



VIRGIN LONDON MARATHON 2012

FINAL INSTRUCTIONS

Please read these instructions very carefully and keep them safe; in the following pages you will find all the information you need to have a trouble-free Race Day on the 22nd April. We will do our utmost to look after you all the way through each of the 26.2 miles. All you need to do is follow the few simple guidelines here.

WHAT HAPPENS NEXT?

With your Final Instructions magazine you will have received your registration form which shows your running number. DO NOT LOSE THIS FORM. You will need it to collect your running number and kitbag when you register at the ExCeL Exhibition Centre.

YOU MUST BRING PHOTOGRAPHIC IDENTIFICATION WITH YOU TO COLLECT YOUR RUNNING NUMBER. THE ACCEPTANCE SLIP SENT TO YOU IN DECEMBER IS NOT VALID.

On the reverse of this registration form you will find a Charity Survey questionnaire, please complete this section before you arrive at Registration.

While preferring you to register in person, we recognise that in some cases this may be impossible. You can nominate someone to collect your number for you. The person you nominate must have the following: a letter written and signed by you, authorising that person - by name - to collect your number. You must also sign your registration form before handing it to them **AND PROVIDE THEM WITH A CLEAR PHOTOCOPY OF YOUR DRIVING LICENCE OR PASSPORT SHOWING YOUR NAME AND SIGNATURE.**

The person collecting your running number should have suitable identification with them. Failure to comply with these instructions

may lead to your running number not being issued. Please note, an individual can only pick up one running number in addition to their own.

YOUR RUNNING NUMBER

Take care of your running number and fill in the medical information on the reverse side.

Do not tamper with your number in any way, note that duplicate numbers cannot be issued under any circumstances.

WHERE DO I REGISTER?

You must register and collect your number before Race Day. Registration is at the Virgin London Marathon Exhibition held at ExCeL international exhibition and conference centre in East London. The address is:

**EXCEL,
1 WESTERN GATEWAY,
ROYAL VICTORIA DOCK,
LONDON
E16 1XL**

You can register at the following times:

Wednesday 18th April	11am-8pm.
Thursday 19th April	10am-8pm.
Friday 20th April	10am-8pm.
Saturday 21st April	9am-5pm.

You will be asked to sign the declaration on your registration form in front of the Registration Clerk and provide photographic ID such as a

driving licence or passport. With your number and kitbag you will also be given a set of final instructions. Please read them carefully.

OVERSEAS RUNNERS

There are special desks for overseas runners at registration, which will be clearly marked. See the map on page 5.

HOW DO I GET TO ExCeL?

ExCeL is connected to the Jubilee line at Canning Town via a 3-minute DLR journey (Docklands Light Railway) to ExCeL's dedicated station Custom House for the West entrance. (Prince Regent station for the East entrance).

ExCeL is also connected directly to the Central, Northern, Circle, District and Waterloo & City lines at Bank and the Circle and District lines at Tower Hill via the DLR.

ExCeL is in London Underground Zone 3. We strongly advise that you purchase a return or travelcard as ticket purchasing facilities are limited at ExCeL.

All valid London Underground tickets are accepted on Docklands Light Railway (DLR). Custom House DLR station is adjacent to the ExCeL centre entrance.

Please try to register on Wednesday or Thursday if you live in or around London. This will allow Friday and Saturday for >>

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runners from further afield. After registering, take some time to look round the Virgin London Marathon Exhibition - the biggest of its kind in the UK.

YOUR KIT BAG

At Registration you will be given an envelope containing your running number and an adhesive numbered sticker. You will also be given a drawstring Race Day Kitbag. The sticker must be fixed to the front of the Kitbag on the area indicated and you will use this Kitbag for your belongings on Race Day.

WHAT IF I AM ILL OR INJURED?

You must be fit and well to run a marathon.

Severe exertion during or soon after any kind of fever is extremely dangerous. See the medical advice starting on page 117 in your magazine for more details on health and distance running. Do not take any chances with your health: If you find yourself in this situation you must withdraw - even if this is the first time you have been accepted for the Virgin London Marathon after years of trying.

If you withdraw and use the following procedures we will guarantee you an entry for the 2013 race - subject to you paying the 2013 entry fee and completing the online 2013 Ill or Injured Entry Form by 5pm on the 24th June 2012. See adjacent panel

IF YOU ARE ILL OR INJURED AND YOU WISH TO WITHDRAW, THIS IS WHAT YOU MUST DO:

1. Go online and log on to: www.virginlondonmarathonballot.com/withdraw and complete the online withdrawal form. This must be done no later than April 21st 2012. You will then receive an email confirming your withdrawal.
2. Providing you adhere to the dates below and pay the appropriate entry fee, you will be accepted for the 2013 race unless you have already carried your entry over from the 2011 race or if the entry was received from a charity or sponsor.
3. Runners will receive an email link for the 2013 online entry form by 1st June 2012. If you have not heard from us by the 1st June 2012 please telephone our helpline on 0207 902 0200 no later than this date. Failure to do so will result in the loss of your entry.
4. The closing date for completion of the online ill or injured entry form is 5pm on the 24th June 2012.
5. It is the runners responsibility to ensure they have completed their online 'Ill or Injured' entry form by this closing date. This deadline date will not be extended under any circumstance.

CHECKLIST

YOU WILL NEED TO BRING THE FOLLOWING ALONG WITH YOU TO REGISTRATION:



☐ **YOUR REGISTRATION FORM**

This is the form that you received with this magazine. It has your Running Number on it.

☐ **VALID PHOTOGRAPHIC ID**

A driving licence or passport.

FINAL INSTRUCTIONS



VIRGIN LONDON MARATHON EXPO 2012

Entry to the 2012 Virgin London Marathon Exhibition is FREE, so bring your family and friends – and tell all your running companions even if they are not competing. This year's exhibition is the biggest ever. All the major athletic brands are present, as are a multitude of other exhibitors showing and selling everything from retro headbands to the latest GPS satellite systems. One of the biggest stands is devoted to the Virgin London Marathon Superstore with this year's range of adidas souvenir and technical clothing.

Under one roof you will find stands presenting a vast selection of manufacturers, international races, charities, running magazines and medical companies. Check them out on

www.lmexpo.com and leave yourself plenty of time to spend at the exhibition itself.

The Virgin Stage is situated within the Pasta Party (see map on page 5), so you can take onboard some expert advice while you enjoy a great pasta meal. Throughout the day there will be a full programme of informative presentations and entertainment.

Expert speakers include top marathon coach, Martin Yelling, and former world champion, Iwan Thomas. The full line up is detailed on page 4.

The exhibition is held at ExCeL London, the biggest and best venue in the country, with easy access from Custom House station on

the Docklands Light Railway. The show attracts 70,000 visitors every year over its four days. With 15,000 visitors each weekday and 25,000 on Saturday, you may want to consider visiting in the week to avoid the crowds on Saturday. If you have to come on Saturday, our advice is the earlier the better, before 11am is the quietest time.

OPENING TIMES

Wednesday 18th April	11am-8pm.
Thursday 19th April	10am-8pm.
Friday 20th April	10am-8pm.
Saturday 21st April	9am-5pm.

Come and share your experience with over 70,000 like-minded people at the running event of the year!


How to Get to ExCeL London

With 3 dedicated DLR (Docklands Light Railway) stations, parking for 4,000 cars and London City Airport just 5-minutes away getting to ExCeL London could not be easier. We are located alongside Royal Victoria Dock just 4 miles east of Tower Bridge and just a few minutes drive from Canary Wharf.

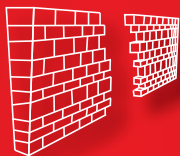
Additional information on getting to ExCeL London can be found on their website www.excel-london.co.uk



By Tube & DLR (Docklands Light Railway)



The Jubilee Line is recommended as the quickest route to ExCeL London. Change at Canning Town for the quick, 2-stop DLR (Docklands Light Railway) journey to Custom House for ExCeL.



THE VIRGIN LONDON MARATHON PASTA PARTY 2012

ON STAGE AT THE PASTA PARTY

COUNTDOWN TO RACE DAY

Helpful tips for your final preparations
and the race itself from Martin Yelling,
top marathon coach.

