

**PAUL MINTER, 5,000 MILE UK RUN****INDEX FOR DAYS, DATES, START & FINISH LOCATION AND MILES PER DAY**FOR DAILY MAPPING VISIT: [HEAD-UP.ORG.UK/UK-RUN-CHARITY-BLOG/5000%20MILE%20RUN](http://HEAD-UP.ORG.UK/UK-RUN-CHARITY-BLOG/5000%20MILE%20RUN)

DAY	DATE	START	FINISH	MILES
1	T 01-03-22	Crosby Beach, Liverpool	Hesketh Bank, Lancashire	27.1
2	W 02-03-22	Hesketh Bank, Lancashire	Fairhaven, Lancashire	28.4
3	T 03-03-22	Fairhaven, Lancashire	Pilling, Lancashire	26.3
4	F 04-03-22	Pilling, Lancashire	Millhead, Lancashire	27.9
5	S 05-03-22	Millhead, Lancashire	Grange-Over-Sands, Cumbria	27.4
6	S 06-03-22	Grange-Over-Sands, Cumbria	Barrow-in-Furness, Cumbria	27.9
7	M 07-03-22	<i>REST DAY – BARROW-IN-FURNESS</i>		
8	T 08-03-22	Barrow-in-Furness, Cumbria	Haverigg, Cumbria	25.5
9	W 09-03-22	Haverigg, Cumbria	Nethertown, Cumbria	30.1
10	T 10-03-22	Nethertown, Cumbria	Allonby, Cumbria	28.8
11	F 11-03-22	Allonby, Cumbria	Anthorn, Cumbria	25.2
12	S 12-03-22	Anthorn, Cumbria	Gretna, Dumfries & Galloway	30.8
13	S 13-03-22	Gretna, Dumfries & Galloway	Troqueer, Dumfries & Galloway	30.7
14	M 14-03-22	<i>REST DAY – DUMFRIES</i>		
15	T 15-03-22	Troqueer, Dumfries & Galloway	Kippford, Dumfries & Galloway	24.0
16	W 16-03-22	Kippford, Dumfries & Galloway	Kirkcudbright, Dumfries & Galloway	27.0
17	T 17-03-22	Kirkcudbright, Dumfries & Galloway	Creetown, Dumfries & Galloway	34.3
18	F 18-03-22	Creetown, Dumfries & Galloway	Isle of Whithorn, Dumfries & Galloway	28.3
19	S 19-03-22	Isle of Whithorn, Dumfries & Galloway	Glenluce, Dumfries & Galloway	25.3
20	S 20-03-22	Glenluce, Dumfries & Galloway	Drummore, Dumfries & Galloway	32.5
21,22,23	21,22,23-03-22	<i>REST DAYS – STRANRAER</i>		
24	T 24-03-22	Portpatrick, Dumfries & Galloway	Stranraer, Dumfries & Galloway	25.0
25	F 25-03-22	Stranraer, Dumfries & Galloway	Girvan, Ayrshire	34.1
26	S 26-03-22	Girvan, Ayrshire	Troon, Ayrshire	30.7
27	S 27-03-22	Troon, Dumfries & Galloway	Largs, Ayrshire	28.2
28	M 28-03-22	Largs, Ayrshire	Greenock, Ayrshire	18.4
29	T 29-03-22	Greenock, Ayrshire	Glasgow	26.1
30	W 30-03-22	<i>REST DAY – GLASGOW / TRAVEL TO JOHN O'GROATS</i>		
31	T 31-03-22	John O'Groats, Caithness	Wick, Caithness	20.2
32	F 01-04-22	Wick, Caithness	Helmsdale, Caithness	35.0
33	S 02-04-22	Helmsdale, Caithness	Embo, Caithness	17.1
34	S 03-04-22	Embo, Caithness	Portmahomack, Ross & Cromarty	28.8
35	M 04-04-22	Portmahomack, Ross & Cromarty	Invergordon, Ross & Cromarty	26.8
36	T 05-04-22	Invergordon, Ross & Cromarty	Culbokie, Ross & Cromarty	21.2
