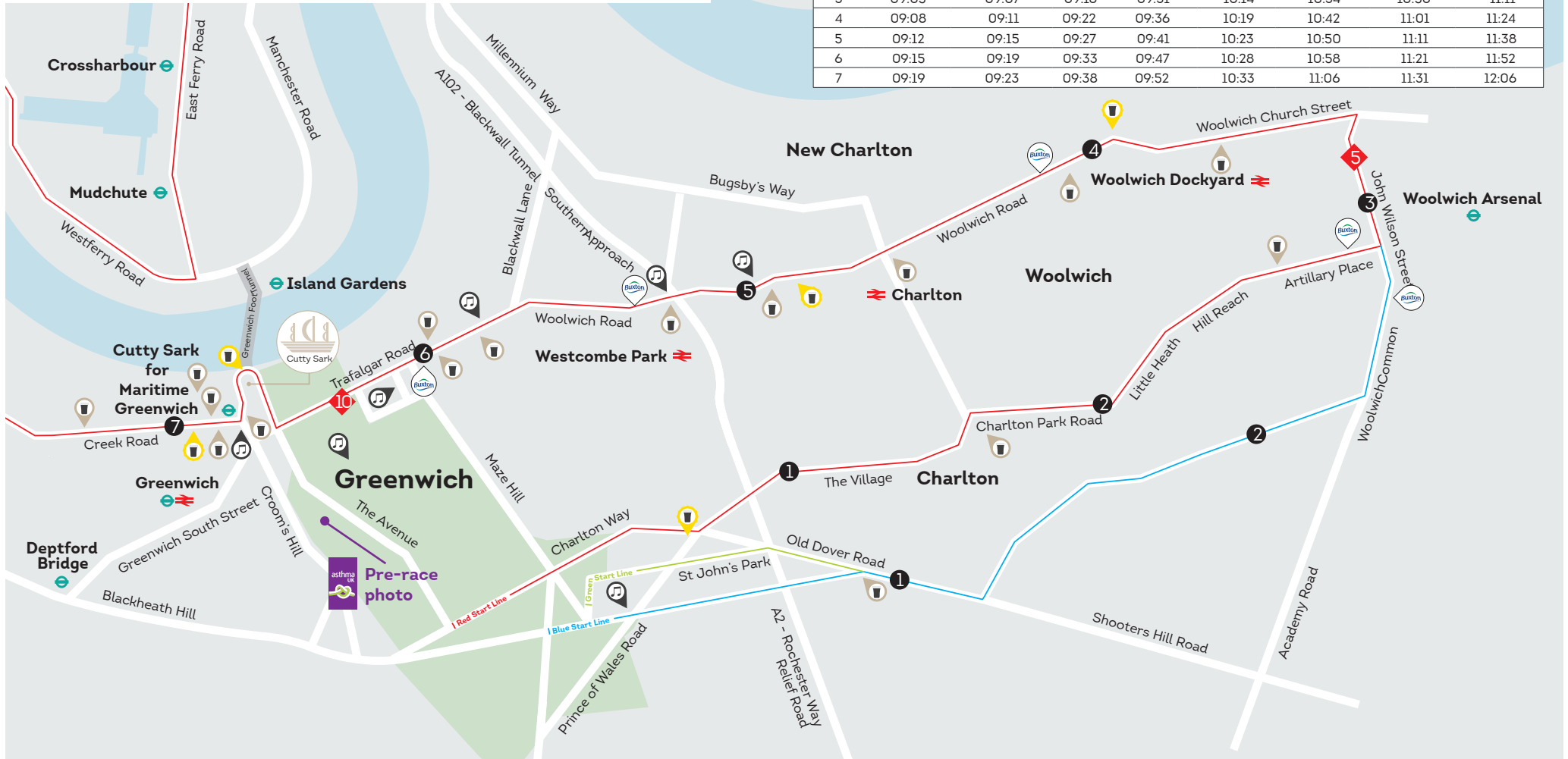











FIRST 7 MILES

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