STEPPING UP

Former world champion Iwan Thomas talks about the
special challenges of tackling 42,195 metres instead
of his favourite 400 metres.

HYDRATION AND FUEL

With sports scientist, Chris McManus, from Essex University.

PACING YOURSELF

Katherine Kendall of Runner's World, explains how this top
magazine and website offers you pacing groups to help you
achieve your target time.

WHERE IT ALL BEGAN

Highlights of the new biography of the remarkable
Chris Brasher, founder of the London Marathon,
with author John Bryant.

PLAN TO ENJOY RACE DAY

Plans to make and Pitfalls to avoid, from Brian Webber of the Virgin London
Marathon team.

Plus SPECIAL GUEST STAR SCOTT OVERALL

Scott, with a background in 5,000m running, qualified for the London 2012
Olympic Marathon in October following his amazing marathon debut (yes, debut!)
at the BMW Berlin Marathon in a time of 2 hours, 10 minutes and 55 seconds.

and DAILY FASHION SHOWS & CELEBRITY INTERVIEWS

VIRGIN LONDON MARATHON EXPO 2012

The Virgin London Marathon is famous the world over for the support provided to the thousands of onlookers that come out on race day to marvel at your achievement

Many runners say that the support of the crowds is one of the main contributors to them successfully completing the race and one of the best ways to get the crowd to cheer you on is to let them know who you are and why you're running. Simply by adding your name to your vest will ensure that you are cheered all the way home.

Our printing service has been operating for many years, with thousands of satisfied customers. This service is available at the show, however, due to the large volume of orders, this can sometimes mean large queues. To avoid the wait you can now visit, this service through our online mail order service with the added advantage of being able to train in your vest or singlet prior to Race Day.

Order your print through www.lmexpo.com then send your vest to us by April 2nd 2012 and we will print it and return it by 1st Class registered post.

1st Line - £8.00

2nd Line - £6.00

3rd Line - £4.00

Each subsequent Line - £2.00

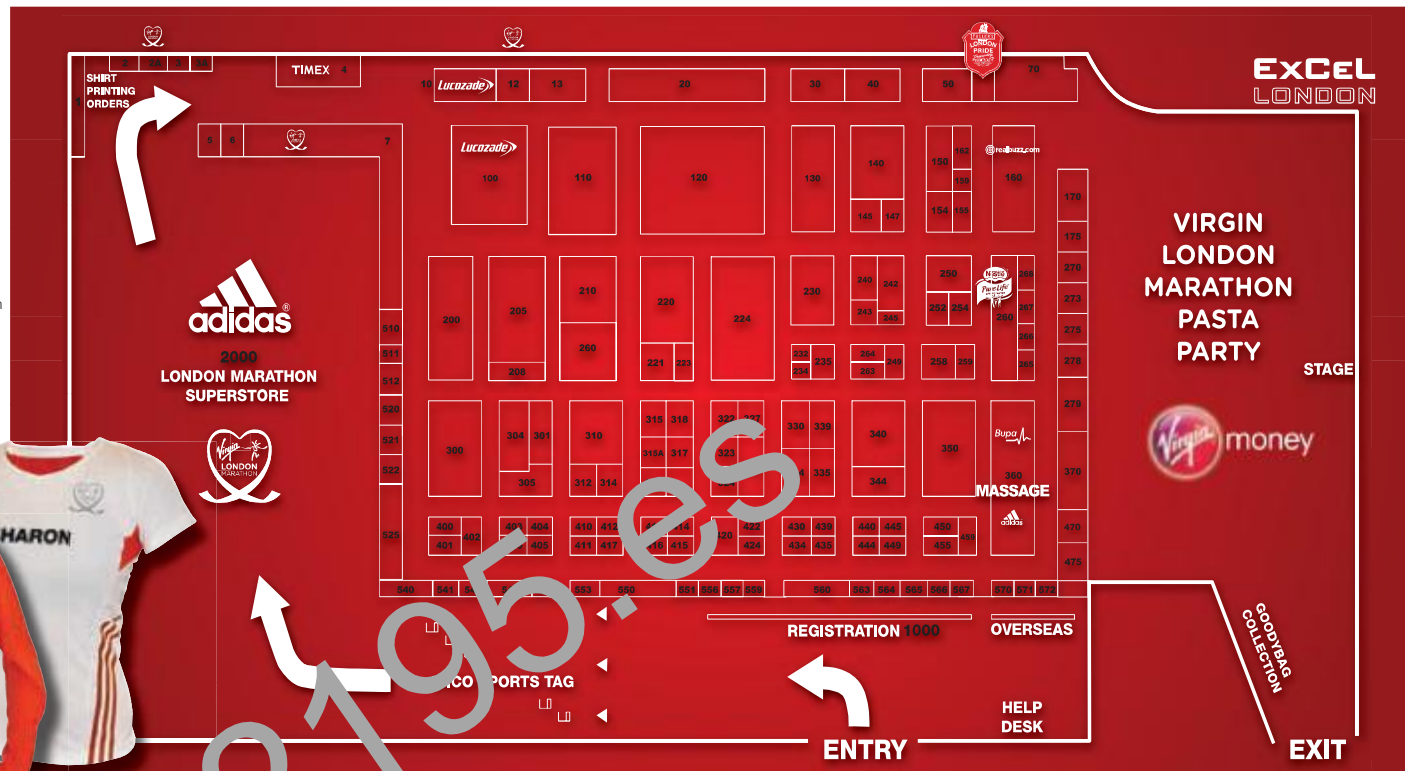
P&P £3.50

Cost covers printing only, shirt is not included.

Simply go to www.lmexpo.com and click on the 'Vest Printing' button.



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LIST OF EXHIBITORS

1000 MILE SPORTSWEAR LTD	221 & 512	CLIC Sargent	240	James White	540	Meningitis Trust	324	Round Table Childrens Wish Ltd	259	The Anthony Nolan Trust	252
2:09 Events Ltd	279	Clif Bar & Company	242	JDRF	412	Midnight Sun Marathon	563	Run Breeze	147	The Children's Trust	263
Action for Children	275	Competitor Group	325	JKUK Sports Ltd	434	Midsummer Marketing Ltd	520	MUNICH MARATHON	567	The Stick	3
Active Leisure Events Ltd	449	DB Apparel	30	Kelsey Publishing	258	Mizuno	205	RunBritain	525	Thocsa Ltd	264
adidas TERREX Adventure Race	564	Jerusalem Marathon	559	Kilomathon London 2012	175	Motorola	120	Runner's World	148	Timex UK	4
Age UK	403	Dreams Come True	416	Koeln Marathon	551	Multiple Sclerosis Resource Centre	322	Running Free Magazine	455	Toe Socks	265
All Ireland Ltd	264	EPX UK Limited	570	LessBounce Ltd	267	Muscular Dystrophy Campaign	542	Saucony	300	Triathlon Consultants Ltd	155
Arthritis Research UK	330	Vienna City Marathon	273	Leukaemia & Lymphoma Research	245	Nestlé Pure Life Spring Water	260	Science in Sport	250	TrionZ	162
Asics	224	Epilepsy Action	234	Loch Ness Marathon	444	New Balance	200	Scoop	316	TUI Marathon Palma de Mallorca	557
Asthma UK	410	Falke UK	510	London Marathon Store	12	Nine Point Nine	304	Sense	420	Turin Marathon	522
Athletics Weekly	312	Fit Brands	260	London Marathon Store	3A, 370	NSPCC	339	Shelter	411	Variety, the Children's Charity	243
Avalanche Sports Marketing	543	London Pride	40	Lucasade Sport	10	Oxfam	439	Shirt Printing Service	1	Verein Lucerne Marathon	566
Barnardo's	565	FUNDACIO CALVIA 2004	571	LUPUS UK	417	pancreatic cancer uk	405	Skechers	560	Vicon	318
BBC London 94.9	475	Garmin	230	Macmillan Cancer Support	327	Parkinson's UK	413	Skins Services Ltd	310	Vitacoco	545
Bodyhelix	521	Get Kids Going	6	Madison	317	PHAB	402	Smart Motion Running	553	WellChild	400
Bondi Band LLC	249	Guide Dogs	13	Marathon Events Management	270	Physicool Ltd	450	Sparks	232	Whizz-Kidz	335
Brain Tumour UK	435	Help the Hospices	430	Official Virgin London Marathon Souvenirs	2A	Power Bar UK	223	SPIBELT	268	WV Gore	140
Breakthrough Breast Cancer	422	Hippie Runner	406	MarathonFoto	2	Primal Lifestyle	344	Sports Tours International	005	Women's Running	334
breast cancer campaign	414	Hoka Europe	511	Maraton Valencia	159	Pro Direct Sports	20	St John Ambulance	278	X Socks	210
British Heart Foundation	150	Hospices of Hope	266	Marchon Eyewear UK	476	Prostate Cancer Research Centre	170	Suunto UK	301	Xempo	208
Brooks Sports	130	I-cover Limited	572	Marie Curie Cancer Care	319	Puma UK	220	Sweatshop	110		
Canada Running Series	315A	iFitness Inc	459	Mash Marketing	401	Rainbow Running	254	Tanita Europe	305		
Cancer Research UK	50	IMG UK Ltd	415	Massage Area with adidas and Bupa	360	realbuzz.com	160	TBA	323		
Cardiomyopathy Association	445	Inmotion Sport Limited	350	MAXINUTRITION	340	RNLI	315	TCS Amsterdam Marathon	556		
CHILDREN with CANCER UK	70	International Race	550	MENCAP	404	Road Runners Club	541	TeamPB	154		

