTBOURNE TO BRIGHTON	31 MILES
Day 11	THURSDAY 11th FEBRUARY 2010	BRIGHTON TO BOGNOR REGIS	31 MILES
Day 12	FRIDAY 12th FEBRUARY 2010	BOGNOR REGIS TO WEST WITTERING	24 MILES
Day 13	SATURDAY 13th FEBRUARY 2010	WEST WITTERING TO LANGSTONE	22 MILES
Day 14	SUNDAY 14th FEBRUARY 2010	LANGSTONE TO ALVERSTOKE	30 MILES
Day 15	MONDAY 15th FEBRUARY 2010	ALVERSTOKE TO SOUTHAMPTON	30 MILES
Day 16	TUESDAY 16th FEBRUARY 2010	SOUTHAMPTON TO HYTHE	20 MILES
Day 17	WEDNESDAY 17th FEBRUARY 2010	HYTHE TO BOURNMOUTH	
Day 18	THURSDAY 18th FEBRUARY 2010	HYTHE TO BOURNMOUTH	70 MILES
Day 19	FRIDAY 19th FEBRUARY 2010	HYTHE TO BOURNMOUTH	

20TH FEBRUARY 2010 SOUTH WEST COAST PATH - BOURNEMOUTH TO MINEHEAD 959 MILES

Day 20	SATURDAY 20th FEBRUARY 2010	BOURNEMOUTH TO SWANAGE	32 MILES
Day 21	SUNDAY 21st FEBRUARY 2010	SWANAGE TO WEYMOUTH	36 MILES
Day 22	MONDAY 22nd FEBRUARY 2010	WEYMOUTH TO FERRY BRIDGE	22 MILES
Day 23	TUESDAY 23rd FEBRUARY 2010	FERRY BRIDGE TO LYME REGIS	38 MILES
Day 24	WEDNESDAY 24th FEBRUARY 2010	LYME REGIS TO EXMOUTH	39 MILES
Day 25	THURSDAY 25th FEBRUARY 2010	EXMOUTH TO TEIGNMOUTH	28 MILES
Day 26	FRIDAY 26th FEBRUARY 2010	TEIGNMOUTH TO BRIXHAM	26 MILES
Day 27	SATURDAY 27th FEBRUARY 2010	BRIXHAM TO TOTNES	26 MILES
Day 28	SUNDAY 28th FEBRUARY 2010	TOTNES TO BEESANDS	27 MILES
Day 29	MONDAY 1st MARCH 2010	BEESANDS TO SALCOMBE	33 MILES
Day 30	TUESDAY 2nd MARCH 2010	SALCOMBE TO BIGBURY-ON-SEA	23 MILES
Day 31	WEDNESDAY 3rd MARCH 2010	BIGBURY-ON-SEA TO BRIXTON	30 MILES
Day 32	THURSDAY 4th MARCH 2010	BRIXTON TO TIDEFORD	26 MILES
Day 33	FRIDAY 5th MARCH 2010	TIDEFORD TO POLPERRO	26 MILES
Day 34	SATURDAY 6th MARCH 2010	POLPERRO TO CHARLESTOWN	38 MILES
Day 35	SUNDAY 7th MARCH 2010	CHARLESTOWN TO PORTLOE	25 MILES
Day 36	MONDAY 8th MARCH 2010	PORTLOE TO FALMOUTH	
Day 37	TUESDAY 9th MARCH 2010	PORTLOE TO FALMOUTH	59 MILES

1028 MILES

Day 38	WEDNESDAY 10th MARCH 2010	FALMOUTH TO HELFORD	25 MILES
Day 39	THURSDAY 11th MARCH 2010	HELFORD TO LIZARD	26 MILES

Day 40	FRIDAY 12th MARCH 2010	LIZARD TO MARAZION		31 MILES
Day 41	SATURDAY 13th MARCH 2010	MARAZION TO SENNEN (LAND'S END)		28 MILES
Day 42	SUNDAY 14th MARCH 2010	SENNEN TO ZENNOR		22 MILES
Day 43	MONDAY 15th MARCH 2010	ZENNOR TO PORTREATH		29 MILES
Day 44	TUESDAY 16th MARCH 2010	PORTREATH TO NEWQUAY		28 MILES