37	W 06-04-22	<i>REST DAY – DINGWALL</i>		
38	T 07-04-22	Culbokie, Ross & Cromarty	Fortrose, Ross & Cromarty	27.6
39	F 08-04-22	Fortrose, Ross & Cromarty	Inverness, Inverness-shire	17.1
40	S 09-04-22	Raigmore, Inverness-shire	Findhorn, Moray	31.8
41	S 10-04-22	Findhorn, Moray	Garmouth, Moray	25.8
42	M 11-04-22	Garmouth, Moray	Banff, Aberdeenshire	29.3
43	T 12-04-22	Banff, Aberdeenshire	Fraserburgh, Aberdeenshire	26.3
44,45,46	13,14,15-04-22	<i>REST DAYS – FRASERBURGH</i>		
47	S 16-04-22	Fraserburgh, Aberdeenshire	Boddam, Aberdeenshire	25.6
48	S 17-04-22	Boddam, Aberdeenshire	Bridge of Don, Aberdeenshire	30.1
49	M 18-04-22	Bridge of Don, Aberdeenshire	Stonehaven, Kincardineshire	23.6
50	T 19-04-22	Stonehaven, Kincardineshire	Montrose, Angus	27.5
51	W 20-04-22	Montrose, Angus	Dundee	33.2
52	T 21-04-22	Dundee	St Andrews, Fife	23.7

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53	F 22-04-22	<i>REST DAY – ST ANDREWS</i>		
54	S 23-04-22	St Andrews, Fife	Lower Largo, Fife	30.5
55	S 24-04-22	Lower Largo, Fife	Inverkeithing, Fife	28.6
56	M 25-04-22	Inverkeithing, Fife	Prestonpans, East Lothian	26.0
57	T 26-04-22	Prestonpans, East Lothian	West Barns, East Lothian	32.4
58	W 27-04-22	West Barns, East Lothian	Eyemouth, East Lothian	29.7
59	T 28-04-22	Eyemouth, East Lothian	Spittal, Perth & Kinross	12.9
60	F 29-04-22	<i>REST DAY – TWEEDMOUTH</i>		
61	S 30-04-22	Spittal, Perth & Kinross	Beadnell, Northumberland	22.8
62	S 01-05-22	Beadnell, Northumberland	Hadston, Northumberland	28.7
63	M 02-05-22	Hadston, Northumberland	South Shields, Tyne & Wear	31.7
64	T 03-05-22	South Shields, Tyne & Wear	West View, Durham	28.6
65	W 04-05-22	West View, Durham	Redcar, Yorkshire	28.0
66	T 05-05-22	Redcar, Yorkshire	Whitby, Yorkshire	25.2
67,68,69	06,07,08-05-22	<i>REST DAYS – WHITBY</i>		
70	M 09-05-22	Whitby, Yorkshire	Filey, Yorkshire	31.5
71	T 10-05-22	Filey, Yorkshire	Bridlington, Yorkshire	21.6
72	W 11-05-22	Bridlington, Yorkshire	Withernsea, Yorkshire	21.6
73	T 12-05-22	Withernsea, Yorkshire	Partington Haven, Yorkshire	18.7
74	F 13-05-22	Welwick, Yorkshire	Hessle, Yorkshire	26.7
75	S 14-05-22	Hessle, Yorkshire	Cleethorpes, Lincolnshire	28.5
76	S 15-05-22	<i>REST DAY – GRIMSBY</i>		
77	M 16-05-22	Cleethorpes, Lincolnshire	Mablethorpe, Lincolnshire	28.7
78	T 17-05-22	Mablethorpe, Lincolnshire	Fold Hill, Lincolnshire	25.3
79	W 18-05-22	Fold Hill, Lincolnshire	Boston, Lincolnshire	17.6
80	T 19-05-22	Boston, Lincolnshire	Sutton Bridge, Lincolnshire	29.0
81	F 20-05-22	Gedney Drove End, Lincolnshire	Hunstanton, Norfolk	29.1