FINAL INSTRUCTIONS

RACE DAY



BEFORE LEAVING HOME

Make sure you have the following: running number and safety pins, IPICO Sports Tag timing device, wire twist ties and instructions on how to fix it to your shoe (better still; put it on your shoe before you leave - see the panel on the following page). Kit Bag and baggage label with your running number printed on.

BEFORE THE EVENT

You must pin your running number to the front of your T-shirt or running vest. Your running number has a zone number in the bottom right corner between 1 and 9. This indicates your zone at the Start (see section 'Start Zones' on page 10).

You must not use someone else's number, nor let someone else use yours. Imagine the anxiety caused to either set of relatives and friends in the event of mis-identification should there be a medical emergency. **Don't do it!**

Do not forget your running number. There are no spare running numbers at the Start. If you forget your number and still insist on taking part, our marshals will remove you from the race before you cross the Finish Line. They

are instructed to do this in order to prevent non bona fide runners who have not entered the event joining in and attempting to cross the line to receive a Finisher's medal.

Your IPICO Sports Tag timing device must be fixed to your running shoe in accordance with the instructions (see the panel on the following page). If you need additional instructions, or wire twist ties to fix the IPICO Sports Tag, these can be collected from the information point located in the assembly area at each Start. If you do not wear your Tag then the system will not record you finishing and therefore we will be unable to provide you with a finishing time.

PUBLIC TRANSPORT TO THE START

If you are on the Blue Start or a 'Fast' good for age competitor you need to travel to Blackheath Station. If you are on the Red Start you should travel to either Greenwich Station or Maze Hill Station. If you are on the Green Start you should travel to Maze Hill Station. There are marshals at the exits from all stations and on the routes to the Start Assembly Areas. Allow 15 – 20 minutes for the walk from the Station to the Assembly Area for all three starts.

Trains depart Central London from Charing Cross, Waterloo East and London Bridge stations. Marshals at all three stations will direct you onto the appropriate trains for each Start. The journey takes between 12 and 20 minutes, with trains leaving every few minutes from 06:54am onwards. Please see the timetable on page 8.

Travel on these trains is free to competitors, but friends and relatives must pay the normal fare. However these trains are extremely busy, and non runners are therefore not encouraged to travel to the start.

Please note spectators are not permitted into the Start Assembly Areas.

London Underground and Docklands Light Railway are also offering free travel to runners until 5:00pm on Marathon Day for those who need to connect with mainline stations. You will need to show your running number to station staff. Friends, family and other spectators will need to purchase tickets as normal. Take the earliest train you can, all trains are busy, but the later ones are especially so. >>

FINAL INSTRUCTIONS

RACE DAY

Please be aware that there are planned Tube closures on 22nd April:

Northern line - between Hampstead and Edgware.

Metropolitan line - Wembley Park to Uxbridge and Northwood. The **Piccadilly line** will be operating enhanced service between Rayners Lane and Uxbridge.

District line - between Turnham Green and Richmond.

The Docklands Light Railway (DLR) enables runners to travel to Greenwich from various stations north and south of the river. Services on 22nd April will start earlier at 05:30am

from Tower Gateway and Lewisham and 07:00am from Bank. For further information call **020 7363 9700** or log on **www.tfl.gov.uk/journeyplanner**.

LONDON OVERGROUND

Runners travelling from Dalston Junction (and intermediate stations) can connect with Southeastern trains at New Cross for onward travel to Blackheath (Blue Start). The first train departs Dalston Junction just before 07:00am and trains will run every 15 minutes.

TRANSPORT TO THE START - CARS AND COACHES

We do not advise competitors to travel by car, but if there is no other alternative you should remember the following:

- Roads in the area will close at 07:00am, with local diversions in operation in the Greenwich, Charlton and Deptford areas.

- There is limited parking available on Blackheath.

- If you intend to leave your car at the Start, you will need to retrieve it after the event once you have reached the Finish in The Mall. There is **NO** parking in the vicinity of the Finish.

- Coach Parties – Please refer to the map on page 9.

ATTACHING YOUR IPICO SPORTS TAG TO YOUR SHOE



The Virgin London Marathon accurately times every single runner by means of a transponder and an IPICO Sports Tag worn on the runners' shoes. When you cross the Start Line you will run over a mat on the road which will register your time as you pass over it. There is another mat under the Finish Gantry.

Official results and times will be based on the elapsed time taken by each runner between the Start Line and Finish Line. There are also timing mats at each 5K point as well as half way. It is your responsibility to wear this correctly in order to get an official finishing time.

Your IPICO Sports Tag will be issued to you at Registration. This must be fixed to your running shoe in accordance with the instructions. In the envelope with your running number are wire twist ties to attach the IPICO Sports Tag to your running shoe.

When you cross the Finish Line, we have teams of specially equipped helpers to remove the IPICO Sports Tag from your shoe – you do not need to do anything, just follow the marshals' instructions. Use the wire twist fasteners provided - do not fix the IPICO Sports Tag through your shoelaces; if you do we will have to cut your laces to get it back.

STEP 1

Loosen the laces of your running shoe.



STEP 2

Thread the wire twist ties under the laces.



STEP 3

Thread the IPICO Sports Tag onto the wire twist ties.



STEP 4

Secure the IPICO Sports Tag by twisting the ties firmly together.



FINAL INSTRUCTIONS

RAIL INFO

NOTICE TO ALL RUNNERS

Southeastern have kindly agreed to allow you, as an official entrant to the Virgin London Marathon 2012, to travel free of charge between the following stations and upon the following conditions:

1. You may travel between Charing Cross, London Bridge and Waterloo East Stations and either Greenwich, Maze Hill or Blackheath Stations (in either direction) on Sunday 22nd April 2012. You may not embark or disembark at any intermediate stations.
2. Your authority to travel on the above train services will be your official running number for the Virgin London Marathon which you must produce for inspection upon request by a member of staff.
3. You must not allow anyone else to use your running number to travel on the railways. The special concession is only for you as an entrant of the Virgin London Marathon.
4. You may only travel between the hours of 06:54 and 10:00 on Sunday 22nd April 2012.
5. The Board Passenger Conditions of Carriage shall apply, save as may be varied by this notice.
6. Any property or possessions will be carried at your own risk.

RUNNERS

Runners do **NOT** need a ticket on Southeastern services to: Greenwich, Blackheath or Maze Hill. (Your race numbers are confirmation of travel). Free travel is valid from London Termini only.