Day 45	WEDNESDAY 17th MARCH 2010	NEWQUAY TO PADSTOW		27 MILES
Day 46	THURSDAY 18th MARCH 2010	PADSTOW TO PORT GAVERNE		29 MILES
Day 47	FRIDAY 19th MARCH 2010	PORT GAVERNE TO BUDE		30 MILES
Day 48	SATURDAY 20th MARCH 2010	BUDE TO UPRIGHT CLIFF		24 MILES
Day 49	SUNDAY 21st MARCH 2010	UPRIGHT CLIFF TO NORTHAM		28 MILES
Day 50	MONDAY 22nd MARCH 2010	NORTHAM TO CROYDE		27 MILES
Day 51	TUESDAY 23rd MARCH 2010	CROYDE TO HEDDON'S MOUTH		32 MILES
Day 52	WEDNESDAY 24th MARCH 2010	HEDDON'S MOUTH TO PORLOCK		28 MILES
Day 53	THURSDAY 25th MARCH 2010	PORLOCK TO EAST QUANTOX HEAD		28 MILES
26TH MARCH 2010 SEVERN ESTUARY & WALES - MINEHEAD TO BIRKENHEAD 967 MILES				
Day 54	FRIDAY 26th MARCH 2010	EAST QUANTOX HEAD TO BURNHAM-ON-SEA		31 MILES
Day 55	SATURDAY 27th MARCH 2010	BURNHAM-ON-SEA TO PORTISHEAD		31 MILES
Day 56	SUNDAY 28th MARCH 2010	PORTISHEAD TO AUST		25 MILES
Day 57	MONDAY 29th MARCH 2010	AUST TO SHEPHERD'S PATCH		21 MILES
Day 58	TUESDAY 30th MARCH 2010	SHEPHERD'S PATCH TO WESTBURY-UPON-SEVERN		23 MILES
Day 59	WEDNESDAY 31st MARCH 2010	WESTBURY-UPON-SEVERN TO PORTSKEWETT	(INTO WALES)	30 MILES
Day 60	THURSDAY 1st APRIL 2010	PORTSKEWETT TO RUMNEY		30 MILES
Day 61	FRIDAY 2nd APRIL 2010	RUMNEY TO PORTHKERRY		22 MILES
Day 62	SATURDAY 3rd APRIL 2010	PORTHKERRY TO OGMORE		24 MILES
Day 63	SUNDAY 4th APRIL 2010	OGMORE TO SWANSEA		30 MILES
Day 64	MONDAY 5th APRIL 2010	SWANSEA TO PORT-EYNON		25 MILES
Day 65	TUESDAY 6th APRIL 2010	PORT-EYNON TO CROFTY		25 MILES
Day 66	WEDNESDAY 7th APRIL 2010	CROFTY TO CARMARTHEN		33 MILES
Day 67	THURSDAY 8th APRIL 2010	CARMARTHEN TO SAUNDERSFOOT		28 MILES
Day 68	FRIDAY 9th APRIL 2010	SAUNDERSFOOT TO MANORBIER		14 MILES
Day 69	SATURDAY 10th APRIL 2010	MANORBIER TO ANGLE		26 MILES
Day 70	SUNDAY 11th APRIL 2010	ANGLE TO HUBBERSTON		25 MILES
Day 71	MONDAY 12th APRIL 2010	HUBBERSTON TO MARTIN'S HAVEN		24 MILES
Day 72	TUESDAY 13th APRIL 2010	MARTIN'S HAVEN TO SOLVA		26 MILES
Day 73	WEDNESDAY 14th APRIL 2010	SOLVA TO TREVINE		29 MILES
Day 74	THURSDAY 15th APRIL 2010	TREVINE TO FISHGUARD		22 MILES
Day 75	FRIDAY 16th APRIL 2010	FISHGUARD TO CARDIGAN		33 MILES
Day 76	SATURDAY 17th APRIL 2010	CARDIGAN TO NEWQUAY		28 MILES
Day 77	SUNDAY 18th APRIL 2010	NEWQUAY TO ABERYSTWYTH		30 MILES
Day 78	MONDAY 19th APRIL 2010	ABERYSTWYTH TO ABERDOVEY		25 MILES
