








# REFRESHMENT STATIONS LEGEND

## MARATHON

-  Water
-  Water / AA Drink Isolemon / Toilet
-  Water
-  Raisins / Water / AA Drink Isolemon / Toilet
-  Water
-  Bananas / Water / AA Drink Isolemon / Toilet
-  Water
-  Raisins / Water / AA Drink Isolemon / Toilet
-  Water
-  Bananas / Water / AA Drink Isolemon / Toilet
-  Water
-  Raisins / Water / AA Drink Isolemon / Toilet
-  Water
-  Bananas / Water / AA Drink Isolemon / Toilet
-  Water
-  Raisins / Water / AA Drink Isolemon / Toilet

## HALF MARATHON

-  Water
-  Water / AA Drink Isolemon
-  Water
-  Water
-  Water / AA Drink Isolemon / Toilet  
Bananas
-  Water
-  Water / AA Drink Isolemon / Toilet  
Raisins

## 6.5 KM

-  Water