

Road Closure From	Mile	Location	Wheelchair Athletes	Elite Women	Elite Men	3:30 Pace	4:30 Pace	5:00 Pace	6:00 Pace	7:00 Pace	8:00 Pace	Mile	Road Open By
			<i>Pace Per km</i>	<i>Pace Per Mile</i>									
6:00	0	Blackheath Start	02:08	03:12	02:55	04:59	06:24	07:07	08:32	09:57	09:56	0	13:00
7:00	1	Shooters Hill Road	03:26	05:09	04:41	08:01	10:18	11:27	13:44	16:01	16:00	1	13:00
7:00	2	Ha Ha Road	8:50	9:00	9:40	9:40	9:45	10:00	10:15	10:30	11:00	2	13:00
7:00	3	John Wilson Street	8:53	9:05	9:44	9:48	9:55	10:11	10:28	10:46	11:18	3	13:00
7:00	5km	John Wilson Street	8:56	9:10	9:49	9:56	10:05	10:22	10:42	11:02	11:36	5km	13:00
7:00	4	Woolwich Road	9:00	9:16	9:54	10:04	10:15	10:34	10:56	11:18	11:54	4	14:00
7:00	5	Woolwich Road	9:03	9:20	9:58	10:12	10:26	10:45	11:09	11:34	12:13	5	14:00
7:00	6	Trafalgar Road	9:07	9:25	10:03	10:20	10:36	10:57	11:23	11:50	12:31	6	15:00
7:00	10km	Romney Road	9:10	9:30	10:08	10:28	10:46	11:08	11:37	12:06	12:49	10km	15:00
7:00	7	Creek Road	9:11	9:32	10:09	10:29	10:48	11:11	11:40	12:09	12:53	7	15:00
8:00	8	Evelyn Street	9:14	9:36	10:12	10:36	10:57	11:20	11:51	12:22	13:08	8	16:00
8:00	9	Surrey Quays Road	9:17	9:41	10:17	10:44	11:07	11:31	12:04	12:38	13:26	9	16:00
8:00	15km	Quebec Way	9:20	9:46	10:22	10:52	11:17	11:42	12:18	12:54	13:44	15km	16:00
8:00	10	Salter Road	9:22	9:47	10:23	10:54	11:20	11:46	12:22	12:59	13:50	10	16:00
8:00	11	Brunel Road	9:24	9:51	10:26	11:00	11:27	11:54	12:32	13:10	14:03	11	16:00
8:00	12	Jamaica Road	9:27	9:56	10:31	11:08	11:38	12:05	12:46	13:26	14:21	12	16:00
8:00	20km	Tower Bridge	9:31	10:01	10:36	11:16	11:48	12:17	12:59	13:42	14:39	20km	19:00
8:00	13	The Highway	9:32	10:03	10:38	11:19	11:52	12:22	13:05	13:49	14:47	13	19:00
8:00	13.1	Halfway	9:34	10:07	10:41	11:24	11:59	12:29	13:14	13:59	14:59	13.1	19:00
8:00	14	The Highway	9:38	10:12	10:45	11:32	12:09	12:40	13:27	14:14	15:16	14	19:00
8:00	15	Limehouse Causeway	9:41	10:17	10:50	11:40	12:19	12:51	13:40	14:30	15:34	15	19:00
8:00	25km	Westferry Road	9:43	10:19	10:52	11:44	12:24	12:57	13:48	14:38	15:44	25km	19:00
8:00	16	Westferry Road	9:44	10:22	10:55	11:48	12:29	13:03	13:54	14:46	15:52	16	19:00
8:00	17	East Ferry Road	9:48	10:27	10:59	11:56	12:40	13:14	14:08	15:02	16:11	17	19:00
8:00	18	Limeharbour	9:51	10:32	11:04	12:04	12:50	13:25	14:22	15:18	16:29	18	19:00
8:00	30km	North Colonade	9:53	10:35	11:07	12:09	12:56	13:33	14:30	15:28	16:41	30km	19:00
8:00	19	North Colonade	9:55	10:37	11:09	12:12	13:00	13:37	14:35	15:34	16:47	19	19:00
8:00	20	Poplar High Street	9:58	10:42	11:13	12:20	13:10	13:48	14:49	15:50	17:06	20	19:00
8:00	21	The Highway	10:02	10:48	11:18	12:28	13:21	14:00	15:03	16:06	17:24	21	19:00
8:00	35km	The Highway	10:04	10:51	11:22	12:34	13:28	14:08	15:13	16:18	17:38	35km	19:00
8:00	22	The Highway	10:05	10:53	11:23	12:36	13:31	14:11	15:17	16:22	17:42	22	19:00
7:30	23	Lower Thames Street	10:08	10:58	11:27	12:44	13:41	14:23	15:30	16:38	18:01	23	20:30
7:30	24	Upper Thames Street	10:12	11:03	11:32	12:52	13:52	14:34	15:44	16:54	18:19	24	20:30
7:30	40km	Victoria Embankment	10:15	11:07	11:36	12:59	14:00	14:44	15:56	17:08	18:35	40km	20:30
7:30	25	Victoria Embankment	10:15	11:08	11:37	13:00	14:02	14:46	15:58	17:10	18:37	25	20:30
7:30	26	Birdcage Walk	10:19	11:13	11:41	13:08	14:12	14:57	16:12	17:26	18:56	26	19:00
Saturday	26.2	Finish	10:20	11:15	11:43	13:10	14:15	15:00	16:15	17:30	19:00	26.2	Monday
Race Duration			1:30	2:15	2:03	3:30	4:30	5:00	6:00	7:00	8:00	03.09.2021	

