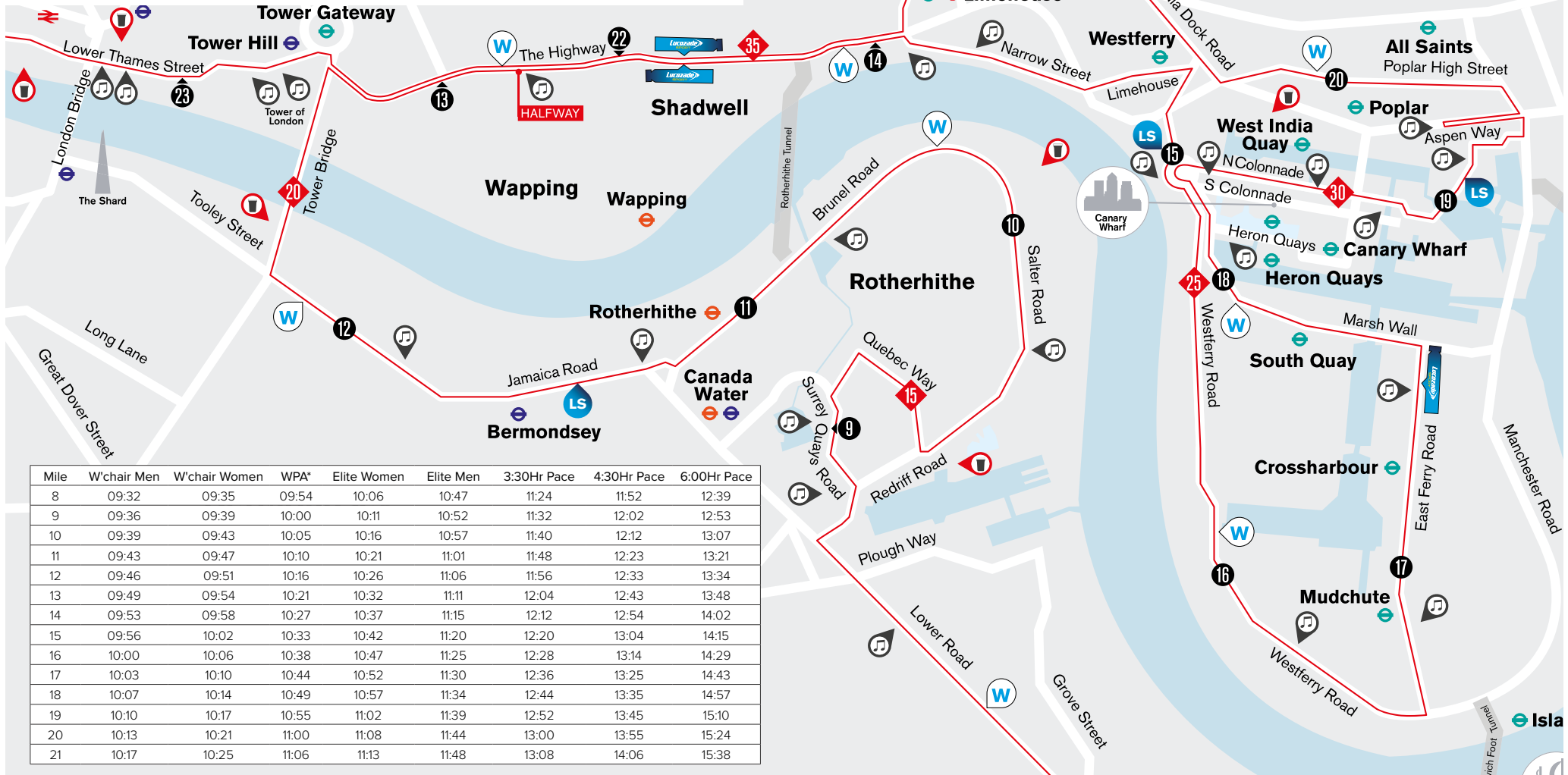


# MILES 8 TO 22

GREENWICH - THE TOWER - THE ISLE OF DOGS



Mile	W'chair Men	W'chair Women	WPA*	Elite Women	Elite Men	3:30Hr Pace	4:30Hr Pace	6:00Hr Pace
8	09:32	09:35	09:54	10:06	10:47	11:24	11:52	12:39
9	09:36	09:39	10:00	10:11	10:52	11:32	12:02	12:53
10	09:39	09:43	10:05	10:16	10:57	11:40	12:12	13:07
11	09:43	09:47	10:10	10:21	11:01	11:48	12:23	13:21
12	09:46	09:51	10:16	10:26	11:06	11:56	12:33	13:34
13	09:49	09:54	10:21	10:32	11:11	12:04	12:43	13:48
14	09:53	09:58	10:27	10:37	11:15	12:12	12:54	14:02
15	09:56	10:02	10:33	10:42	11:20	12:20	13:04	14:15
16	10:00	10:06	10:38	10:47	11:25	12:28	13:14	14:29
17	10:03	10:10	10:44	10:52	11:30	12:36	13:25	14:43
18	10:07	10:14	10:49	10:57	11:34	12:44	13:35	14:57
19	10:10	10:17	10:55	11:02	11:39	12:52	13:45	15:10
20	10:13	10:21	11:00	11:08	11:44	13:00	13:55	15:24
21	10:17	10:25	11:06	11:13	11:48	13:08	14:06	15:38

## KEY

- Buxton Natural Mineral Water
- Fuller's pub on course
- Lucozade Sports drink
- Mile Marker
- Music on course
- KM Marker
- The Route