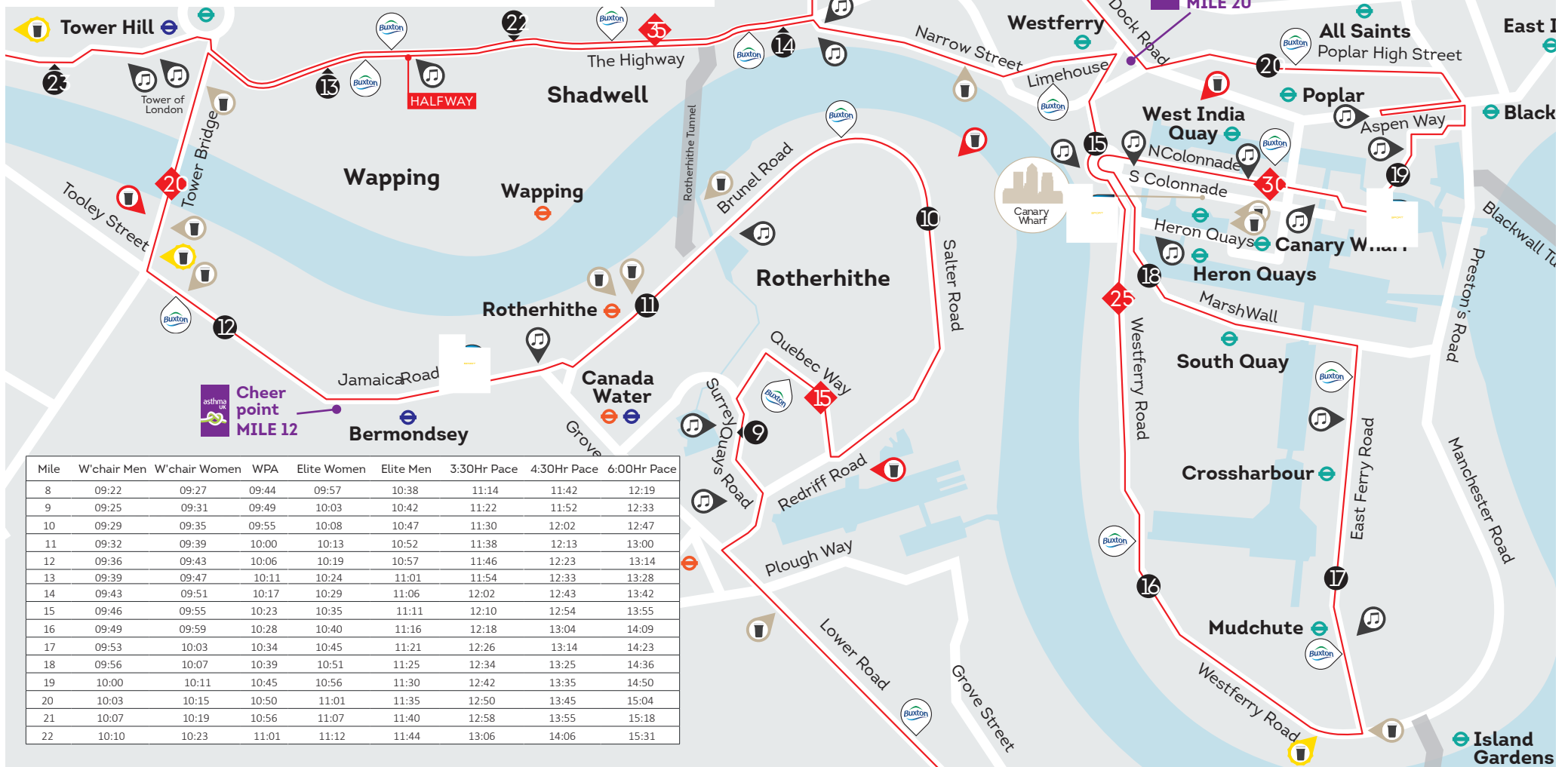


KEY

-  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
-  10 KM Marker
-  The Route