82	S 21-05-22	Hunstanton, Norfolk	Wells-Next-The-Sea, Norfolk	21.6
83	S 22-05-22	<i>REST DAY – WELLS-NEXT-THE-SEA</i>		
84	M 23-05-22	Wells-Next-The-Sea, Norfolk	Mundesley, Norfolk	29.6
85	T 24-05-22	Mundesley, Norfolk	Gorleston-on-Sea, Norfolk	28.1
86	W 25-05-22	Gorleston-on-Sea, Norfolk	Southwold, Suffolk	22.9
87	T 26-05-22	Southwold, Suffolk	Orford, Suffolk	32.2
88	F 27-05-22	Orford, Suffolk	Dovercourt, Essex	21.5
89	S 28-05-22	Dovercourt, Essex	Clacton-on-Sea, Essex	23.6
90,91,92	29,30-05-22	<i>REST DAYS – CLACTON-ON-SEA</i>		
93	T 31-05-22	Clacton-on-Sea, Essex	Tollesbury, Essex	25.7
94	W 01-06-22	Tollesbury, Essex	St Lawrence, Essex	30.8
95	T 02-06-22	St Lawrence, Essex	Burnham-on-Crouch, Essex	20.7
96	F 03-06-22	Burnham-on-Crouch, Essex	Southend-on-Sea, Essex	28.2
97	S 04-06-22	Southend-on-Sea, Essex	Basildon, Essex	26.5
98	S 05-06-22	Basildon, Essex	Gravesend, Kent	19.1
99	M 06-06-22	<i>REST DAY – GRAVESEND</i>		
100	T 07-06-22	Gravesend, Kent	Isle of Grain, Kent	30.0
101	W 08-06-22	Isle of Grain, Kent	Lower Halstow, Kent	29.0
102	T 09-06-22	Lower Halstow, Kent	Leysdown-on-Sea, Kent	23.3
103	F 10-06-22	Leysdown-on-Sea, Kent	Faversham, Kent	31.4
104	S 11-06-22	Faversham, Kent	Cliftonville, Kent	27.8
105	S 12-06-22	Cliftonville, Kent	Dover, Kent	33.0

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106	M 13-06-22	<i>REST DAY – DOVER</i>		
107	T 14-06-22	Dover, Kent	Dungeness, Kent	27.8
108	W 15-06-22	Dungeness, Kent	Hastings, Sussex	28.3
	T 16-06-22	<i>HALFWAY DAY – ADMIN / MAKE UP MILES / REST</i>		
109	F 17-06-22	Hastings, Sussex	Seaford, Sussex	27.2
110	S 18-06-22	Seaford, Sussex	West Worthing, Sussex	26.4
111	S 19-06-22	West Worthing, Sussex	Selsey, Sussex	29.6
112	M 20-06-22	Selsey, Sussex	Prinsted, Sussex	27.3
113,114,115	T 21-06-22	<i>REST DAY – PORTSMOUTH / PRINSTED</i>		
116	W 22-06-22	Prinsted, Sussex	Portsmouth Harbour, Hampshire	22.5
117	T 23-06-22	Ryde, Isle of White	Niton, Isle of White	22.8
118	F 24-06-22	Niton, Isle of White	Yarmouth, Isle of White	25.2
119	S 25-06-22	Yarmouth, Isle of White	Ryde	24.8
120	S 26-06-22	Portsea, Hampshire	Marchwood, Hampshire	28.6
121	M 27-06-22	Marchwood, Hampshire	Lymington, Hampshire	30.1
122	T 28-06-22	<i>REST DAY – LYMINGTON</i>		
123	W 29-06-22	Lymington, Hampshire	Bournemouth, Dorset	27.3
124	T 30-06-22	Bournemouth, Dorset	Wareham, Dorset	18.7
125	F 01-07-22	Wareham, Dorset	Swanage, Dorset	19.4
126	S 02-07-22	Swanage, Dorset	West Lulworth, Dorset	18.8
127	S 03-07-22	West Lulworth, Dorset	Wyke Regis, Dorset	28.1