Day 79	TUESDAY 20th APRIL 2010	ABERDOVEY TO LLANBEDR		28 MILES
Day 80	WEDNESDAY 21st APRIL 2010	LLANBEDR TO PWLLHELI		26 MILES
Day 81	THURSDAY 22nd APRIL 2010	PWLLHELI TO ABERDARON		28 MILES
Day 82	FRIDAY 23rd APRIL 2010	ABERDARON TO NEFYN		24 MILES
Day 83	SATURDAY 24th APRIL 2010	NEFYN TO BANGOR		30 MILES
Day 84	SUNDAY 25th APRIL 2010	BANGOR TO LLANDUDNO		26 MILES

Day 85	MONDAY 26th APRIL 2010	LLANDUDNO TO RHYL	26 MILES
Day 86	TUESDAY 27th APRIL 2010	RHYL TO OAKENHOLT	25 MILES
28TH APRIL 2010 ROUND LAKELAND TO SCOTLAND - BIRKENHEAD TO GRETNA GREEN 454 MILES			
Day 87	WEDNESDAY 28th APRIL 2010	OAKENHOLT TO WEST KIRKBY	23 MILES
Day 88	THURSDAY 29th APRIL 2010	WEST KIRKBY TO ELTON	30 MILES
Day 89	FRIDAY 30th APRIL 2010	ELTON TO LIVERPOOL	28 MILES
Day 90	SATURDAY 1st MAY 2010	LIVERPOOL TO SOUTHPORT	28 MILES
Day 91	SUNDAY 2nd MAY 2010	SOUTHPORT TO FRECKLETON	29 MILES
Day 92	MONDAY 3rd MAY 2010	FRECKLETON TO FLEETWOOD	29 MILES
Day 93	TUESDAY 4th MAY 2010	FLEETWOOD TO GLASSON	27 MILES
Day 94	WEDNESDAY 5th MAY 2010	GLASSON TO MORECAMBE	25 MILES
Day 95	THURSDAY 6th MAY 2010	MORECAMBE TO SAMPOOL	26 MILES
Day 96	FRIDAY 7th MAY 2010	SAMPOOL TO ULVERSTON	28 MILES
Day 97	SATURDAY 8th MAY 2010	ULVERSTON TO BROUGHTON IN FURNESS	32 MILES
Day 98	SUNDAY 9th MAY 2010	BROUGHTON IN FURNESS TO RAVENGLASS	29 MILES
Day 99	MONDAY 10th MAY 2010	RAVENGLASS TO WHITEHAVEN	24 MILES
Day 100	TUESDAY 11th MAY 2010	WHITEHAVEN TO ALLONBY	23 MILES
Day 101	WEDNESDAY 12th MAY 2010	ALLONBY TO PORT CARLISLE	37 MILES
Day 102	THURSDAY 13th MAY 2010	PORT CARLISLE TO GRETNA GREEN	25 MILES
14TH MAY 2010 SOUTH WEST SCOTLAND - GRETNA GREEN TO OBAN 1029 MILES			
Day 103	FRIDAY 14th MAY 2010	GRETNA GREEN TO STANHOPE	27 MILES
Day 104	SATURDAY 15th MAY 2010	STANHOPE TO NEW ABBEY	25 MILES
Day 105	SUNDAY 16th MAY 2010	NEW ABBEY TO DALBEATTIE	26 MILES
Day 106	MONDAY 17th MAY 2010	DALBEATTIE TO KIRKCUDBRIGHT	28 MILES
Day 107	TUESDAY 18th MAY 2010	KIRKCUDBRIGHT TO GATEHOUSE OF FLEET	24 MILES
Day 108	WEDNESDAY 19th MAY 2010	GATEHOUSE OF FLEET TO NEWTON STEWART	24 MILES
Day 109	THURSDAY 20th MAY 2010	NEWTON STEWART TO BURROW HEAD	31 MILES
Day 110	FRIDAY 21st MAY 2010	BURROW HEAD TO GLENLUCE	28 MILES
Day 111	SATURDAY 22nd MAY 2010	GLENLUCE TO MULL OF GALLOWAY	28 MILES
Day 112	SUNDAY 23rd MAY 2010	MULL OF GALLOWAY TO PORTPATRICK	27 MILES