SPECTATORS

Spectators are required to purchase a ticket to travel on Southeastern.

FARES FROM LONDON TERMINI

GREENWICH

Oyster PAYG £1.80 | Anytime cash Single £2.80

BLACKHEATH

Oyster PAYG £2.10 | Anytime cash Single £3.70

MAZE HILL

Oyster PAYG £2.10 | Anytime cash Single £3.70

TRAVEL CARDS

Travel Card Zone 1 & 2 £7.00 (Greenwich Only)

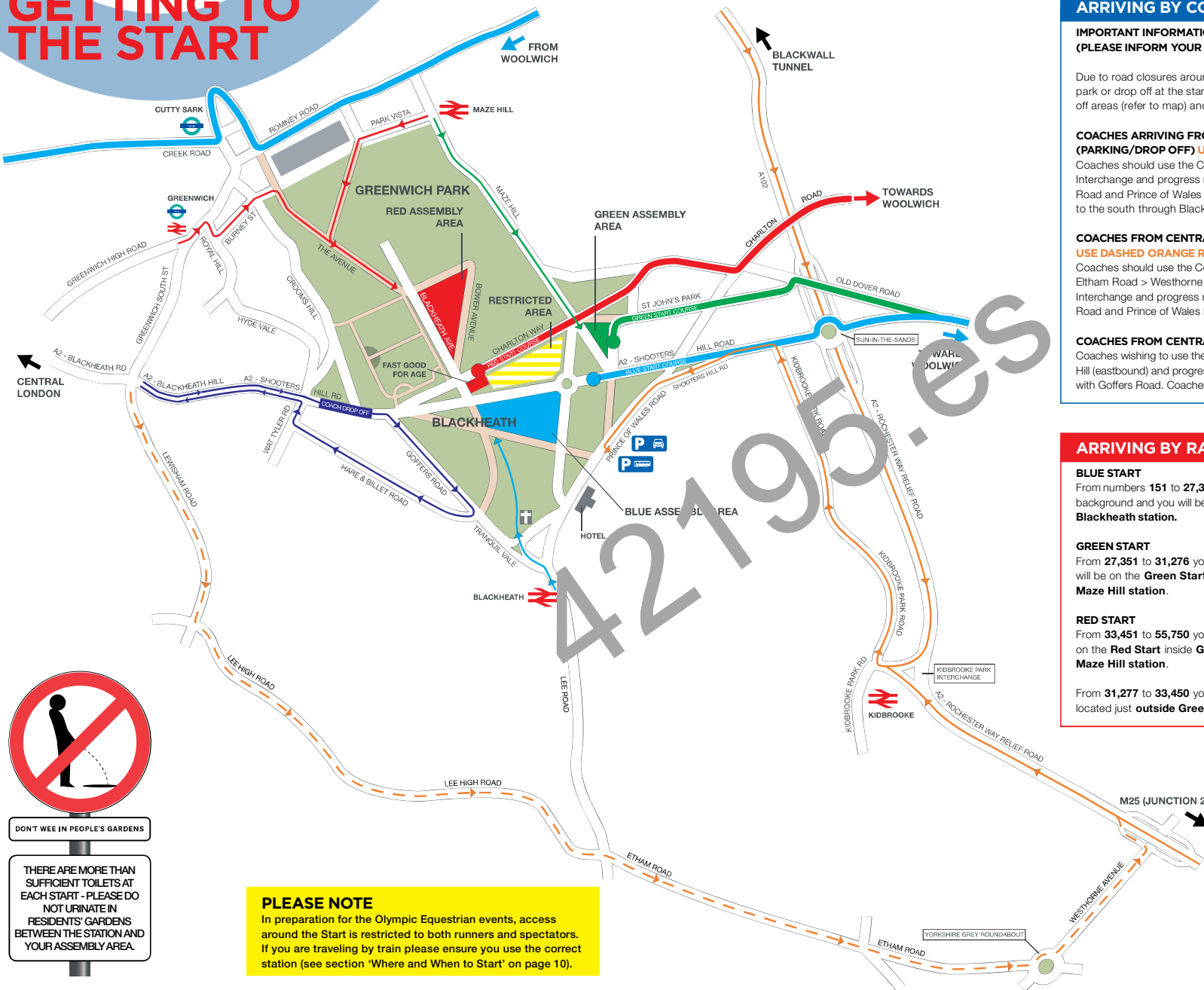
Travel Card Zone 1,2,3 & 4 £7.70 (Maze Hill & Blackheath)

Southeastern supports the Virgin London Marathon.

Charing Cross	Waterloo East	London Bridge	Greenwich	Maze Hill	Blackheath
-----	-----	06:54	07:01	07:09	-----
-----	-----	07:00	-----	-----	07:10
06:54	06:58	-----	07:10	07:16	-----
07:00	07:04	-----	-----	-----	07:18
-----	-----	07:09	07:17	07:24	-----
-----	-----	07:15	-----	-----	07:26
07:09	07:13	-----	07:25	07:31	-----
07:15	07:19	-----	-----	-----	07:33
-----	-----	07:24	07:32	07:39	-----
-----	-----	07:30	-----	-----	07:41
07:24	07:28	-----	07:40	07:46	-----
07:30	07:34	-----	-----	-----	07:48
-----	-----	07:39	07:47	07:54	-----
-----	-----	07:45	-----	-----	07:56
07:39	07:43	-----	07:55	08:01	-----
07:45	07:48	-----	-----	-----	08:03
-----	-----	07:54	08:02	08:09	-----
-----	-----	08:00	-----	-----	08:10
07:54	07:58	-----	08:10	08:16	-----
08:00	08:04	-----	-----	-----	08:18
-----	-----	08:09	08:17	08:24	-----
-----	-----	08:10	-----	-----	08:24
08:09	08:13	-----	08:25	08:31	-----
08:15	08:19	-----	-----	-----	08:33
-----	-----	08:24	08:32	08:36	-----
-----	-----	08:25	-----	-----	08:40
08:24	08:28	-----	08:40	08:46	-----
08:30	08:34	-----	-----	-----	08:48
-----	-----	08:39	08:47	08:51	-----
-----	-----	08:40	-----	-----	08:54
08:39	08:43	-----	08:55	09:01	-----
08:45	08:49	-----	-----	-----	09:03
-----	-----	08:54	09:02	09:09	-----
08:50	08:54	09:00	-----	-----	09:10
08:54	08:58	-----	09:10	09:16	-----
09:00	09:04	09:10	09:18	09:24	-----
09:10	09:14	09:19	-----	-----	09:31
-----	-----	09:20	09:27	-----	-----
09:12	09:15	09:23	09:31	09:38	-----
09:20	09:23	09:28	-----	-----	09:40

southeastern.

FINAL INSTRUCTIONS GETTING TO THE START



ARRIVING BY COACH

IMPORTANT INFORMATION FOR RUNNERS ARRIVING BY COACH (PLEASE INFORM YOUR DRIVER)

Due to road closures around Blackheath and Greenwich all coach parties planning to park or drop off at the start area should use the designated coach park and coach drop off areas (refer to map) and the following directions:

COACHES ARRIVING FROM BLACKWALL TUNNEL A102 (NORTH) & M25 (SOUTH) (PARKING/DROP OFF) **USE ORANGE ROUTE**

Coaches should use the Coach Park/Drop off and access via the A2 Kidbrooke Interchange and progress northbound along Kidbrooke Park Road onto Shooters Hill Road and Prince of Wales Road. Please note all coaches dropping off should depart to the south through Blackheath Village only.

COACHES FROM CENTRAL LONDON (PARKING/DROP OFF)

USE DASHED ORANGE ROUTE

Coaches should use the Coach Park/Drop off area and access via Lee High Road > Eltham Road > Westhorne Avenue > A2 (Rochester Way Relief Road) to the Kidbrooke Interchange and progress northbound along Kidbrooke Park Road onto Shooters Hill Road and Prince of Wales Road.

COACHES FROM CENTRAL LONDON (DROP OFF ONLY) **USE PURPLE ROUTE**

Coaches wishing to use the 'DROP OFF' only area, should access via the A2 Blackheath Hill (eastbound) and progress along Shooters Hill Road to the drop off point at the junction with Goffers Road. Coaches will depart via Blackheath Hill (Westbound).

