

Canalathon splits and cut offs

These pacings 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in the day to allow a tolerance should your pace slow in later stages and to avoid missing the cut off and being withdrawn from the event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
Walsden (OL14 7PU)	10.6	17.0	08:19	09:12
Rochdale (OL11 2PX)	19.9	32.0	09:29	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 1AN)	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
Walsden (OL14 7PU)	10.6	17.0	09:59	10:59
Rochdale (OL11 2PX)	19.9	32.0	11:17	13:11
Boarshaw Lane turn point (M	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 1AN)	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
Rochdale (OL11 2PX)	10.9	17.5	09:42	12:00
Walsden (OL14 7PU)	20.5	33.0	10:45	15:06
Mytholmroyd (HX7 8NR)	26.7	43.0	11:27	17:06
Finish (HX6 1AN)	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		