MILES 8 TO 22

GREENWICH - THE TOWER - THE ISLE OF DOGS



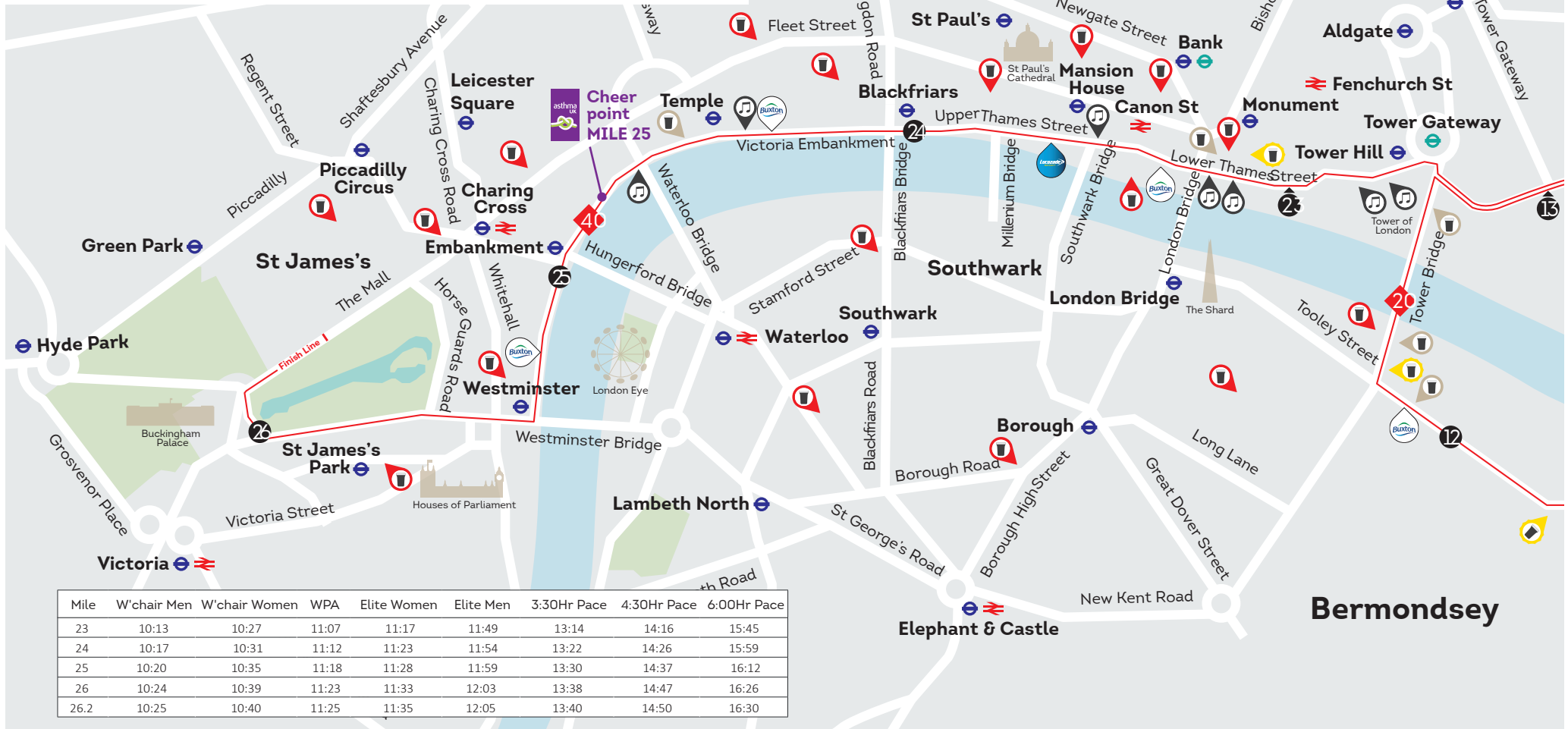
Mile	W'chair Men	W'chair Women	WPA	Elite Women	Elite Men	3:30Hr Pace	4:30Hr Pace	6:00Hr Pace
8	09:22	09:27	09:44	09:57	10:38	11:14	11:42	12:19
9	09:25	09:31	09:49	10:03	10:42	11:22	11:52	12:33
10	09:29	09:35	09:55	10:08	10:47	11:30	12:02	12:47
11	09:32	09:39	10:00	10:13	10:52	11:38	12:13	13:00
12	09:36	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