ARRIVING BY RAIL

BLUE START

From numbers **151 to 27,350** & **55,751 to 59,000** you will have a blue number on a white background and you will be on the **Blue Start** on **Blackheath**. You should therefore use **Blackheath station**.

GREEN START

From **27,351 to 31,276** you will have a green number on a white background and you will be on the **Green Start** which is on **Blackheath**, just near **St John's Park**. Use **Maze Hill station**.

RED START

From **33,451 to 55,750** you will have a red number on a white background and will be on the **Red Start** inside **Greenwich Park** and should therefore use **Greenwich** or **Maze Hill station**.

From **31,277 to 33,450** you will also be on the **Red Start** (Fast Good for Age), but located just **outside Greenwich Park**. You should use **Blackheath station**.

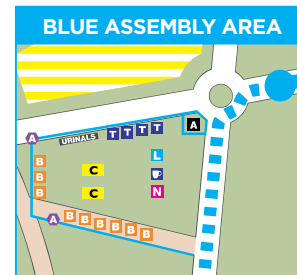
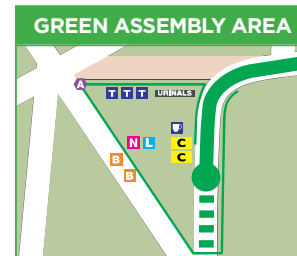
KEY

- COACH/CAR ROUTE TO THE START FROM BLACKWALL TUNNEL A102 (NORTH) & M25 (SOUTH) (PARKING & DROP OFF)
- - - COACH/CAR ROUTE TO THE START FROM CENTRAL LONDON (PARKING)
- COACH ROUTE TO THE START FROM CENTRAL LONDON (DROP OFF ONLY)
- ROUTE FROM BLACKHEATH STATION TO BLUE START
- ROUTE FROM GREENWICH/MAZE HILL STATIONS TO RED START
- ROUTE FROM MAZE HILL STATION TO GREEN START

PLEASE NOTE

In preparation for the Olympic Equestrian events, access around the Start is restricted to both runners and spectators. If you are traveling by train please ensure you use the correct station (see section 'Where and When to Start' on page 10).

FINAL INSTRUCTIONS THE START



KEY	
B BAGGAGE	E MEN & WOMEN'S ELITE
L LUCOZADE SPORT DRINK	F FAST GOOD FOR AGE COMPETITORS
N NESTLE PURE LIFE WATER	A MEN & WOMEN'S UKA & ENGLAND ATHLETICS COMPETITORS
T TOILETS	--- RED START ZONES
V TEA & COFFEE	--- BLUE START ZONES
C CHANGING TENTS	--- GREEN START ZONES
T PUBLIC TOILETS	→ ROUTE FROM GREENWICH/MAZE HILL STATIONS TO RED START
X PUBLIC CATERING	→ ROUTE FROM BLACKHEATH STATION TO BLUE START
A ASSEMBLY AREA ENTRANCE - RUNNERS ONLY	→ ROUTE FROM MAZE HILL STATION TO GREEN START
W WHEELCHAIR COMPETITORS	→ ONE WAY

PLEASE NOTE

In preparation for the Olympic Equestrian events, access around the Start is restricted to both runners and spectators. If you are traveling by train please ensure you use the correct station (see section 'Where and When to Start' above right).

WHERE AND WHEN TO START

Running Numbers 151 to 1100 are Championship Men and Women competitors. Your number will be blue on a white background and you will start at the **Blue Start** on Blackheath. Use **Blackheath station** if you are travelling by train. Your final instructions (which you will have collected at Registration) will include details of the special arrangements for you at the Start.

Numbers 1,101 to 27,350 and 55,751 to 59,000 also have a blue number on a white background and will start at the **Blue Start**. Use **Blackheath station** if travelling by train.

Numbers from 27,351 to 31,276 will have a green number on a white background and will start from the **Green Start** on Blackheath. Use **Maze Hill station** if travelling by train.

Numbers 31,277 to 33,450 are **Fast Good for Age** competitors. Your numbers will be red on a yellow background. You will assemble at the **Fast Good for Age** area which is outside the main gates of Greenwich Park. Runners cannot gain access to this area via the Red assembly area. Use **Blackheath station** if you are travelling by train.

Numbers 33,451 to 55,750 will have a red number on a white background and will start from the **Red Start** which assembles inside Greenwich Park. Use **Greenwich or Maze Hill stations** if travelling by train.

START ASSEMBLY AREAS

Large blimps will be flown over each start along with signs and a PA system which will help you to find your way around. There are toilets, Nestlé Pure Life water, Lucozade Sport, and Tea and Coffee available at all three Starts.

Ensure your running number is clearly displayed before entering the assembly area. Please note, only runners with the corresponding coloured number will be allowed into the appropriate assembly area. This is a runners only area. Spectators are not permitted into the assembly areas.

KIT BAGS & BAGGAGE LORRIES

The PA Systems at each start will tell you when to put your kit bag on to the appropriate baggage vehicle in the start area.

All lorries are labelled with a range of numbers corresponding to runners' numbers. So for example, if your running number is 27,582, you should hand your bag in at the lorry with the number range 27,000 – 27,999. Staff on the lorries will only accept the official Marathon Kit Bag which was handed to you at Registration. Kit bags are sorted into number order to allow for easy retrieval at the Finish.

Ensure you have stuck your self adhesive running number label to the Kit Bag where indicated, and that you have drawn and tied the drawstring cord to prevent any items from falling out. Once you have deposited your bag on the lorry, you will not be able to retrieve your belongings until you arrive at the Finish. Therefore, please ensure that you have all you require for your run **BEFORE** leaving your bag with the lorry. You should then move towards the start zones.

Many runners wear either old clothes or a bin liner to keep warm before the Start. If you discard these items when you start running, please do so carefully so as not to hinder the runners behind you. Bin liners are slippery when wet!

START ZONES

Running numbers are issued on a random basis, to assist with baggage retrieval at the Finish. Please line up in the numbered zone (1 – 9) which has been allocated to you on the basis of your predicted finish time. Marshals will ask to look at the zone number marked on your running number and will only allow runners to enter the corresponding zone at the start. Do not attempt to promote yourself to a faster zone – start in the correct zone, start steadily and you will be much more likely to enjoy your run.

If you are running in an elaborate fancy dress costume, you must position yourself at the rear of Zone 9 at the red or blue start so as not to impede other runners who want to run as fast as they can.

No wheeled vehicles/devices of any kind or animals are allowed on the course. Anyone who disregards this rule will be disqualified, removed from the course and banned from participating in any future Virgin London Marathon.

RACE START TIMES

09:00	The Virgin London Marathon for Elite Women – Blue Start
09:20	The Virgin London Wheelchair Marathon for Men & Women – Blue Start
09:45	The Virgin London Marathon Mass Start – Blue, Red & Green Starts
	Elite Men and the UK Athletics and England Athletics Championships for Men and Women – Blue Start



VIRGIN LONDON MARATHON THE COURSE

The Blue Start and the Red Start follow different routes for the first three miles, and then converge on a section of dual carriageway. The two routes run alongside each other for the next 800 metres. Please do not cross over the central reservation at this point; both routes are accurately measured and if you switch from one side to the other you may find you have run a greater distance. The Green Start merges with the Blue route after just 1200 metres.

Some short sections of the route have traffic running on the opposite side of the road – these are wide main roads, do not cross over these coned sections.

At various points on the course, slower runners will be directed to switch from one side of the road to another. This allows batches of spectators and vehicles to escape from the island caused by the route. Please follow the instructions of marshals; the switches do not involve any extra distance for runners.

The wheelchair athletes start before the mass race, so some runners will be overtaking the slower wheelchairs during the race. Please give them plenty of room and do not cut across their path. There may also be other runners with disabilities in the race, keep a look out for them, give them space (and your encouragement) as you pass.

