



# 21KM

**START :**  
Marathon, Marathon Relay,  
Half Marathon, 5km & 10 km Run  
MTB Marathon

**5** 5km Run Turn Around Point  
Drink Station & Marshall

**10** Drinks Station & Marshall

**NOTE :**  
ALL Drink Stations & Marshall Points are  
based on the 42km Trail Marathon Course

**K** Unmanned Aid Station

**L** First Aid Station & Marshall

**J** Drink Station & Marshall

**FINISH :**  
Marathon, Marathon Relay,  
Half Marathon, 5km & 10 km Run  
MTB Marathon

— HALF MARATHON Sector #1 —>

— HALF MARATHON Sector #2 —>

FOR BEST  
RESULTS  
PRINT ON **A4**