Day 113	MONDAY 24th MAY 2010	PORTPATRICK TO THE WIG	29 MILES
Day 114	TUESDAY 25th MAY 2010	THE WIG TO BALLANTRAE	24 MILES
Day 115	WEDNESDAY 26th MAY 2010	BALLANTRAE TO MAIDENS	24 MILES
Day 116	THURSDAY 27th MAY 2010	MAIDENS TO AYR	20 MILES
Day 117	FRIDAY 28th MAY 2010	AYR TO SOUTH BAY	27 MILES
Day 118	SATURDAY 29th MAY 2010	SOUTH BAY TO SKELMORLIE MAINS	25 MILES
Day 119	SUNDAY 30th MAY 2010	SKELMORLIE MAINS TO OLD KILPATRICK	32 MILES
Day 120	MONDAY 31st MAY 2010	OLD KILPATRICK TO CLYNDER	32 MILES
Day 121	TUESDAY 1st JUNE 2010	CLYNDER TO GLENMALLEN	22 MILES
Day 122	WEDNESDAY 2nd JUNE 2010	GLENMALLEN TO CARRICK	32 MILES
Day 123	THURSDAY 3rd JUNE 2010	CARRICK TO DUNOON	23 MILES
Day 124	FRIDAY 4th JUNE 2010	DUNOON TO CRAIG BOTHY	20 MILES
Day 125	SATURDAY 5th JUNE 2010	CRAIG BOTHY TO TIGHNABRUAICH	37 MILES
Day 126	SUNDAY 6th JUNE 2010	TIGHNABRUAICH TO OTTER FERRY	24 MILES
Day 127	MONDAY 7th JUNE 2010	OTTER FERRY TO TIGHCLADICH	22 MILES
Day 128	TUESDAY 8th JUNE 2010	TIGHCLADICH TO DALCHENNA	20 MILES

Day 129	WEDNESDAY 9th JUNE 2010	DALCHENNA TO CLACH AN EASBUIG	35 MILES
Day 130	THURSDAY 10th JUNE 2010	CLACH AN EASBUIG TO CAMPBELTOWN	
Day 131	FRIDAY 11th JUNE 2010	CLACH AN EASBUIG TO CAMPBELTOWN	52 MILES
Day 132	SATURDAY 12th JUNE 2010	CAMPBELTOWN TO RHUNAHORINE	
Day 133	SUNDAY 13th JUNE 2010	CAMPBELTOWN TO RHUNAHORINE	60 MILES
Day 134	MONDAY 14th JUNE 2010	RHUNAHORINE TO CASTLE SWEEN	
Day 135	TUESDAY 15th JUNE 2010	RHUNAHORINE TO CASTLE SWEEN	58 MILES
Day 136	WEDNESDAY 16th JUNE 2010	CASTLE SWEEN TO CARSAIG BAY	26 MILES
Day 137	THURSDAY 17th JUNE 2010	CARSAIG BAY TO ARDFERN	25 MILES
Day 138	FRIDAY 18th JUNE 2010	ARDFERN TO KILCHOAN	22 MILES
Day 139	SATURDAY 19th JUNE 2010	KILCHOAN TO SOUND OF KERRERA	22 MILES
20TH JUNE 2010 NORTH WEST SCOTLAND - OBAN TO CAPE WRATH 815 MILES			
Day 140	SUNDAY 20th JUNE 2010	SOUND OF KERRERA TO PORT APPIN	30 MILES
Day 141	MONDAY 21st JUNE 2010	PORT APPIN TO FORT WILLIAM	32 MILES
Day 142	TUESDAY 22nd JUNE 2010	FORT WILLIAM TO STRONCHREGGAN	39 MILES
Day 143	WEDNESDAY 23rd JUNE 2010	STRONCHREGGAN TO CEANNA MOR	23 MILES
Day 144	THURSDAY 24th JUNE 2010	CEANNA MOR TO ACHABEG	20 MILES
Day 145	FRIDAY 25th JUNE 2010	ACHABEG TO KINLOCH	24 MILES
Day 146	SATURDAY 26th JUNE 2010	KINLOCH TO STRONTIAN	22 MILES
27TH JUNE 2010 40TH BIRTHDAY !			
