

Thames Source Quest 2012

Thames Path – Sea to Source

Place Name	Distance		Speed km/h	Time			ETA	
	Cuml.	Split		Split	Stop	Cuml.	Day	Time
Thames Barrier	0	0	9	0:00		00:00	Sat	04:00
O2	2.3	2.3	8.94	0:15		00:15	Sat	04:15
Greenwich	5.8	3.5	8.84	0:23		00:39	Sat	04:39
Greenland Dock	8.4	2.6	8.77	0:17		00:56	Sat	04:56
Tower Bridge	14	5.6	8.63	0:38		01:35	Sat	05:35
Westminster	17.7	3.7	8.53	0:26	0:10	02:01	Sat	06:01
Battersea	21	3.3	8.45	0:23		02:35	Sat	06:35
Putney Bridge	28.5	7.5	8.26	0:54		03:29	Sat	07:29
Hammersmith Br.	31.3	2.8	8.19	0:20		03:50	Sat	07:50
Kew Bridge	37.5	6.2	8.04	0:46		04:36	Sat	08:36
Richmond	42.3	4.8	7.92	0:36	0:15	05:13	Sat	09:13
Teddington Lock	46.8	4.5	7.81	0:34		06:02	Sat	10:02
Kingston upon Th.	49.6	2.8	7.75	0:21		06:24	Sat	10:24
Hampton Court	54.3	4.7	7.64	0:36		07:01	Sat	11:01
Walton Bridge	62.1	7.8	7.46	1:02		08:03	Sat	12:03
Shepperton Lock	65.2	3.1	7.39	0:25	0:20	08:29	Sat	12:29
Laleham	70.7	5.5	7.27	0:45		09:34	Sat	13:34
Staines-upon-Thames	74.1	3.4	7.19	0:28		10:02	Sat	14:02
Old Windsor	79.8	5.7	7.07	0:48		10:51	Sat	14:51
Albert Bridge	82.5	2.7	7.01	0:23		11:14	Sat	15:14
Datchet	84.2	1.7	6.98	0:14		11:28	Sat	15:28
Windsor	87.2	3	6.91	0:26	0:20	11:54	Sat	15:54
Maidenhead	97.8	10.6	6.7	1:34		13:49	Sat	17:49
Cookham	102.9	5.1	6.59	0:46		14:36	Sat	18:36
Bourne End	104.8	1.9	6.56	0:17	0:20	14:53	Sat	18:53
Marlow	110	5.2	6.45	0:48		16:02	Sat	20:02
Temple Lock	112.4	2.4	6.41	0:22		16:24	Sat	20:24
Aston	118.6	6.2	6.29	0:59		17:23	Sat	21:23
Henley-on-Thames	123.7	5.1	6.19	0:49	0:20	18:13	Sat	22:13
Shiplake	127.4	3.7	6.12	0:36		19:09	Sat	23:09
Sonning Bridge	133	5.6	6.02	0:55		20:05	Sun	00:05
Reading	138.1	5.1	5.93	0:51		20:56	Sun	00:56
Tilehurst	142.9	4.8	5.84	0:49		21:46	Sun	01:46
Purley on Thames	144.2	1.3	5.82	0:13	0:20	21:59	Sun	01:59
Witchurch-on-Th.	149.5	5.3	5.73	0:55		23:14	Sun	03:14
Goring and Streatley	155.8	6.3	5.62	1:07		24:22	Sun	04:22
Moulsford	160	4.2	5.55	0:45		25:07	Sun	05:07
Cholsey	162.4	2.4	5.51	0:26		25:33	Sun	05:33
Wallingford	166.5	4.1	5.44	0:45	0:20	26:19	Sun	06:19
Benson Lock	168.7	2.2	5.41	0:24		27:03	Sun	07:03
Shillingford	172.2	3.5	5.35	0:39		27:42	Sun	07:42
Day's Lock	175.5	3.3	5.3	0:37		28:20	Sun	08:20
Clifton Hampden Br.	179.6	4.1	5.23	0:47		29:07	Sun	09:07
Culham	184.8	5.2	5.15	1:00	0:20	30:07	Sun	10:07
Abingdon	188.3	3.5	5.09	0:41		31:08	Sun	11:08
Stanford-on-Thames	197	8.7	4.96	1:45		32:54	Sun	12:54
Oxford	203.8	6.8	4.86	1:23	0:20	34:18	Sun	14:18
Lower Wolvercote	207.7	3.9	4.8	0:48		35:26	Sun	15:26
Swinford	213.4	5.7	4.72	1:12		36:39	Sun	16:39
West End	219.4	6	4.64	1:17		37:56	Sun	17:56
Newbridge	226.2	6.8	4.54	1:29	0:20	39:26	Sun	19:26
Shifford Lock	230.5	4.3	4.48	0:57		40:44	Sun	20:44
Rushey Lock	237.2	6.7	4.39	1:31		42:15	Sun	22:15
Radcot	242.3	5.1	4.33	1:10		43:26	Sun	23:26
Kelmscott	246.7	4.4	4.27	1:01		44:28	Mon	00:28
Lechelade	252.6	5.9	4.19	1:24	0:20	45:52	Mon	01:52
Upper Inglesham	256.2	3.6	4.15	0:52		47:04	Mon	03:04
Castle Eaton	263	6.8	4.06	1:40		48:45	Mon	04:45

Start day
Sat 21/07/12
Start time
04:00

Sunrise *
05:12
Sunset *
21:12

Daylight *
16:00
Twilight (nautical) *
01:00

* at Oxford

Initial speed (km/h)
9
Slow down (%/10km)
2.98

Avg speed (km/h)
5.17
Distance (km)
289.8
Time
56:00

Alternative ETA
48:00 Mon 04:00
50:00 Mon 06:00
52:00 Mon 08:00
54:00 Mon 10:00
58:00 Mon 14:00
60:00 Mon 16:00
62:00 Mon 18:00

Light
Daylight
Twilight
Night

Cricklade	270.2	7.2	3.98	1:48	0:20	50:33	Mon	06:33
Ashton Keynes	278.9	8.7	3.87	2:14		53:08	Mon	09:08
Neigh Br. Country Pk	282.2	3.3	3.84	0:51		53:59	Mon	09:59
Ewen	286	3.8	3.79	1:00		55:00	Mon	11:00
Kemble	287.8	1.8	3.77	0:28		55:28	Mon	11:28
The source	289.8	2	3.75	0:32		56:00	Mon	12:00

Distances measured with Memory Maps

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