THE THIN BLUE LINE

A broken Blue Line painted on the road indicates the shortest route and represents the exact and correct measured distance. Elite runners and faster runners follow this line closely; slower runners will find it less important to do so. Our agreement with the Highways Department in each of the boroughs through which the race passes is that this line must be removed from the highway before the roads can reopen. The line will be removed by crews who follow the last runners. If the line is being removed around you, this is a clear indication that you no longer have

priority on the highway and you must move onto the pavement (See section 'Slow Runners' on page 12).

TOILETS

In addition to the toilets at the Start, there are facilities along the route as follows:

- Blue Route: 600m, 1.25 miles, 2 miles, 4 miles, 6 miles and so on at approximately 2 mile intervals, up to and including 24 miles.
- Red Route: 1.2 miles – then as Blue route.
- Green Route: As Blue route, with the exception of 600m first toilets are at 1.25 miles.

DISTANCE MARKERS AND TIMING CLOCKS

Each mile and 5km is clearly indicated, and a clock will show the running time, based on the actual Start Time (not elapsed time.) There is no clock at mile 26.

DRINKS STATIONS

Drinks Stations are situated as follows:

NESTLÉ PURE LIFE WATER is offered at every mile from 3 miles through to 25 miles. Water is supplied in 330ml race bottles with a flip-top.

LUCOZADE SPORT is available at miles 5, 10, 15, 19 and 23. It is offered in a 330ml race bottle with a flip-top. Please discard your bottles to the side of the road – do not drop them on the road in front of you where they can be hazardous to runners behind you.

A Drinks Station requires an adequate stretch of straight road to be set out effectively, so not all stations are immediately adjacent to mile markers. Each station will be clearly signed. Wherever possible, drinks will be offered from both sides of the road. Do not rush for the first table; tables are spaced over approximately 80 metres on each side and supplies distributed evenly – you will be better

served if you pick your drinks up further down a station. Before you veer off to the side, remember there are runners behind you!

CARBO GEL STATIONS

LUCOZADE SPORT CARBO GEL Stations are on The Highway at miles 14 and 21½. Please exercise the same care here as you would at the Drinks Stations.

SHOWERS

Six shower units are placed on the course and are a welcome relief in warm weather. If it is a warm day, please use the shower units to cool down.

DO NOT USE BOTTLED WATER FROM THE DRINKS STATIONS TO TIP OVER YOUR HEAD AS THIS REDUCES SUPPLIES FOR SLOWER RUNNERS AT THE BACK OF THE FIELD

Locations of the shower units are Surrey Quays (just before 9 miles), The Highway (13 miles), East Ferry Road (17 miles), West India Dock Road (19 miles), The Highway again (22 miles) and Upper Thames Street (23.5 miles). Units are positioned slightly off the course so you will need to deviate from the Blue Line to pass through. Signs in advance of each unit showing 'Shower 200m Ahead' will indicate that you are approaching. Obviously the road surface will be wet both under and around the shower unit, so take extra care at these points.

SPECTATORS

Anyone who has taken part in a London Marathon will tell you what an important role the spectators play on the day. Much like a theatre can't work without an audience or a football stadium is nothing without the fans, the spectators lining the route of the Virgin London Marathon are an essential ingredient in the mix. They'll sing when you're winning and they'll give you that welcome lift when you're struggling. Don't underestimate the boost you will get from them on the day. >>

FINAL INSTRUCTIONS

THE COURSE

There is a course guide for spectators beginning on page 128 of your Final Instructions magazine and if you have friends and family coming to support you along the course make sure they have read these pages carefully. There are now very few places on the course where there are not many hundreds of spectators to cheer you on. Your friends and relatives are more likely to catch a glimpse of you if they avoid the busy spectator areas of Tower Bridge and the Tower of London and the City Pride pub on the Isle of Dogs.

CUTTY SARK

This year, the route will return to the restored Cutty Sark which has been undergoing refurbishment and rebuilding since it was damaged by fire during conservation work in 2007. Whilst the ship is undoubtedly a beautiful backdrop for the race, the crowds that are attracted here can make spectating uncomfortable and transport in and around Greenwich gets particularly busy. Do tell your travelling supporters to give the ship a wide berth - we strongly advise spectators to avoid this area.

Further details and updates can be found on the Spectator Guide on the Virgin London Marathon website.

WALKING

At some point, perhaps through tiredness, cramp, blisters, etc, you may be forced to walk. If this happens to you, please move over to the side of road furthest from the Blue Line to allow runners to overtake. It is both frustrating and tiring for those who are still able to run to have to dodge around people who are walking. Please show consideration to your fellow competitors and walk at the side of the road. Please endeavour to walk in single file, not in groups, to give more room for faster runners to pass.

SLOW RUNNERS

Our event only has priority over the roads on the route for the time that it takes a seven

hour runner to reach the finish. If you are slower than this, you will need to become a 'prudent pedestrian' and move onto the pavement. Before the roads reopen they have to be cleaned and made safe from bottles and other debris, and the Blue Line has to be removed. If this activity is happening around you then you **must** move onto the pavement. Drinks stations will be closing and marshals gradually standing down.

As on-course facilities become less available, slower runners are encouraged to make alternative provision for drinks and other necessities. Those determined to finish will be able to do so. Our team at the rear of the race will endeavour to give support and advice. **Please be aware that only participants who finish inside 8 hours and 15 minutes (6pm real time) will receive a medal and a finish time in the Official Results.**

DROPPING OUT

There are two sweep up coaches which follow the tail-enders around the course. If you have to drop out, you should make your way to the nearest St John Ambulance First Aid point, give them your running number and then wait for the sweep up coach to stop and pick you up. There are St John Ambulance personnel on each coach and your details will be transmitted to the St John Ambulance Information Point at the Finish. You will be dropped off at the Finish and, if you do not require further treatment, you will be able to retrieve your belongings and make your way home.

The other alternative is to make your own way back to the Finish to collect your belongings. London Underground, the Docklands Light Railway and London Buses will honour your running number as a free pass to enable you to get back to the Finish. Our marshals at all the Underground and DLR Stations on the route will be able to direct you and give you printed instructions on how to get back to the Finish. They will also remove your

IPICO Sports Tag from your running shoe and put a cross through your running number, so that we know that you have been accounted for. You should head for Embankment Station where our marshals will direct you back to the Finish Area in The Mall to collect your belongings.

London Underground and Docklands Light Railway (DLR) are offering free travel to all runners until 5:00pm on Marathon Day. Friends and family will need to purchase tickets as normal.

THE FINISH

The Royal Parks Agency has allowed us to use Horse Guards Parade, Horse Guards Road and St James's Park itself as a Runners' Meet and Greet Area. We are grateful to the Royal Parks Agency for their assistance and would ask that you show your appreciation by treating the area with the respect it deserves and not littering the Park and surrounding areas.

THE FINISH LINE

The Finish is in The Mall. As you cross the Finish Line, try to keep moving. If you become distressed our medical staff and St John Ambulance officers will be on hand to care for you. Please make sure not to obscure your running number with your arms, otherwise we will not be able to identify you for the Finish Line photographs. Remember - only participants who finish inside 8hrs 15m (6pm real time) will receive an Official Finish Time and a medal.

SECURE FINISH

The Finish area is an 800m long secure area with no public access. Once across the line you will be 'processed' through the system. First your IPICO Sports Tag will be removed from your shoes. Then you will receive a medal. Then you will be offered a goody bag which contains Nestlé Pure Life water, Lucozade Sport, a foil blanket, food items and your finisher T-shirt. >>

FINAL INSTRUCTIONS

THE FINISH AREA

You should aim to retrieve your own belongings from the Baggage lorries as quickly as possible. Follow the signs, look out for the colour of your start and collect your baggage from the lorry with your running number range displayed on it. Then move away from the baggage vehicles area and put on some warm clothing.

Please leave the secure area via the designated exit point only. If the weather is poor there are two covered changing areas available, both of these are outside the secure Finish area.

