

# Thames Source Quest

# Thames Path - Sea to Source

Place Name	Distance (km)		Speed km/h	Time		ETA	
	Cuml.	Split		Split	Cuml.	Day	Time
Thames Barrier	0	0	9	0:00	00:00	Fri	04:00
O2	2.3	2.3	8.94	0:15	00:15	Fri	04:15
Greenwich	5.8	3.5	8.86	0:23	00:39	Fri	04:39
Greenland Dock	8.4	2.6	8.79	0:17	00:56	Fri	04:56
Tower Bridge	14	5.6	8.65	0:38	01:35	Fri	05:35
Westminster	17.7	3.7	8.57	0:25	02:01	Fri	06:01
Battersea	21	3.3	8.49	0:23	02:24	Fri	06:24
Putney Bridge	28.5	7.5	8.31	0:54	03:19	Fri	07:19
Hammersmith Br.	31.3	2.8	8.25	0:20	03:39	Fri	07:39
Kew Bridge	37.5	6.2	8.1	0:45	04:25	Fri	08:25
Richmond	42.3	4.8	8	0:36	05:01	Fri	09:01
Teddington Lock	46.8	4.5	7.9	0:34	05:35	Fri	09:35
Kingston upon Th.	49.6	2.8	7.83	0:21	05:57	Fri	09:57
Hampton Court	54.3	4.7	7.73	0:36	06:33	Fri	10:33
Walton Bridge	62.1	7.8	7.56	1:01	07:35	Fri	11:35
Shepperton Lock	65.2	3.1	7.5	0:24	08:00	Fri	12:00
Laleham	70.7	5.5	7.38	0:44	08:44	Fri	12:44
Staines	74.1	3.4	7.31	0:27	09:12	Fri	13:12
Old Windsor	79.8	5.7	7.2	0:47	10:00	Fri	14:00
Albert Bridge	82.5	2.7	7.14	0:22	10:22	Fri	14:22
Datchet	84.2	1.7	7.11	0:14	10:37	Fri	14:37
Windsor	87.2	3	7.05	0:25	11:02	Fri	15:02
Maidenhead	97.8	10.6	6.85	1:32	12:35	Fri	16:35
Cookham	102.9	5.1	6.75	0:45	13:21	Fri	17:21
Bourne End	104.8	1.9	6.71	0:16	13:38	Fri	17:38
Marlow	110	5.2	6.62	0:47	14:25	Fri	18:25
Temple Lock	112.4	2.4	6.57	0:21	14:47	Fri	18:47
Aston	118.6	6.2	6.46	0:57	15:44	Fri	19:44
Henley-on-Thames	123.7	5.1	6.37	0:48	16:32	Fri	20:32
Shiplake	127.4	3.7	6.3	0:35	17:08	Fri	21:08
Sonning Bridge	133	5.6	6.2	0:54	18:02	Fri	22:02
Reading	138.1	5.1	6.12	0:50	18:52	Fri	22:52
Tilehurst	142.9	4.8	6.03	0:47	19:39	Fri	23:39
Purley on Thames	144.2	1.3	6.01	0:12	19:52	Fri	23:52
Witchurch-on-Th.	149.5	5.3	5.92	0:53	20:46	Sat	00:46
Goring and Streatley	155.8	6.3	5.82	1:04	21:51	Sat	01:51
Moulsford	160	4.2	5.75	0:43	22:35	Sat	02:35
Cholsey	162.4	2.4	5.71	0:25	23:00	Sat	03:00
Wallingford	166.5	4.1	5.65	0:43	23:44	Sat	03:44
Benson Lock	168.7	2.2	5.61	0:23	24:07	Sat	04:07
Shillingford	172.2	3.5	5.56	0:37	24:45	Sat	04:45
Day's Lock	175.5	3.3	5.51	0:35	25:21	Sat	05:21
Clifton Hampden Br.	179.6	4.1	5.45	0:45	26:06	Sat	06:06
Culham	184.8	5.2	5.37	0:58	27:04	Sat	07:04
Abingdon	188.3	3.5	5.31	0:39	27:44	Sat	07:44
Stanford-on-Thames	197	8.7	5.19	1:40	29:24	Sat	09:24
Oxford	203.8	6.8	5.09	1:20	30:45	Sat	10:45
Lower Wolvercote	207.7	3.9	5.03	0:46	31:31	Sat	11:31
Swinford	213.4	5.7	4.95	1:09	32:40	Sat	12:40
West End	219.4	6	4.87	1:13	33:54	Sat	13:54
Newbridge	226.2	6.8	4.78	1:25	35:19	Sat	15:19
Shifford Lock	230.5	4.3	4.72	0:54	36:14	Sat	16:14
Rushey Lock	237.2	6.7	4.63	1:26	37:41	Sat	17:41
Radcot	242.3	5.1	4.57	1:06	38:48	Sat	18:48
Kelmscott	246.7	4.4	4.51	0:58	39:46	Sat	19:46
Lechelade	252.6	5.9	4.44	1:19	41:06	Sat	21:06
Upper Inglesham	256.2	3.6	4.39	0:49	41:55	Sat	21:55

Start day
Fri 01/07/11
Start time
04:00

Sunrise *
04:51
Sunset *
21:28

Daylight *
16:37
Twilight (nautical) *
01:04
* at Oxford

Initial speed (km/h)
9
Slow down (%/10km)
2.76

Avg speed (km/h)
5.79
Distance (km)
289.8
Time
50:00

Alternative ETA		
46:00	Sun	02:00
48:00	Sun	04:00
52:00	Sun	08:00
54:00	Sun	10:00
56:00	Sun	12:00
58:00	Sun	14:00
60:00	Sun	16:00

Colours
Day
Twilight
Night

Castle Eaton	263	6.8	4.31	1:34	<b>43:30</b>	Sat	<b>23:30</b>
Cricklade	270.2	7.2	4.23	1:42	<b>45:12</b>	Sun	<b>01:12</b>
Ashton Keynes	278.9	8.7	4.12	2:06	<b>47:18</b>	Sun	<b>03:18</b>
Neigh Br. Country Pk	282.2	3.3	4.09	0:48	<b>48:07</b>	Sun	<b>04:07</b>
Ewen	286	3.8	4.04	0:56	<b>49:03</b>	Sun	<b>05:03</b>
Kemble	287.8	1.8	4.02	0:26	<b>49:30</b>	Sun	<b>05:30</b>
The source	289.8	2	4	0:30	<b>50:00</b>	Sun	<b>06:00</b>

*Distances measured with Memory Maps*

<http://www.life-is-an-ultramarathon.org>