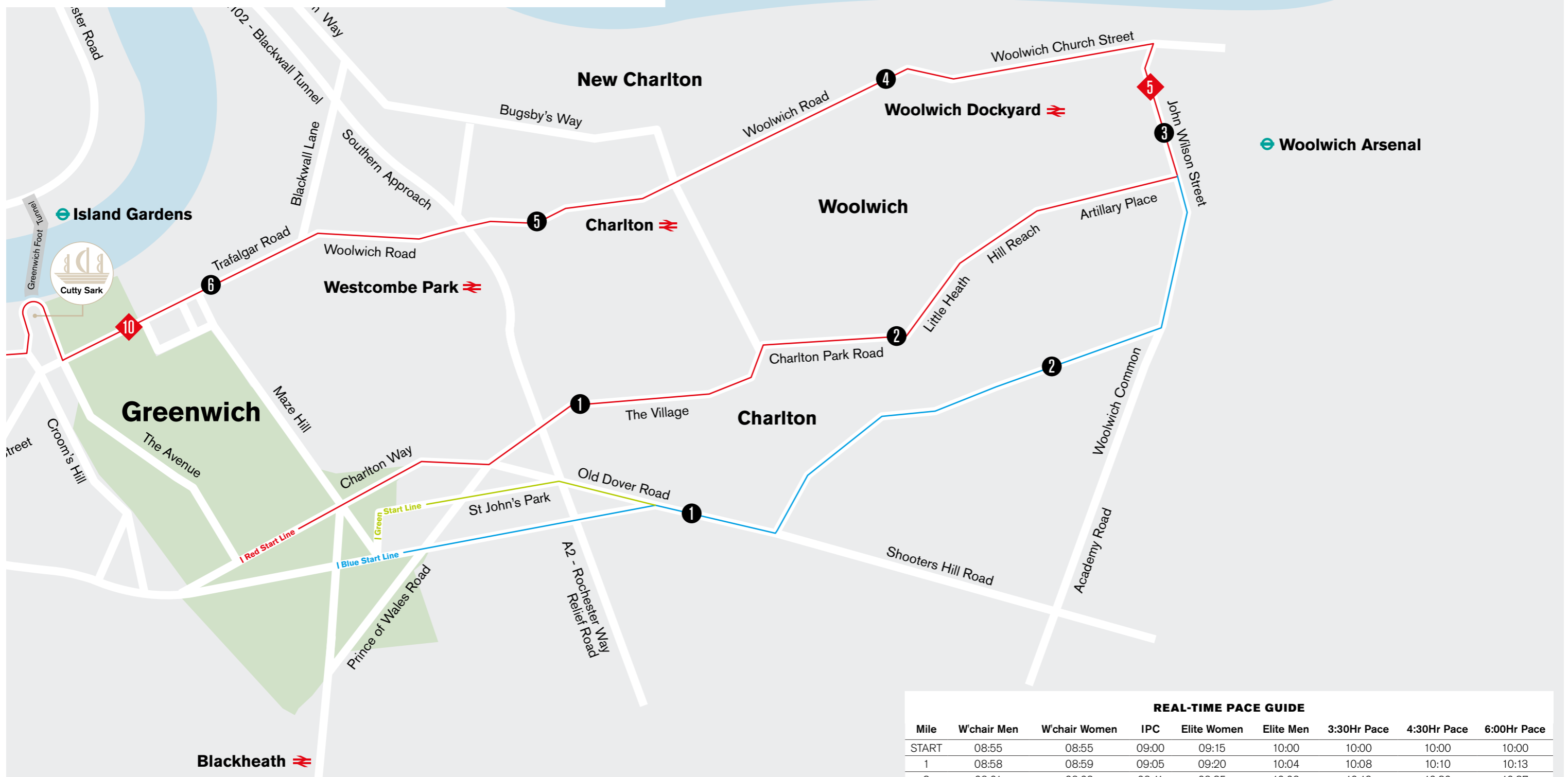


FIRST 6 MILES

BLACKHEATH – WOOLWICH – GREENWICH



KEY

1 Mile marker 10 KM marker

REAL-TIME PACE GUIDE								
Mile	W'chair Men	W'chair Women	IPC	Elite Women	Elite Men	3:30Hr Pace	4:30Hr Pace	6:00Hr Pace
START	08:55	08:55	09:00	09:15	10:00	10:00	10:00	10:00
1	08:58	08:59	09:05	09:20	10:04	10:08	10:10	10:13
2	09:01	09:03	09:11	09:25	10:09	10:16	10:20	10:27
3	09:05	09:07	09:16	09:31	10:14	10:24	10:30	10:41
4	09:08	09:11	09:22	09:36	10:19	10:32	10:41	10:54
5	09:12	09:15	09:27	09:41	10:23	10:40	10:51	11:08
6	09:15	09:19	09:33	09:47	10:28	10:48	11:01	11:22