








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	09:05	09:05	09:10	09:25	10:10	10:20	10:30	10:50
1	09:08	09:09	09:15	09:30	10:14	10:28	10:40	11:03
2	09:12	09:13	09:21	09:35	10:19	10:36	10:50	11:17
3	09:15	09:16	09:26	09:40	10:24	10:44	11:00	11:31
4	09:19	09:20	09:32	09:45	10:28	10:52	11:11	11:44
5	09:22	09:24	09:37	09:50	10:33	11:00	11:21	11:58
6	09:25	09:28	09:43	09:56	10:38	11:08	11:31	12:12



KEY

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