Day 147	SUNDAY 27th JUNE 2010	STRONTIAN TO GLENMORE	20 MILES
Day 148	MONDAY 28th JUNE 2010	GLENMORE TO ARDNAMURCHAN	18 MILES
Day 149	TUESDAY 29th JUNE 2010	ARDNAMURCHAN TO ARDSHELACH	25 MILES
Day 150	WEDNESDAY 30th JUNE 2010	ARDSHELACH TO CAMAS ANT - SALAINN	38 MILES
Day 151	THURSDAY 1st JULY 2010	CAMAS ANT - SALAINN TO KYLESMORAR	31 MILES
Day 152	FRIDAY 2nd JULY 2010	KYLESMORAR TO LI	38 MILES
Day 153	SATURDAY 3rd JULY 2010	LI TO ARNISDALE	21 MILES
Day 154	SUNDAY 4th JULY 2010	ARNISDALE TO SHEIL BRIDGE	31 MILES
Day 155	MONDAY 5th JULY 2010	SHEIL BRIDGE TO STROMEFERRY	33 MILES
Day 156	TUESDAY 6th JULY 2010	STROMEFERRY TO APPLECROSS	37 MILES
Day 157	WEDNESDAY 7th JULY 2010	APPLECROSS TO SHIELDAIG	25 MILES
Day 158	THURSDAY 8th JULY 2010	SHIELDAIG TO GAIRLOCH	38 MILES
9TH JULY 2010 - 5TH ANNIVERSARY OF DEAN'S DEATH			
Day 159	FRIDAY 9th JULY 2010	GAIRLOCH TO AULTBEA	33 MILES
Day 160	SATURDAY 10th JULY 2010	AULTBEA TO GRUINARD HOUSE	22 MILES
Day 161	SUNDAY 11th JULY 2010	GRUINARD HOUSE TO BADRALLACH	19 MILES
Day 162	MONDAY 12th JULY 2010	BADRALLACH TO LOCH BROOM	22 MILES
Day 163	TUESDAY 13th JULY 2010	LOCH BROOM TO ACHENINVER	22 MILES
Day 164	WEDNESDAY 14th JULY 2010	ACHENINVER TO INVERPOLLY	25 MILES
Day 165	THURSDAY 15th JULY 2010	INVERPOLLY TO NEDD	39 MILES
Day 166	FRIDAY 16th JULY 2010	NEDD TO SCOURIE	38 MILES
Day 167	SATURDAY 17th JULY 2010	SCOURIE TO SHEIGRA BEACH	25 MILES
Day 168	SUNDAY 18th JULY 2010	SHEIGRA BEACH TO DAILL	25 MILES
19TH JULY 2010 TURNING THE FINAL CORNER - CAPE WRATH TO INVERNESS 407 MILES			
Day 169	MONDAY 19th JULY 2010	DAILL TO TONGUE	
Day 170	TUESDAY 20th JULY 2010	DAILL TO TONGUE	54 MILES

Day 171	WEDNESDAY 21st JULY 2010	TONGUE TO ARMDALE		21 MILES
Day 172	THURSDAY 22nd JULY 2010	ARMDALE TO SCRABSTER		28 MILES
Day 173	FRIDAY 23rd JULY 2010	SCRABSTER TO JOHN O'GROATS		33 MILES
Day 174	SATURDAY 24th JULY 2010	JOHN O'GROATS TO WICK		23 MILES
Day 175	SUNDAY 25th JULY 2010	WICK TO LATHERON		22 MILES
Day 176	MONDAY 26th JULY 2010	LATHERON TO HELMSDALE		20 MILES
Day 177	TUESDAY 27th JULY 2010	HELMSDALE TO EMBO		28 MILES
Day 178	WEDNESDAY 28th JULY 2010	EMBO TO ARDGAY		20 MILES
Day 179	THURSDAY 29th JULY 2010	ARDGAY TO PORTMAHOMACK		25 MILES
