

# EVERYTHING OUTDOORS

YOUR ADVENTURE WEBSITE

www.everythingoutdoors.co.uk			
Distance travelled in metres	Speed in kms/hr		
	5	4	3
1000	12min	15min	20min
900	11min	13½ min	18min
800	9½ min	12min	16min
700	8½ min	10½ min	14min
600	7min	9min	12min
500	6min	7½ min	10min
400	5min	6min	8min
300	3½ min	4½ min	6min
200	2½ min	3min	4min
100	1min	1½ min	2min

Add 1 minute per 10m climbed steady walking  
Add 30 seconds per 10m climbed fast walk/slow run  
Add 20 seconds per 10m climbed quick run

EVERYTHING OUTDOORS			
PACE CALCULATOR			
Double paces per 100m	CONDITIONS UNDERFOOT		
	GOOD	MODERATE	BAD
FLAT			
UPHILL			
DOWNHILL			
Slope angle	Index Contours per 1 centimeter		
1:25,000	2=22° 3=30° 4=40° 5=45° 6=50° 7=55° 8=60°		
1:50,000	4=22° 6=30° 8=40° 10=45° 12=50° 14=55° 16=60°		

### Example

EVERYTHING OUTDOORS			
PACE CALCULATOR			
Double paces per 100m	CONDITIONS UNDERFOOT		
	GOOD	MODERATE	BAD
FLAT	60	70	80
UPHILL	70	85	100
DOWNHILL	60	70	90
Slope angle	Index Contours per 1 centimeter		
1:25,000	2=22° 3= 30° 4= 40° 5=45° 6=50° 7= 55° 8=60°		
1:50,000	4=22° 6=30° 8= 40° 10=45° 12=50° 14= 55° 8=60°		

### Measuring Distance and Duration

There will come a time when you will need to know exactly how far you need to travel along a path, stream or ridgeline in the mist or dark or when there are few, if any, features to tick off. The two techniques used for this are pacing and timing. Both are very accurate after some practise. I tend to use pacing under a 1000m but move to timing above this distance - counting out 3000m metres can be somewhat tedious to put it mildly! In pacing you count just every second step. For me, on the flat 30 double paces is 50m. This changes dependant on angle and terrain so the best way is to measure your own paces against a fixed distance. If you or a friend has a 50m rope, go out and lay it over various terrain, count your paces and make a note. You will soon work out how many you take. It is important to note that you need to take a "normal pace" and not an exaggerated one. One way to make the counting easier is to fasten 5 button toggles to the lanyard on your compass or rucsack and slide one along every 100m, once you have moved them all you have done 500m and you can continue the count by moving them back. You can buy a counter that clips to your compass.

For timing, I use a variant of Naismith's Rule. This is designed for walking so you need to check your times over a set distance if you are running. Again, measure it out on the flat first then do the same distance on a climb and note the difference. A Bob Graham pace will obviously be different to a two hour score event, so practise and take a note book or download the blank pace file below. Once you have this information you can make an algorithm which is very accurate. Make a small card and have it attached to a compass or rucsac ready to be used. Below is the version with instructions I hand out on my navigation course as a guide. You need to work it out for your own stride length and pace