









# Proposed Course

-  AID STATIONS: DRINKS TOILETS FIRST AID
-  5K MARKS – 10K, HALF MARATHON AND FULL MARATHON
-  35K MARKS – FULL MARATHON
-  KIDS' MARA'FUN
-  10K, HALF MARATHON AND FULL MARATHON
-  HALF MARATHON AND FULL MARATHON
-  FULL MARATHON ONLY
-  AVON RIVER



NB: The 10k, 21k and 42k all start with the red loop and the 10k finishes. The 21k then does the black loop and finishes. The 42k does the first half of the black loop, then carries on to do the purple loop, then finishes the black loop, after which it does another lap of just the black loop, then finishes.