128	M 04-07-22	Wyke Regis, Dorset	Charmouth, Dorset	28.4
129	T 05-07-22	<i>REST DAY – CHARMOUTH</i>		
130	W 06-07-22	Charmouth, Dorset	Exmouth, Devon	32.0
131	T 07-07-22	Exmouth, Devon	Torquay, Devon	21.9
132	F 08-07-22	Torquay, Devon	Torcross, Devon	29.2
133	S 09-07-22	Torcross, Devon	Bigbury-on-Sea, Devon	27.5
134	S 10-07-22	Bigbury-on-Sea, Devon	Barbican, Devon	27.1
135	M 11-07-22	Barbican, Devon	Looe, Cornwall	24.5
136,137,138	12,13,14-07-22	<i>REST DAYS – LOOE</i>		
139	F 15-07-22	Looe, Cornwall	Mevagissey, Cornwall	29.1
140	S 16-07-22	Mevagissey, Cornwall	St Mawes, Cornwall	26.2
141	S 17-07-22	St Mawes, Cornwall	Coverack, Cornwall	26.2
142	M 18-07-22	Coverack, Cornwall	Praa Sands, Cornwall	29.4
143	T 19-07-22	Praa Sands, Cornwall	Lands End, Cornwall	26.0
144	W 20-07-22	Lands End, Cornwall	St Ives, Cornwall	24.0
145	T 21-07-22	<i>REST DAY – ST IVES</i>		
146	F 22-07-22	St Ives, Cornwall	St Angus, Cornwall	25.5
147	S 23-07-22	St Angus, Cornwall	Constantine Bay, Cornwall	30.1
148	S 24-07-22	Constantine Bay, Cornwall	Port Isaac, Cornwall	24.7
149	M 25-07-22	Port Isaac, Cornwall	Bude, Cornwall	31.4
150	T 26-07-22	Bude, Cornwall	Bucks Mills, Devon	30.2
151	W 27-07-22	Bucks Mills, Devon	Braunton, Devon	24.8
152	T 28-07-22	<i>REST DAY – BRAUNTON</i>		
153	F 29-07-22	Wrafton, Devon	Ilfracombe, Devon	24.2
154	S 30-07-22	Ilfracombe, Devon	Lynton, Devon	18.6
155	S 31-07-22	Lynton, Devon	Watchet, Somerset	29.7
156	M 01-08-22	Watchet, Somerset	Bridgwater, Somerset	26.5
157	T 02-08-22	Bridgwater, Somerset	Weston-Super-Mare, Somerset	29.9

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158	W 03-08-22	Western-Super-Mare, Somerset	Bristol	28.4
159,160,161	04,05,06-08-22	<i>REST DAYS – BRISTOL</i>		
162	S 07-08-22	Bristol	Goldcliff, Gwent	27.8
163	M 08-08-22	Goldcliff, Gwent	Cardiff, Glamorgan	24.2
164	T 09-08-22	Cardiff, Glamorgan	Llantwit Major, Glamorgan	27.3
165	W 10-08-22	Llantwit Major, Glamorgan	Port Talbot, Glamorgan	29.0
166	T 11-08-22	Port Talbot, Glamorgan	Oxwich, Glamorgan	30.6
167	F 12-08-22	Oxwich, Glamorgan	Crofty, Glamorgan	32.5
168	S 13-08-22	<i>REST DAY – CROFTY</i>		
169	S 14-08-22	Crofty, Glamorgan	Kidwelly, Dyfed	27.5
170	M 15-08-22	Kidwelly, Dyfed	Llansteffan, Dyfed	22.5
171	T 16-08-22	Llansteffan, Dyfed	Saundersfoot, Dyfed	28.4
172	W 17-08-22	Saundersfoot, Dyfed	Castlemartin, Pembrokeshire	26.6
173	T 18-08-22	Castlemartin, Pembrokeshire	Neyland, Pembrokeshire	26.8
174	F 19-08-22	Neyland, Pembrokeshire	Marloes, Pembrokeshire	29.4
