

The 2010 Virgin London Marathon race timings

If you're planning to watch the 2010 Virgin London Marathon live from the streets of London, here's a guide to what time you can expect each group of runners to reach the mile markers.

How to use this table

For an example of how to use this table, we've highlighted the approximate time you'd need to be at Trafalgar Road to spot a friend who's running the 2010 Virgin London Marathon and expecting to complete it in 5 hours.

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	