Paignton Community & Sports College

TEN TORS @ PCSC

SPORTS COLLEGES

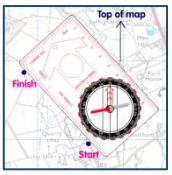
Timing Chart & Compass Bearing Guide

Use this to help you work out timings and compass bearings when you are walking. If you cut these out they are the same size as a bank card. You could laminate them on an unwanted gift card or loyalty card.

TIMING CHART				
Dist.	Speed in KM/h – Timings in min			
	5kph	4kph	3kph	2kph
1000m	12	15	20	30
900m	11	13.5	18	27
800m	9.5	12	16	24
700m	8.5	10.5	14	21
600m	7	9	12	18
500m	6	7.5	10	15
400m	5	6	8	12
300m	3.5	4.5	6	9
200m	2.5	3	4	6
100m	1	1.5	2	3
50m	0.5	0.75	1	1.5

Compass Bearings

Step 1; Find two points on the map that you want to travel from and to. Line up compass edge between the two points, so that your direction-of-travel arrow is pointing to your destination.



Step 2; Rotate the compass housing until the orienting lines in the centre are pointing to the top of your map.
You can do this by lining them up parallel to the grid lines.

Step 3; Now read the bearing at the bottom of the direction-of-travel arrow, at the index line.
You will need to take into account the difference between grid north (on your map) and magnetic north (on your compass). This is called magnetic variation and your map will tell you how many degrees to add to your bearing. Add 1 degree on Dartmoor.

Step 4; To head in the right direction, you must now re-orientate your compass. Turn the whole compass around until the magnetic north needle points in the same direction as the red orienting arrow. The way the direction-of-travel arrow is now pointing is the direction you must walk in.