RUNNER MEET AND GREET

The runner Meet and Greet area can be very busy, so please take note of the following advice. There will be meeting points in Horse Guards Road and Horse Guards Parade with areas marked by letters of the alphabet - meet at your family initial or at another pre-arranged letter. Overseas runners have their own dedicated 'Meet and Greet' area in the Mall, close to Admiralty Arch.

Please ask your friends and relatives to meet you at one of these meeting points and ask them NOT to congregate around the exit from the secure area. This causes massive congestion for exiting runners as well as other health and safety issues for the large numbers of people in this area. Both the Police and our security personnel are under instructions not to allow people to congregate here and to move them along. Please make your arrangements to meet friends and relatives carefully - a little forward planning will prove extremely worthwhile. We strongly suggest that you have a contact telephone number to relay messages, a third party who will be at home and will be able to take calls and pass messages between you, should your plans go awry. Please ask any friends or relatives to bring this magazine with them - there is a spectator guide with details and a map of the finish area on pages 136 and 137 of your Final Instructions magazine.

In the unlikely event of the Finish Area becoming unavailable as a result of a serious incident on race day or the race being stopped for some other reason, you are advised to agree an alternative meeting place (our suggestion is not within a mile of the Finish Area) with friends and relatives. This will ensure you have a predetermined place to meet which will be more accessible.

Heavy mobile phone traffic on all networks means you may find it difficult to get a signal in and around the Finish Area. Therefore, do not rely on mobile phones as your only means of communication.

Remember you will most likely be tired and weary, as well as proud of your achievement, and meeting with your friends and relatives after the event will be difficult among perhaps 100,000 other runners and relatives if you haven't made simple arrangements.

Remember that 50% of runners finish in four hours plus. You are more likely to run slower than faster than your predicted time. After crossing the Finish Line it will take a minimum of 15 minutes and closer to 30 - 40 minutes to reach the runner Meet and Greet area. Remember to build these factors into your arrangements for meeting friends and relatives.

Also on Horse Guards Parade there will be a St John Ambulance Station and our Information Point, as well as toilets. We are very limited in terms of space in this area and would ask that once you have been reunited with your friends and relatives, you move off to allow access to runners behind you.

OTHER POINTS TO REMEMBER

- Tell friends and relatives your running number. It is the easiest way for our Information Point to identify you on our database.
- There will be a PA system in operation throughout the day at the Finish; this is only for the official race commentary and

emergency announcements, NOT for runners seeking lost friends or family.

- Running for a charity that has a reception afterwards? Find out where it is and how to get there in advance.

- Need to return to your coach for the journey home? Find out where it will be parked and how to get there before the race starts.

Arranging to meet your friends and relatives "at the finish" is simply not adequate and will only lead to distress and frustration on both sides. Following the instructions above will help you to avoid this situation.

HEADING HOME

Remember, DLR and London Underground will allow free travel up to 5pm on their entire network system to RUNNERS ONLY. Friends, relatives and spectators will need to purchase tickets as normal.

Mile		Time road closes on race day	Time runners are likely to reach each mile marker (24 hour clock - hh:mm:ss)								Time road reopens on race day
No.	Location by road		Elite women	Wheelchair athletes	Elite men	Runners expecting to finish in 3.5 hrs	Runners expecting to finish in 4.5 hrs	Runners expecting to finish in 5.00 hrs	Runners expecting to finish in 6.00 hrs	Runners expecting to finish in 7.00 hrs	
			Average pace per mile:								
			00:05:16	00:03:40	00:04:48	00:08:01	00:10:18	00:11:27	00:13:45	00:16:05	
0	Start line		09:00:00	09:20:00	09:45:00	09:45:00	09:45:00	09:45:00	09:45:00	09:45:00	
1	Shooters Hill Road	07:00:00	09:05:16	09:23:40	09:49:48	09:53:01	09:55:18	09:56:27	09:58:45	10:01:05	14:00:00
2	Ha Ha Road	07:00:00	09:10:32	09:27:20	09:54:36	10:01:02	10:05:36	10:07:54	10:12:30	10:17:10	14:00:00
3	John Wilson Street	07:00:00	09:15:48	09:31:00	09:59:24	10:09:03	10:15:54	10:19:21	10:26:15	10:33:15	14:00:00
4	Woolwich Road	07:00:00	09:21:04	09:34:40	10:04:12	10:17:04	10:26:12	10:30:48	10:40:00	10:49:20	14:00:00
5	Woolwich Road	07:00:00	09:26:20	09:38:20	10:09:00	10:25:05	10:36:30	10:42:15	10:53:45	11:05:25	14:00:00
6	Trafalgar Road	07:00:00	09:31:36	09:42:00	10:13:48	10:33:06	10:46:48	10:53:42	11:07:30	11:21:30	14:00:00
7	Creek Road	07:00:00	09:36:52	09:45:40	10:18:36	10:41:07	10:57:06	11:05:09	11:21:15	11:37:35	14:00:00
8	Evelyn Street	08:00:00	09:42:08	09:49:20	10:23:24	10:49:08	11:07:24	11:16:36	11:35:00	11:53:40	14:00:00
9	Surrey Quays Road	08:00:00	09:47:24	09:53:00	10:28:12	10:57:09	11:17:42	11:28:03	11:48:45	12:09:45	16:00:00
10	Salter Road	08:00:00	09:52:40	10:56:40	10:33:00	11:05:10	11:28:00	11:39:30	12:02:30	12:25:50	16:00:00
11	Brunel Road	08:00:00	09:57:56	10:00:20	10:37:48	11:13:11	11:38:18	11:50:57	12:16:15	12:41:55	16:00:00
12	Jamaica Road	08:00:00	10:03:12	10:04:00	10:42:36	11:21:12	11:48:36	12:02:24	12:30:00	12:58:00	16:00:00
13	The Highway (South)	08:00:00	10:08:28	10:07:40	10:47:24	11:29:13	11:58:54	12:13:51	12:43:45	13:14:05	19:00:00

14	The Highway (South)	08:00:00	10:13:44	10:11:20	10:52:12	11:37:14	12:09:12	12:25:18	12:57:30	13:30:10	19:00:00
15	West Ferry Circus	08:00:00	10:19:00	10:15:00	10:57:00	11:45:15	12:19:30	12:36:45	13:11:15	13:46:15	19:00:00
16	West Ferry Road	08:00:00	10:24:16	10:18:40	11:01:48	11:53:16	12:29:48	12:48:12	13:25:00	14:02:20	19:00:00
17	East Ferry Road	08:00:00	10:29:32	10:22:20	11:06:36	12:01:17	12:40:06	12:59:39	13:38:45	14:18:25	19:00:00
18	Marsh Wall	08:00:00	10:34:48	10:26:00	11:11:24	12:09:18	12:50:24	13:11:06	13:52:30	14:34:30	19:00:00
19	North Colonnade	08:00:00	10:40:04	10:29:40	11:16:12	12:17:19	13:00:42	13:22:33	14:06:15	14:50:35	19:00:00
20	Poplar High Street	08:00:00	10:45:20	10:33:20	11:21:00	12:25:20	13:11:00	13:34:00	14:20:00	15:06:40	19:00:00
21	Commercial Road	08:00:00	10:50:36	10:37:00	11:25:48	12:33:21	13:21:18	13:45:27	14:33:45	15:22:45	19:00:00
22	The Highway (North)	08:00:00	10:55:52	10:40:40	11:30:36	12:41:22	13:31:36	13:56:54	14:47:30	15:38:50	19:00:00
23	Byward Street	08:00:00	11:01:08	10:44:20	11:35:24	12:49:23	13:41:54	14:08:21	15:01:15	15:54:55	19:00:00
24	Upper Thames Street	07:00:00	11:06:24	10:48:00	11:40:12	12:57:24	13:52:12	14:19:48	15:15:00	16:11:00	19:00:00
25	Victoria Embankment	07:00:00	11:11:40	10:51:40	11:45:00	13:05:25	14:02:30	14:31:15	15:28:45	16:27:05	19:00:00
26	Birdcage Walk	07:00:00	11:16:56	10:55:20	11:49:48	13:13:26	14:12:48	14:42:42	15:42:30	16:43:10	19:00:00
26.2	Finish line		11:18:00	10:55:00	11:51:00	13:15:26	14:15:22	14:45:33	15:45:56	16:45:22	

The Virgin London Marathon pace guide

If you're planning to complete the Virgin London Marathon in a set time, here's a guide to when you should reach each mile marker.

