

Carnedd Dafydd and Carnedd Llewellyn: F 13 October 2006

| <i>where</i> | <i>GR</i> | <i>miles</i> | <i>time</i> | <i>elapsed</i> |
|-----------------------|---------------|--------------|--------------|----------------|
| Gwern Gof Isaf | 685600 | 0.0 | 8.38 | 0.00 |
| A5 | | 1.2 | 9.02 | 0.24 |
| Pen yr Ole Wen | 655619 | 2.7 | 10.35 | 1.57 |
| | | | 10.45 | |
| Carnedd Dafydd | 662630 | 3.6 | 11.10 | 2.22 |
| | | | 11.25 | |
| Craiq Lluqwy | 677632 | 4.6 | 11.37 | 2.34 |
| Yr Elen | 673651 | 6.2 | 12.37 | 3.34 |
| | | | 12.57 | |
| Carnedd Llewellyn | 683644 | 7.1 | 13.27 | 4.04 |
| | | | 13.45 | |
| Craig yr Ysfa | 694632 | 8.2 | 14.17 | 4.36 |
| Pen yr Helqi Du | 697630 | 8.5 | 14.42 | 5.01 |
| Gwern Gof Isaf | 685600 | 11.1 | 15.45 | 6.04 |

Elidir Fawr and Y Garn: Saturday 14 October 2006

| <i>where</i> | <i>GR</i> | <i>miles</i> | <i>time</i> | <i>elapsed</i> |
|----------------------|---------------|--------------|--------------|----------------|
| Ogwen Cottage | 649603 | 0.0 | 9.52 | 0.00 |
| Afon Cywion | 641606 | 0.6 | 10.05 | 0.13 |
| Foel Goch | 628612 | 1.8 | 11.25 | 1.33 |
| | | | 11.35 | |
| Carnedd y Filiast | 620627 | 2.9 | 12.15 | 2.13 |
| | | | 12.25 | |
| Elidir Fawr | 611612 | 4.3 | 13.05 | 2.53 |
| | | | 13.25 | |
| Y Garn | 630659 | 6.6 | 14.35 | 4.03 |
| | | | 15.03 | |
| Llyn y Cwn | 636585 | 7.4 | 15.22 | 4.22 |
| Ogwen Cottage | 649603 | 9.3 | 16.37 | 5.37 |