Day 180	FRIDAY 30th JULY 2010	PORTMAHOMACK TO INVERGORDON		27 MILES
Day 181	SATURDAY 31st JULY 2010	INVERGORDON TO CROMARTY		39 MILES
Day 182	SUNDAY 1st AUGUST 2010	CROMARTY TO CHARLESTOWN		27 MILES
Day 183	MONDAY 2nd AUGUST 2010	CHARLESTOWN TO INVERNESS		24 MILES
3RD AUGUST 2010 RETURN TO THE BORDER - INVERNESS TO BERWICK UPON TWEED 472 MILES				
Day 184	TUESDAY 3rd AUGUST 2010	INVERNESS TO BRODIE		30 MILES
Day 185	WEDNESDAY 4th AUGUST 2010	BRODIE TO HOPEMAN		20 MILES
Day 186	THURSDAY 5th AUGUST 2010	HOPEMAN TO STRATHLENE		26 MILES
Day 187	FRIDAY 6th AUGUST 2010	STRATHLENE TO BANFF		21 MILES
Day 188	SATURDAY 7th AUGUST 2010	BANFF TO ROSEHEARTY		23 MILES
Day 189	SUNDAY 8th AUGUST 2010	ROSEHEARTY TO PETERHEAD		25 MILES
Day 190	MONDAY 9th AUGUST 2010	PETERHEAD TO ABERDEEN		
Day 191	TUESDAY 10th AUGUST 2010	PETERHEAD TO ABERDEEN		40 MILES
Day 192	WEDNESDAY 11th AUGUST 2010	ABERDEEN TO STONEHAVEN		22 MILES
Day 193	THURSDAY 12th AUGUST 2010	STONEHAVEN TO MONTROSE		27 MILES
Day 194	FRIDAY 13th AUGUST 2010	MONTROSE TO BARRY		27 MILES
Day 195	SATURDAY 14th AUGUST 2010	BARRY TO ST.ANDREWS		34 MILES
Day 196	SUNDAY 15th AUGUST 2010	ST.ANDREWS TO ELIE		28 MILES
Day 197	MONDAY 16th AUGUST 2010	ELIE TO KIRKCALDY		23 MILES
Day 198	TUESDAY 17th AUGUST 2010	KIRKCALDY TO CRAMOND BRIDGE		28 MILES
Day 199	WEDNESDAY 18th AUGUST 2010	CRAMOND BRIDGE TO ABERLADY		29 MILES
Day 200	THURSDAY 19th AUGUST 2010	ABERLADY TO DUNBAR		28 MILES
Day 201	FRIDAY 20th AUGUST 2010	DUNBAR TO BERWICK UPON TWEED		
Day 202	SATURDAY 21st AUGUST 2010	DUNBAR TO BERWICK UPON TWEED		41 MILES
22ND AUGUST 2010 NORTH EAST ENGLAND - BERWICK UPON TWEED TO IMMINGHAM 436 MILES				
Day 203	SUNDAY 22nd AUGUST 2010	BERWICK UPON TWEED TO GREENHILL		29 MILES
Day 204	MONDAY 23rd AUGUST 2010	GREENHILL TO WARKWORTH		27 MILES
Day 205	TUESDAY 24th AUGUST 2010	WARKWORTH TO WHITELEY BAY		34 MILES
Day 206	WEDNESDAY 25th AUGUST 2010	WHITELEY BAY TO SOUTH SHIELDS		27 MILES
Day 207	THURSDAY 26th AUGUST 2010	SOUTH SHIELDS TO HORDEN		25 MILES
Day 208	FRIDAY 27th AUGUST 2010	HORDEN TO REDCAR		30 MILES
Day 209	SATURDAY 28th AUGUST 2010	REDCAR TO WHITBY		30 MILES
Day 210	SUNDAY 29th AUGUST 2010	WHITBY TO SCARBOROUGH		25 MILES
