

## Cross-Scotland logs: Gifford to Falkirk

20 October 2008					
	GR	Day miles	Route	time	elapsed
<b>Gifford</b>	<b>533680</b>	<b>0.0</b>	<b>52.2</b>	<b>14.42</b>	<b>0.00</b>
Bolton	508701	2.3	54.5	15.10	0.28
Haddington	511738	5.4	57.6	16.20	1.38
				16.26	
Cottyburn	467758	8.8	61.0	17.23	2.35
<b>Longniddry station</b>	<b>446762</b>	<b>10.5</b>	<b>62.7</b>	<b>17.55</b>	<b>3.08</b>

21 October 2008					
<b>Longniddry station</b>	<b>446762</b>	<b>0.0</b>	<b>62.7</b>	<b>10.08</b>	<b>0.00</b>
Longniddry Bents	430672	1.3	64.0	10.35	0.27
Port Seton	404759	3.0	65.7	11.10	1.02
Prestonpans	386745	4.7	67.4	11.36	1.38
				11.52	
Prestongrange	370737	5.9	68.6	12.17	2.03
Musselburgh	345731	8.0	70.7	12.51	2.37
				13.25	
Brunstane station	313725	10.3	73.0	14.06	3.18
Arthur's Seat	275729	13.2	75.9	15.10	4.22
				15.20	
Canal basin	245729	15.7	78.4	16.17	5.19
<b>Edinburgh Haymarket</b>	<b>239732</b>	<b>16.3</b>	<b>79.0</b>	<b>16.32</b>	<b>5.34</b>

22 October 2008					
<b>Edinburgh Haymarket</b>	<b>239732</b>	<b>0.0</b>	<b>79.0</b>	<b>09.30</b>	<b>0.00</b>
Telford Road	221748	1.7	80.7	09.57	0.27
Cramond Bridge	179755	4.7	83.7	10.44	1.14
Kirkliston	125745	8.5	87.5	11.49	2.19
				11.55	
<b>Winchburgh</b>	<b>086750</b>	<b>11.0</b>	<b>90.0</b>	<b>12.33</b>	<b>2.57</b>
<b>(Tally Ho! PH)</b>				<b>13.12</b>	
Fawnsark	059767	13.4	92.4	13.52	3.37
Linlithgow canal basin*	004769	17.0	96.0	14.51	4.36
		17.6		15.38	
River Avon aqueduct	966758	19.6	98.0	16.23	5.21
<b>Polmont</b>	<b>930779</b>	<b>22.5</b>	<b>100.9</b>	<b>17.15</b>	<b>6.13</b>

\* **Coffee Neuk** 15.01 – 15.31 in town, 0.3 miles off route

23 October 2008					
<b>Polmont</b>	<b>930779</b>	<b>0.0</b>	<b>100.9</b>	<b>10.43</b>	<b>0.00</b>
<b>Falkirk High station</b>	<b>881791</b>	<b>3.5</b>	<b>104.4</b>	<b>12.00</b>	<b>1.17</b>