FLORA LONDON MARATHON
TIMINGS SCHEDULE

Mile	Location	Road Closure	Elite Women	Wheel chair M	Elite Men	3:30 Pace	4:30 Pace	5:00 Pace	6:00 Pace	Road Re-Opens
	Pace Per Mile		*00:05:16*	*00:03:40*	*00:04:48*	*00:08:01*	*00:10:18*	*00:11:27*	*00:13:45*	
0	Start	07.00.	**09:00:00**	**09:20:00**	**09:45:00**	09:45:00	09:45:00	09:45:00	09:45:00	
1	Shooters Hill Road	07.00.	09:05:16	09:23:40	09:49:48	09:53:01	09:55:18	09:56:27	09:58:45	14:00
2	Ha Ha Road	07.00.	09:10:32	09:27:20	09:54:36	10:01:02	10:05:36	10:07:54	10:12:30	14:00
3	John Wilson Street	07.00.	09:15:48	09:31:00	09:59:24	10:09:03	10:15:54	10:19:21	10:26:15	14:00
4	Woolwich Road	07.00.	09:21:04	09:34:40	10:04:12	10:17:04	10:26:12	10:30:48	10:40:00	14:00
5	Woolwich Road	07.00.	09:26:20	09:38:20	10:09:00	10:25:05	10:36:30	10:42:15	10:53:45	14:00
6	Trafalgar Road	07.00.	09:31:36	09:42:00	10:13:48	10:33:06	10:46:48	10:53:42	11:07:30	14:00
7	Creek Road	07.00.	09:36:52	09:45:40	10:18:36	10:41:07	10:57:06	11:05:09	11:21:15	14:00
8	Evelyn Street	08.00.	09:42:08	09:49:20	10:23:24	10:49:08	11:07:24	11:16:36	11:35:00	14:00
9	Surrey Quays Road	08.00.	09:47:24	09:53:00	10:28:12	10:57:09	11:17:42	11:28:03	11:48:45	16:00
10	Salter Road	08.00.	09:52:40	09:56:40	10:33:00	11:05:10	11:28:00	11:39:30	12:02:30	16:00
11	Brunel Road	08.00.	09:57:56	10:00:20	10:37:48	11:13:11	11:38:18	11:50:57	12:16:15	16:00
12	Jamaica Road	08.00.	10:03:12	10:04:00	10:42:36	11:21:12	11:48:36	12:02:24	12:30:00	16:00
13	The Highway	08.00.	10:08:28	10:07:40	10:47:24	11:29:13	11:58:54	12:13:51	12:43:45	19:00
14	The Highway	08.00.	10:13:44	10:11:20	10:52:12	11:37:14	12:09:12	12:25:18	12:57:30	19:00
15	Limehouse Causeway	08.00.	10:19:00	10:15:00	10:57:00	11:45:15	12:19:30	12:36:45	13:11:15	19:00
16	Westferry Road	08.00.	10:24:16	10:18:40	11:01:48	11:53:16	12:29:48	12:48:12	13:25:00	19:00
17	East Ferry Road	08.00.	10:29:32	10:22:20	11:06:36	12:01:17	12:40:06	12:59:39	13:38:45	19:00
18	Limeharbour	08.00.	10:34:48	10:26:00	11:11:24	12:09:18	12:50:24	13:11:06	13:52:30	19:00
19	North Colonade	08.00.	10:40:04	10:29:40	11:16:12	12:17:19	13:00:42	13:22:33	14:06:15	19:00
20	Poplar High Street	08.00.	10:45:20	10:33:20	11:21:00	12:25:20	13:11:00	13:34:00	14:20:00	19:00
21	The Highway	08.00.	10:50:36	10:37:00	11:25:48	12:33:21	13:21:18	13:45:27	14:33:45	19:00
22	The Highway	08.00.	10:55:52	10:40:40	11:30:36	12:41:22	13:31:36	13:56:54	14:47:30	19:00
23	Lower Thames Street	08.00.	11:01:08	10:44:20	11:35:24	12:49:23	13:41:54	14:08:21	15:01:15	19:00
24	Upper Thames Street	08.00.	11:06:24	10:48:00	11:40:12	12:57:24	13:52:12	14:19:48	15:15:00	19:00
25	Victoria Embankment	07.00.	11:11:40	10:51:40	11:45:00	13:05:25	14:02:30	14:31:15	15:28:45	19:00
26	Birdcage Walk	07.00.	11:16:56	10:55:20	11:49:48	13:13:26	14:12:48	14:42:42	15:42:30	19:00
26.2	Finish		**11:18:00**	**10.56.00**	**11:51:00**	13:15:26	14:15:22	14:45:33	15:45:56	
			(2:18 Pace)	(1:35 Pace)	(2:06 Pace)	(3:30 Pace)	(4:30 Pace)	(5:00 Pace)	(6:00 Pace)	