Day 211	MONDAY 30th AUGUST 2010	SCARBOROUGH TO BRIDLINGTON		35 MILES
Day 212	TUESDAY 31st AUGUST 2010	BRIDLINGTON TO ALDBROUGH		24 MILES
Day 213	WEDNESDAY 1st SEPTEMBER 2010	ALDBROUGH TO EASINGTON		34 MILES
Day 214	THURSDAY 2nd SEPTEMBER 2010	EASINGTON TO HULL		27 MILES

Day 215	FRIDAY 3rd SEPTEMBER 2010	HULL TO GOOLE		31 MILES
Day 216	SATURDAY 4th SEPTEMBER 2010	GOOLE TO SCUNTHORPE		22 MILES
Day 217	SUNDAY 5th SEPTEMBER 2010	SCUNTHORPE TO IMMINGHAM DOCK		36 MILES
6TH SEPTEMBER 2010 THE FINAL STRETCH - IMMINGHAM TO LONDON 611 MILES				
Day 218	MONDAY 6th SEPTEMBER 2010	IMMINGHAM DOCK TO SALTFLEET		30 MILES
Day 219	TUESDAY 7th SEPTEMBER 2010	SALTFLEET TO SKEGNESS		25 MILES
Day 220	WEDNESDAY 8th SEPTEMBER 2010	SKEGNESS TO BOSTON		31 MILES
Day 221	THURSDAY 9th SEPTEMBER 2010	BOSTON TO SUTTON BRIDGE		33 MILES
Day 222	FRIDAY 10th SEPTEMBER 2010	SUTTON BRIDGE TO KING'S LYNN		21 MILES
Day 223	SATURDAY 11th SEPTEMBER 2010	KING'S LYNN TO HOLKHAM		39 MILES
Day 224	SUNDAY 12th SEPTEMBER 2010	HOLKHAM TO SHERINGHAM		26 MILES
Day 225	MONDAY 13th SEPTEMBER 2010	SHERINGHAM TO WALCOTT		20 MILES
Day 226	TUESDAY 14th SEPTEMBER 2010	WALCOTT TO GREAT YARMOUTH		25 MILES
Day 227	WEDNESDAY 15th SEPTEMBER 2010	GREAT YARMOUTH TO KESSINGLAND		20 MILES
Day 228	THURSDAY 16th SEPTEMBER 2010	KESSINGLAND TO ALDEBURGH		26 MILES
Day 229	FRIDAY 17th SEPTEMBER 2010	ALDEBURGH TO WILFORD BRIDGE		32 MILES
Day 230	SATURDAY 18th SEPTEMBER 2010	WILFORD BRIDGE TO IPSWICH		34 MILES
Day 231	SUNDAY 19th SEPTEMBER 2010	IPSWICH TO HARWICH		29 MILES
Day 232	MONDAY 20th SEPTEMBER 2010	HARWICH TO CLACTON-ON-SEA		25 MILES
Day 233	TUESDAY 21st SEPTEMBER 2010	CLACTON-ON-SEA TO COLCHESTER		25 MILES
Day 234	WEDNESDAY 22nd SEPTEMBER 2010	COLCHESTER TO MALDON		24 MILES
Day 235	THURSDAY 23rd SEPTEMBER 2010	MALDON TO SANDBEACH FARM		25 MILES
Day 236	FRIDAY 24th SEPTEMBER 2010	SANDBEACH FARM TO SOUTH WOODHAM FERRERS		26 MILES
Day 237	SATURDAY 25th SEPTEMBER 2010	SOUTH WOODHAM FERRERS TO SOUTHEND-ON-SEA		31 MILES
Day 238	SUNDAY 26th SEPTEMBER 2010	SOUTHEND-ON-SEA TO STANFORD LE HOPE		20 MILES
Day 239	MONDAY 27th SEPTEMBER 2010	STANFORD LE HOPE TO POPLAR		34 MILES
Day 240	TUESDAY 28th SEPTEMBER 2010	POPLAR TO		