

## Canalathon splits and cut offs

These paces are based on even pacing throughout. You should aim to be ahead of these times earlier in the day to allow a tolerance should your pace slow in later stages and to avoid missing the cut off and being withdrawn from the event

### 100K Start 07:00 Finish 20:00 Time Limit 13 hours

Checkpoint	Distance (miles)	Distance (K)	First through	Cut off time for 2017
Walsden (OL14 7PU)	10.6	17.0	8:19	9:12
Rochdale (OL11 2PX)	19.9	32.0	9:29	11:09
Manchester (M4 6DJ)	31.1	50.0	10:54	13:30
Rochdale (OL11 2PX)	42.3	68.0	12:18	15:50
Walsden (OL14 7PU)	51.6	83.0	13:28	17:47
Mytholmroyd (HX7 8NR)	57.8	93.0	14:15	19:05
Finish (HX6 2EG)	62.1	100.0	14:47	20:00
	per mile	per K		
Fastest previous	07:32	04:41		
Slowest previous	12:38	07:51		
Pace to meet cut off	12:33	07:48		

### 75K Start 08:30 Finish 19:30 Time Limit 11 hours

Checkpoint	Distance (miles)	Distance (K)	First through	Cut off time for 2017
Walsden (OL14 7PU)	10.6	17.0	9:59	10:59
Rochdale (OL11 2PX)	19.9	32.0	11:17	13:11
Boarshaw Lane turn point	23.3	37.5	11:46	14:00
Rochdale (OL11 2PX)	26.7	43.0	12:15	14:48
Walsden (OL14 7PU)	35.9	57.7	13:32	16:57
Mytholmroyd (HX7 8NR)	42.3	68.0	14:26	18:28
Finish (HX6 2EG)	46.6	75.0	15:02	19:30
	per mile	per K		
Fastest previous	08:26	05:14		
Slowest previous	13:25	08:20		
Pace to meet cut off	14:10	08:48		

### 50K Start 08:30 Finish 18:30 Time Limit 10 hours

Checkpoint	Distance (miles)	Distance (K)	First through	Cut off time for 2017	
Rochdale (OL11 2PX)	10.9	17.5	9:42	12:00	11
Walsden (OL14 7PU)	20.5	33.0	10:45	15:06	0:06:38
Mytholmroyd (HX7 8NR)	26.7	43.0	11:27	17:06	1:12:58
Finish (HX6 2EG)	31.1	50.0	11:55	18:30	
	per mile	per K			
Fastest previous	06:38	04:07			
Slowest previous	17:58	11:10			
Pace to meet cut off	19:19	08:48			