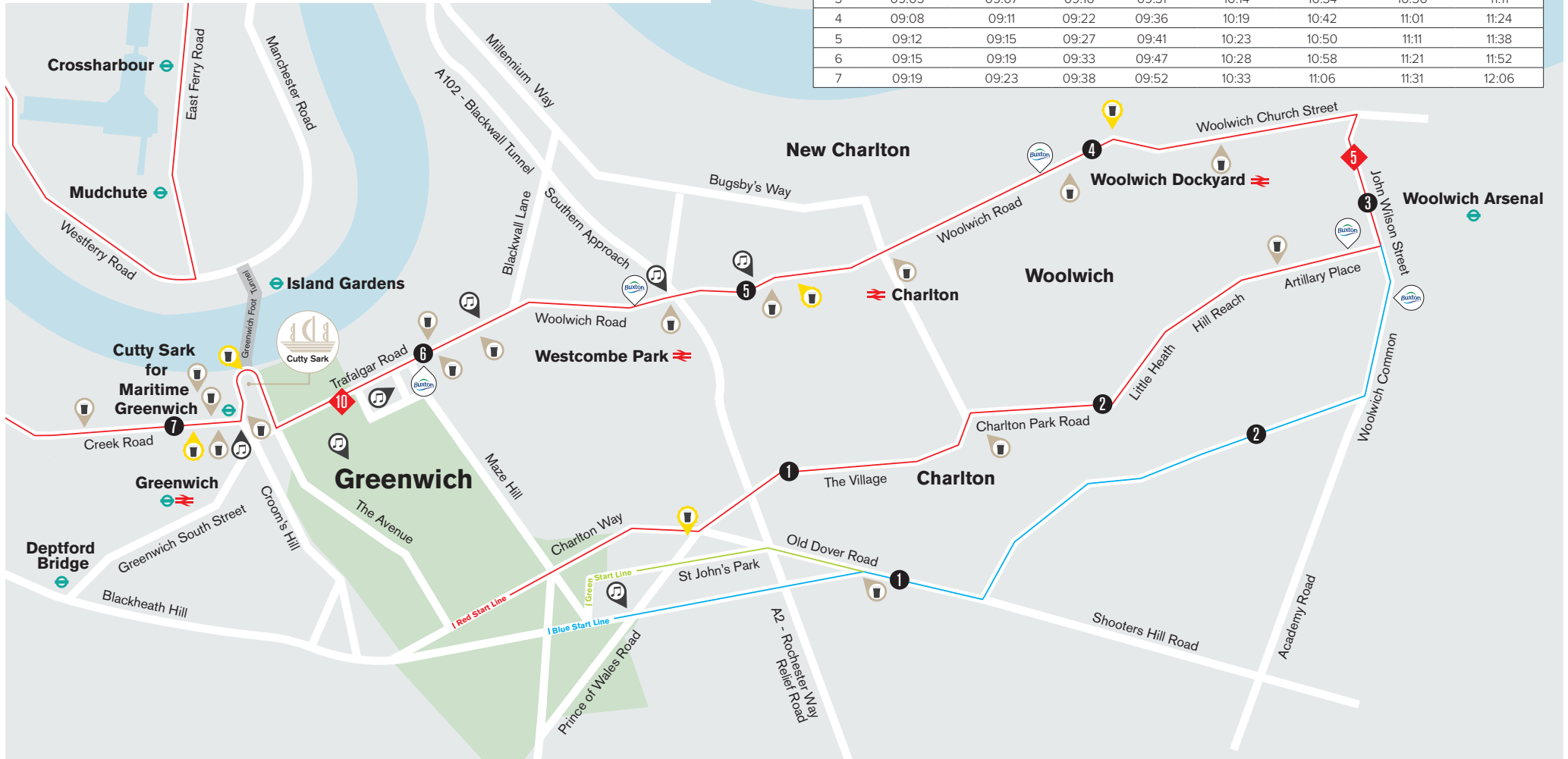










# FIRST 7 MILES

BLACKHEATH - WOOLWICH - GREENWICH

Mile	W'chair Men	W'chair Women	WPA	Elite Women	Elite Men	3:30Hr Pace	4:30Hr Pace	6:00Hr Pace
START	08:55	08:55	09:00	09:15	10:00	10:10	10:20	10:30
1	08:58	08:59	09:05	09:20	10:04	10:18	10:30	10:43
2	09:01	09:03	09:11	09:25	10:09	10:26	10:40	10:57
3	09:05	09:07	09:16	09:31	10:14	10:34	10:50	11:11
4	09:08	09:11	09:22	09:36	10:19	10:42	11:01	11:24
5	09:12	09:15	09:27	09:41	10:23	10:50	11:11	11:38
6	09:15	09:19	09:33	09:47	10:28	10:58	11:21	11:52
7	09:19	09:23	09:38	09:52	10:33	11:06	11:31	12:06



## KEY

-  Buxton Natural Spring Water
-  Fuller's pub on course
-  Pub on course
-  Lucozade Sports drink
-  Mile Marker
-  Pub on course with music
-  Music on course
-  KM Marker
-  The Route