How to use this table

For an example of how to use this table, we've highlighted roughly how long it should take you to reach mile 6 if you were planning to finish the race in 3 hours 30 minutes.

Mile	Average pace per mile																	
	00:04:35	00:04:46	00:04:58	00:05:21	00:05:44	00:06:06	00:06:29	00:06:52	00:07:04	00:07:15	00:07:27	00:07:38	00:07:49	00:08:01	00:08:12	00:08:24	00:08:35	00:08:47
1	00:04:35	00:04:46	00:04:58	00:05:21	00:05:44	00:06:06	00:06:29	00:06:52	00:07:04	00:07:15	00:07:27	00:07:38	00:07:49	00:08:01	00:08:12	00:08:24	00:08:35	00:08:47
2	00:09:10	00:09:33	00:09:55	00:10:41	00:11:27	00:12:13	00:12:59	00:13:44	00:14:07	00:14:30	00:14:53	00:15:16	00:15:39	00:16:02	00:16:25	00:16:48	00:17:11	00:17:33
3	00:13:44	00:14:19	00:14:53	00:16:02	00:17:11	00:18:19	00:19:28	00:20:37	00:21:11	00:21:45	00:22:20	00:22:54	00:23:28	00:24:03	00:24:37	00:25:11	00:25:46	00:26:20
4	00:18:19	00:19:05	00:19:51	00:21:22	00:22:54	00:24:26	00:25:57	00:27:29	00:28:15	00:29:00	00:29:46	00:30:32	00:31:18	00:32:04	00:32:49	00:33:35	00:34:21	00:35:07
5	00:22:54	00:23:51	00:24:49	00:26:43	00:28:38	00:30:32	00:32:27	00:34:21	00:35:18	00:36:16	00:37:13	00:38:10	00:39:07	00:40:05	00:41:02	00:41:59	00:42:56	00:43:54
6	00:27:29	00:28:38	00:29:46	00:32:04	00:34:21	00:36:38	00:38:56	00:41:13	00:42:22	00:43:31	00:44:39	00:45:48	00:46:57	00:48:05	00:49:14	00:50:23	00:51:32	00:52:40
7	00:32:04	00:33:24	00:34:44	00:37:24	00:40:05	00:42:45	00:45:25	00:48:05	00:49:26	00:50:46	00:52:06	00:53:26	00:54:46	00:56:06	00:57:27	00:58:47	01:00:07	01:01:27
8	00:36:38	00:38:10	00:39:42	00:42:45	00:45:48	00:48:51	00:51:55	00:54:58	00:56:29	00:58:01	00:59:33	01:01:04	01:02:36	01:04:07	01:05:39	01:07:11	01:08:42	01:10:14
9	00:41:13	00:42:56	00:44:39	00:48:05	00:51:32	00:54:58	00:58:24	01:01:50	01:03:33	01:05:16	01:06:59	01:08:42	01:10:25	01:12:08	01:13:51	01:15:34	01:17:17	01:19:00
10	00:45:48	00:47:43	00:49:37	00:53:26	00:57:15	01:01:04	01:04:53	01:08:42	01:10:37	01:12:31	01:14:26	01:16:20	01:18:15	01:20:09	01:22:04	01:23:58	01:25:53	01:27:47
11	00:50:23	00:52:29	00:54:35	00:58:47	01:02:59	01:07:11	01:11:22	01:15:34	01:17:40	01:19:46	01:21:52	01:23:58	01:26:04	01:28:10	01:30:16	01:32:22	01:34:28	01:36:34
12	00:54:58	00:57:15	00:59:33	01:04:07	01:08:42	01:13:17	01:17:52	01:22:27	01:24:44	01:27:01	01:29:19	01:31:36	01:33:54	01:36:11	01:38:28	01:40:46	01:43:03	01:45:21
13	00:59:33	01:02:01	01:04:30	01:09:28	01:14:26	01:19:23	01:24:21	01:29:19	01:31:48	01:34:16	01:36:45	01:39:14	01:41:43	01:44:12	01:46:41	01:49:10	01:51:38	01:54:07
Half way	01:00:00	01:02:30	01:05:00	01:10:00	01:15:00	01:20:00	01:25:00	01:30:00	01:32:30	01:35:00	01:37:30	01:40:00	01:42:30	01:45:00	01:47:30	01:50:00	01:52:30	01:55:00
14	01:04:07	01:06:48	01:09:28	01:14:49	01:20:09	01:25:30	01:30:50	01:36:11	01:38:51	01:42:32	01:44:12	01:46:52	01:49:33	01:52:13	01:54:53	01:57:33	02:00:14	02:02:54
15	01:08:42	01:11:34	01:14:26	01:20:09	01:25:53	01:31:36	01:37:20	01:43:03	01:45:55	01:48:47	01:51:38	01:54:30	01:57:22	02:00:14	02:03:05	02:05:57	02:08:49	02:11:41
16	01:13:17	01:16:20	01:19:23	01:25:30	01:31:36	01:37:43	01:43:49	01:49:55	01:52:59	01:56:02	01:59:05	02:02:08	02:05:11	02:08:15	02:11:18	02:14:21	02:17:24	02:20:27
17	01:17:52	01:21:06	01:24:21	01:30:50	01:37:20	01:43:49	01:50:18	01:56:48	02:00:02	02:03:17	02:06:32	02:09:46	02:13:01	02:16:16	02:19:30	02:22:45	02:26:00	02:29:14
18	01:22:27	01:25:53	01:29:19	01:36:11	01:43:03	01:49:55	01:56:48	02:03:40	02:07:06	02:10:32	02:13:58	02:17:24	02:20:50	02:24:16	02:27:43	02:31:09	02:34:35	02:38:01
19	01:27:01	01:30:39	01:34:16	01:41:32	01:48:47	01:56:02	02:03:17	02:10:32	02:14:10	02:17:47	02:21:25	02:25:02	02:28:40	02:32:17	02:35:55	02:39:33	02:43:10	02:46:48
20	01:31:36	01:35:25	01:39:14	01:46:52	01:54:30	02:02:08	02:09:46	02:17:24	02:21:13	02:25:02	02:28:51	02:32:40	02:36:29	02:40:18	02:44:07	02:47:56	02:51:45	02:55:34
21	01:36:11	01:40:11	01:44:12	01:52:13	02:00:14	02:08:15	02:16:16	02:24:16	02:28:17	02:32:17	02:36:18	02:40:18	02:44:19	02:48:19	02:52:20	02:56:20	03:00:21	03:04:21
22	01:40:46	01:44:58	01:49:10	01:57:33	02:05:57	02:14:21	02:22:45	02:31:09	02:35:21	02:39:33	02:43:44	02:47:56	02:52:08	02:56:20	03:00:32	03:04:44	03:08:56	03:13:08
23	01:45:21	01:49:44	01:54:07	02:02:54	02:11:41	02:20:27	02:29:14	02:38:01	02:42:24	02:46:48	02:51:11	02:55:34	02:59:58	03:04:21	03:08:44	03:13:08	03:17:31	03:21:55
24	01:49:55	01:54:30	01:59:05	02:08:15	02:17:24	02:26:34	02:35:44	02:44:53	02:49:28	02:54:03	02:58:38	03:03:12	03:07:47	03:12:22	03:16:57	03:21:32	03:26:06	03:30:41
25	01:54:30	01:59:16	02:04:03	02:13:35	02:23:08	02:32:40	02:42:13	02:51:45	02:56:32	03:01:18	03:06:04	03:10:50	03:15:37	03:20:23	03:25:09	03:29:55	03:34:42	03:39:28
Finish time	02:00:00	02:05:00	02:10:00	02:20:00	02:30:00	02:40:00	02:50:00	03:00:00	03:05:00	03:10:00	03:15:00	03:20:00	03:25:00	03:30:00	03:35:00	03:40:00	03:45:00	03:50:00