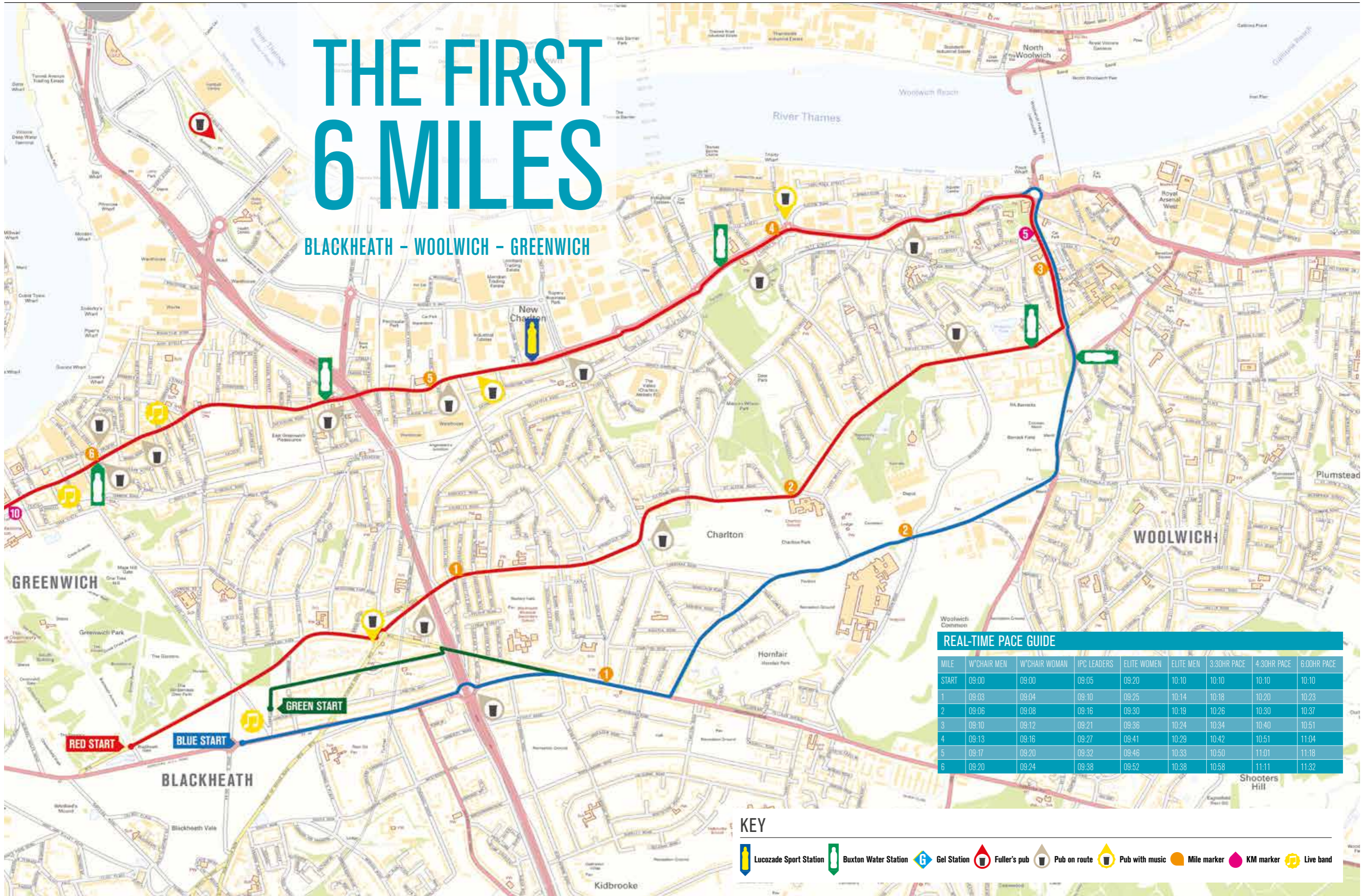


THE FIRST 6 MILES

BLACKHEATH - WOOLWICH - GREENWICH



REAL-TIME PACE GUIDE

MILE	W'CHAIR MEN	W'CHAIR WOMAN	IPC LEADERS	ELITE WOMEN	ELITE MEN	3:30HR PACE	4:30HR PACE	6:00HR PACE
START	09:00	09:00	09:05	09:20	10:10	10:10	10:10	10:10
1	09:03	09:04	09:10	09:25	10:14	10:18	10:20	10:23
2	09:06	09:08	09:16	09:30	10:19	10:26	10:30	10:37
3	09:10	09:12	09:21	09:36	10:24	10:34	10:40	10:51
4	09:13	09:16	09:27	09:41	10:29	10:42	10:51	11:04
5	09:17	09:20	09:32	09:46	10:33	10:50	11:01	11:18
6	09:20	09:24	09:38	09:52	10:38	10:58	11:11	11:32

KEY

- Lucozade Sport Station
- Buxton Water Station
- Gel Station
- Fuller's pub
- Pub on route
- Pub with music
- Mile marker
- KM marker
- Live band