

CRY CHEER STATION- MILE 12

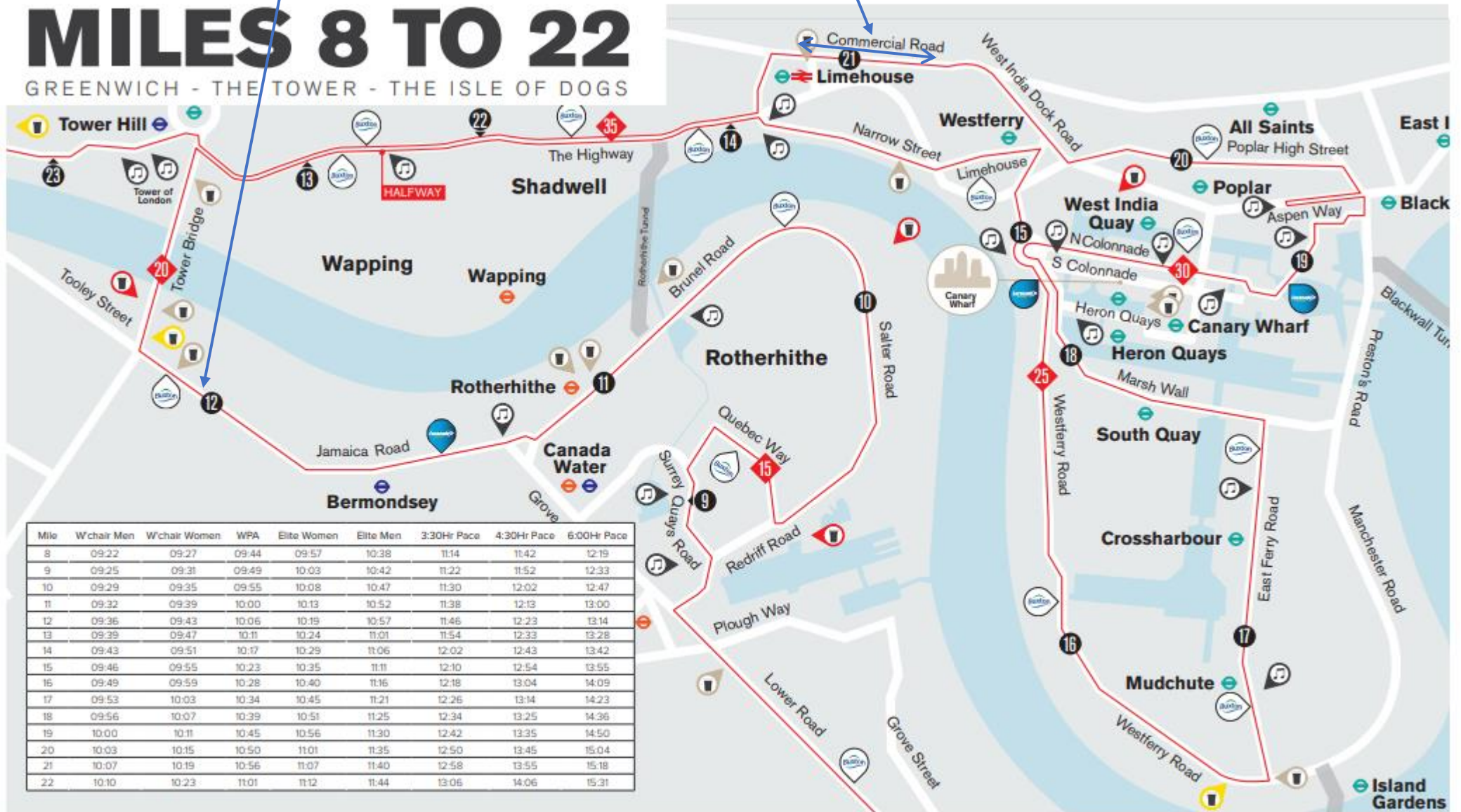
ANYWHERE ALONG HERE WHERE THERE IS SPACE

CRY CHEER STATION- MILE 21

ANYWHERE ALONG COMMERCIAL ROAD WHERE THERE IS SPACE

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	09:22	09:27	09:44	09:57	10:38	11:14	11:42	12:19
9	09:25	09:31	09:49	10:03	10:42	11:22	11:52	12:33
10	09:29	09:35	09:55	10:08	10:47	11:30	12:02	12:47
11	09:32	09:39	10:00	10:13	10:52	11:38	12:13	13:00
12	09:36	09:43	10:06	10:19	10:57	11:46	12:23	13:14
13	09:39	09:47	10:11	10:24	11:01	11:54	12:33	13:28
14	09:43	09:51	10:17	10:29	11:06	12:02	12:43	13:42
15	09:46	09:55	10:23	10:35	11:11	12:10	12:54	13:55
16	09:49	09:59	10:28	10:40	11:16	12:18	13:04	14:09
17	09:53	10:03	10:34	10:45	11:21	12:26	13:14	14:23
18	09:56	10:07	10:39	10:51	11:25	12:34	13:25	14:36
19	10:00	10:11	10:45	10:56	11:30	12:42	13:35	14:50
20	10:03	10:15	10:50	11:01	11:35	12:50	13:45	15:04
21	10:07	10:19	10:56	11:07	11:40	12:58	13:55	15:18
22	10:10	10:23	11:01	11:12	11:44	13:06	14:06	15:31

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