MILES 23 TO 26

THE HOME STRETCH: LONDON BRIDGE - THE MALL

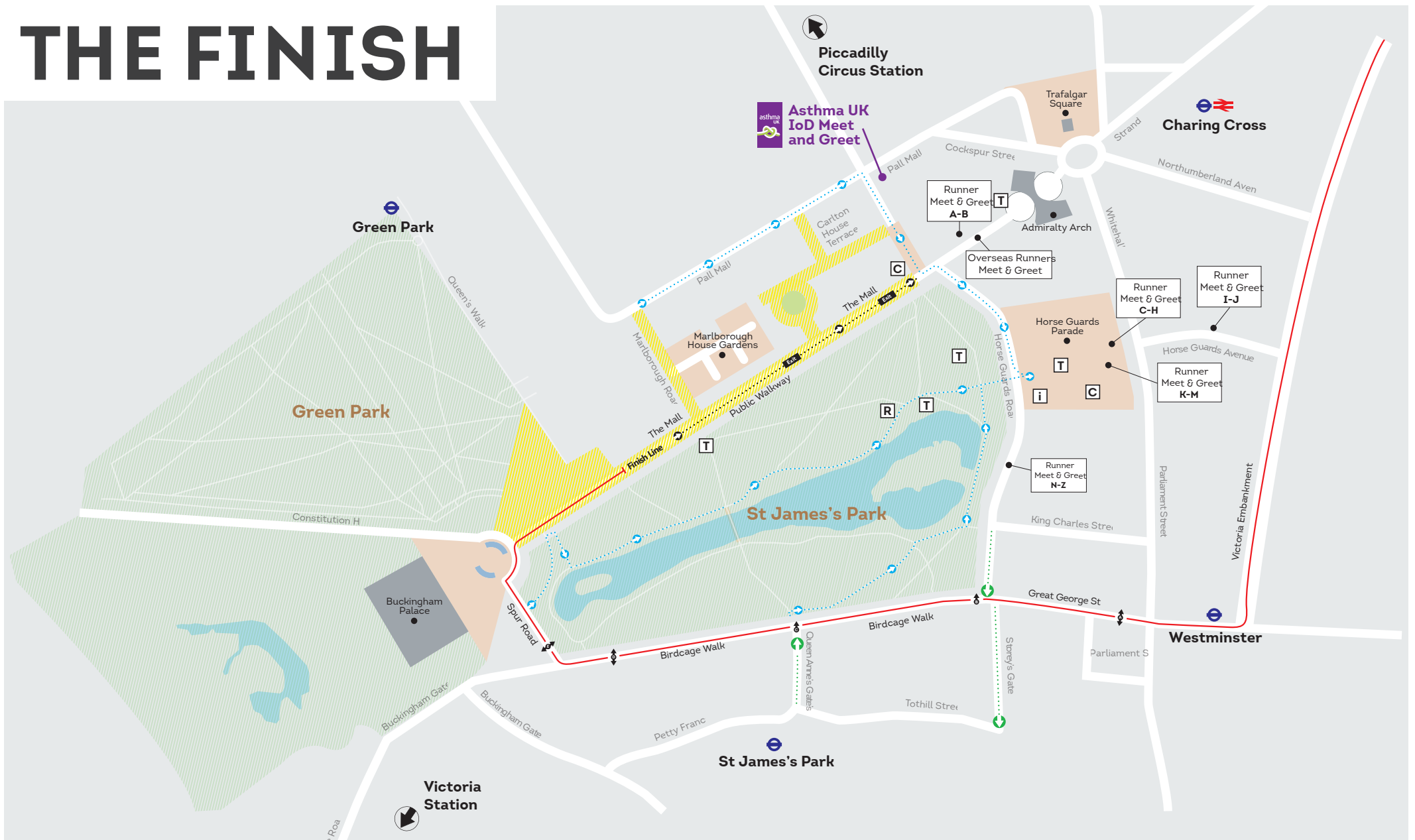


Mile	W'chair Men	W'chair Women	WPA	Elite Women	Elite Men	3:30Hr Pace	4:30Hr Pace	6:00Hr Pace
23	10:13	10:27	11:07	11:17	11:49	13:14	14:16	15:45
24	10:17	10:31	11:12	11:23	11:54	13:22	14:26	15:59
25	10:20	10:35	11:18	11:28	11:59	13:30	14:37	16:12
26	10:24	10:39	11:23	11:33	12:03	13:38	14:47	16:26
26.2	10:25	10:40	11:25	11:35	12:05	13:40	14:50	16:30

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

THE FINISH



KEY

Two Way Public Crossing Point

Pedestrians One Way

The Route

Toilets

Secure Area - Runners Only

One Way Public Crossing Point

Route To Runner Meet & Greet

St James's Cafe

Information

Changing