

From	To	Approx C'over Time	Runners	Time for runners to be at Changeover	Comments (notes refer to logistics to meet change over time)
Dundee	Tayport	07:45	Ewan Cameron - Alice Hall - Eck Anderson - Jane Anderson -Jennifer Cruickshanks (open to anyone who wants to run over the bridge)	07:30	Dave Brisland pick up Chris Broome in Leuchars and be at Kinshaldy for around 07:15 . Minibus to head to Kinshaldy after the runners have started across the bridge. Pick up and have Dave and Chris back to Tayport for around 07:30 .
Tayport	Kinshaldy Car Park	08:30	Chris Broome - Dave Brisland	08:15	Gary to collect George at the St Andrews change over point around 07:45 . Head to Leuchars and drop off car at Leuchars. After runners set off from Tayport minibus to head back to Leuchars (approx 08:00) and pick up George and Gary and take to changeover point at Kinshaldy (08:15)
Kinshaldy Car Park	Leuchars	09:17	Chris Broome - George Findlay - Gary Scott -	09:05	John/Susan/Hazel to be in St Andrews around 08:30 . Minibus will head to St Andrews to pick up John/Susan/Hazel and head back to the Leuchars change over for 09:05 . Don't know where girls are coming from but St Andrews would be best pick up point as they will need to have their transport at the end of their leg.
Leuchars	St Andrews	10:02	Susan Duncan - Hazel Hughes (Anster Allsorts) - George Findlay - John Dickson	09:50	Plan will be Mike to collect from Kingsbarns and get back to the start at St Andrews. Pick up at Kingsbarns (if req'd) around 09:35 and head back to St Andrews for around 09:50 . Alternative would be to take a car to St Andrews and go back to collect after the run.
St Andrews	Boarhills	10:45	Mike Reilly -		
Boarhills	Kingsbarns	11:16	Mike Reilly -	11:00	I will be around for most of the day and should be in the minibus. If Allan takes his car to Crail the minibus will pick up around 10:45 and plan to be back at the Kingsbarns start for around 11:00 . Mike may be slightly ahead of anticipated change over time.
Kingsbarns	Crail (Nethergate)	12:10	Ewan Cameron - Allan Gibson	12:00	Minibus can head out to Pittenweem to pick up Team Hay at home and transport to the start in Crail for around 12:00 . On completion of their leg they can be dropped off as the minibus heads west.
Crail (Nethergate)	Anstruther Harbour (lifeboat station)	12:49	Debz Hay - George Hay - Karli Hay -	12:40	Jennifer and Ronan should aim to be at the lifeboat shed around 12:40 . (have allowed 9:00 min/miles - but this pairing will fly and may do the leg around 5 mins quicker than planned however, don't anticipate making any changes to schedule as this may just make up anytime lost from previous legs)
Anstruther Harbour (lifeboat station)	St Monans Harbour	13:21	Ronan McKinstry - Jennifer Cruickshanks -	13:05	When Jennifer and Ronan set off for St Monans, the minibus could take Colin, Alan and Lucy in the minibus for their start. We will meet up with Ewan Davidson in St Monans around 13:05 .
St Monans Harbour	Earlsferry	13:54	Colin and Alan McKie - Lucy Wilson (Anster Allsorts) - Ewan Davidson -	13:45	Kylie, Hannah and Dave should aim to be at the changeover for around 13:45 . Might be a bit ahead of schedule at this point so the sooner the better.
Earlsferry	Lower Largo	14:41	Kylie Kirkcaldy - Hannah Allum (Anster Allsorts) - Dave Brisland	14:30	I should be in the minibus and will aim to be at Lower Largo around 14:30 . Minibus/car pick up for Ross can be arranged dependant on his requirements.
Lower Largo	Leven	15:09	Ross Buchanan - Ewan Cameron	15:00	Stuart and Titch should aim to be at the change over point around 15:00 .
Leven	Buckhaven	15:36	Ross Buchanan - Stuart McKenzie - Titch Shaw		No changeover logistics required for runners as Stuart and Titch will carry on through. Will need to allow for getting Ross dropped off somewhere convenient before heading west.

Buckhaven	Dysart	16:21	Stuart McKenzie - Titch Shaw	16:10	Team Anderson and Team Galloway should aim to be at the changeover no later than 16:10 . Would appreciate if you could work your own arrangements for dropping off/collecting cars for this one as with such a short leg might not have time to run back and forward with the minibus.
Dysart	Kirkcaldy	16:48	Allan Galloway - Jacqui Galloway - Jane Anderson - Jim Anderson - Titch Shaw	16:40	Runners for Leg 16 should be at the changeover point around 16:40 . Titch and Jane are continuing on from previous leg with Jas, Susan and Carole joining at Kirkcaldy. Would it be possible for Susan/Jas/Carole to work out how they can best pick up/drop off cars and be at the changeover for the the required time.
Kirkcaldy	Burntisland	17:32	Susan Penman - Carole Fraser - Titch Shaw - Jas Baillie - Jane Anderson	17:25	Jas and Titch are continuing on through. Bill and Pamela should aim to be at the changeover around 17:25 . With Fiona running the next leg it might be possible to get her to drop Pamela and Bill off and take her car the start of the leg in Aberdour with Pamela collecting when she finishes.
Burntisland	Aberdour	18:08	Pamela Cruickshanks - Bill Simpson - Titch Shaw - Jas Baillie	18:00	Once again Titch continuing on through picking up his Harem as he goes. The Harem will need to be at the start for 18:00 . With such a large group might need a couple of the ladies to organise shuttling for the group.
Aberdour	Inverkeithing	19:02	Fiona Cruickshanks - Yvonne Dehn - Karen Cunningham - Titch Shaw - Christine Bowie - Karen Shepherd	18:50	Inverkeithing may become the dumping ground for Haddie cars though we need to be sure there is enough transport at the Dakota to ensure everyone at the finish has transport back to their cars etc at the conclusion of the night. For all those running the last leg, you should aim to be at the changeover for around 18:50 . (this is a best guess as we may be ahead/behind the schedule at this point, but hoping (if it's behind) that it's not by much)
Inverkeithing	Forth Bridge	Approximate finish time - 19:29:00	Ewan Cameron - Alice Hall - Shirley Nuttall - Audrey Wishart - Titch Shaw - Callum Wishart - Elise Methven [also open to anyone who wants to run		

Minibus to pick up runners in Tayport around 06:30. We will need a driver to get the minibus back from the start and do the first run out to Kinshaldy. (Neil Cruickshanks)

Would be beneficial to know whether or not we might have additional support vehicles as there may be instances where folks might need a lift back to start points.

If there is a spare car available this could be of benefit and would cut down on the amount of driving the minibus drivers are having to do.

Need to confirm with runners in the later legs what their transport arrangements are likely to be. Car sharing is the best option but not clear how this will work at this stage. Where there is more than two runners on the leg there is a possibility that by using two cars the driver can leave their car at the end of the next leg and be picked up by a fellow runner who can then leave their car at the start point and be given a lift back to collect when finished.

Neil has been "volunteered" as a driver for the entire day. I plan to share the driving.

Once we get along towards the Leven area, moving people around will become the challenge as roads in general will be busier and there are more populated areas to move through. The runners on each of the legs from Lower Largo west may have to co-ordinate their own transport arrangements, however, still hope to have a spare car or two in the "Two Bridges" convoy which will aid the minibus moving folks around.

If folks are dropping in and out of the various change over points as the day progresses we may have to plan some of the logistics "on the hoof". Will need a list of contact numbers so that runners can be contacted if plans, times are changing, especially for those on later stages.