175	S 20-08-22	<i>REST DAY – MARLOES</i>		
176	S 21-08-22	Marloes, Pembrokeshire	St Davids, Pembrokeshire	26.0
177	M 22-08-22	St Davids, Pembrokeshire	Trevine, Pembrokeshire	20.7
178	T 23-08-22	Trevine, Pembrokeshire	Dinas Cross, Pembrokeshire	27.7
179	W 24-08-22	Dinas Cross, Pembrokeshire	Aberporth, Ceredigion	33.2
180	T 25-08-22	Aberporth, Ceredigion	Llanrhystud, Ceredigion	27.5
181	F 26-08-22	Llanrhystud, Ceredigion	Machynlleth, Montgomeryshire	29.9
182,183,184	27,28,29-08-22	<i>REST DAYS – TYWYN</i>		
185	T 30-08-22	Machynlleth, Montgomeryshire	Tal-y-Bont, Montgomeryshire	27.8
186	W 31-08-22	Tal-y-Bont, Montgomeryshire	Llanbedr, Gwynedd	29.9
187	T 01-09-22	Llanbedr, Gwynedd	Pwllheli, Gwynedd	34.2
188	F 02-09-22	Pwllheli, Gwynedd	Aberdaron, Gwynedd	27.3
189	S 03-09-22	Aberdaron, Gwynedd	Nefyn, Gwynedd	26.0
190	S 04-09-22	Nefyn, Gwynedd	Bangor, Gwynedd	29.8
191	M 05-09-22	<i>REST DAY – BANGOR</i>		
192	T 06-09-22	Bangor, Gwynedd	Aberffraw, Anglesey	31.9
193	W 07-09-22	Aberffraw, Anglesey	Holyhead, Anglesey	33.6
194	T 08-09-22	Holyhead, Anglesey	Cemaes, Anglesey	25.8
195	F 09-09-22	Cemaes, Anglesey	Benllech, Anglesey	24.7
196	S 10-09-22	Benllech, Anglesey	Llanfairfechan, Anglesey	32.5
197	S 11-09-22	Llanfairfechan, Anglesey	Towyn, Conwy	31.5
198	M 12-09-22	<i>REST DAY – TOWYN</i>		
199	T 13-09-22	Towyn, Conwy	Flint, Flintshire	28.8
200	W 14-09-22	Flint, Flintshire	Birkenhead, Merseyside	29.9
201	T 15-09-22	Belfast, County Down	Donaghadee, County Down	26.0
202	F 16-09-22	Donaghadee, County Down	Portaferry, County Down	31.9
203	S 17-09-22	Portaferry, County Down	Dundrum, County Down	30.4
204	S 18-09-22	Dundrum, County Down	Rostrevor, County Down	30.4
205,206,207	19,20,21-09-22	<i>REST DAYS – NERWY / TRAVEL TO LONDONDERRY</i>		
208	T 22-09-22	Londonderry	Coleraine, Londonderry	33.6
209	F 23-09-22	Castlerock, Londonderry	Ballycastle, Antrim	31.8
210	S 24-09-22	Ballycastle, Antrim	Waterfoot, Antrim	24.1
211	S 25-09-22	Waterfoot, Antrim	Larne, Antrim	23.5
212	M 26-09-22	<i>REST DAY – BELFAST / TRAVEL TO DOUGLAS, ISLE OF MAN</i>		

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213	T 27-09-22	Douglas, Isle of Man	Port Erin, Isle of Man	30.2
214	W 28-09-22	Port Erin, Isle of Man	Kirk Michael, Isle of Man	22.0
215	T 29-09-22	Kirk Michael, Isle of Man	Ramsey, Isle of Man	23.4
216	F 30-09-22	Ramsey, Isle of Man	Douglas, Isle of Man	22.5
217	S 01-10-22	<i>REST DAY – DOUGLAS / TRAVEL TO LIVERPOOL DOCK</i>		
218	S 02-10-22	Liverpool Dock, Merseyside	Crosby Beach, Merseyside	2.5