

Aid Station Location & Distance

10 km	Dist	Total Dist			Medical	Toilets
Start	0	0				yes
Linlithgow / Govt House Dve	3.6	3.6	Cups	Water Powerade	yes	yes
St Klida Rd / Govt House Dve	3	6.6	Cups	Water Powerade	yes	yes
Princes Bridge	1	7.6	Cups	Water		
10 KM ,5 KM & 3 KM MCG Finish area		10	Cups	Water		

5 km	Dist	Total Dist			Medical	Toilets
Start	0	0				yes
Batman Ave	2.9	2.9	Cups	Water	yes	
10 KM ,5 KM & 3 KM MCG Finish area		5	Cups	Water		yes

3 km	Dist	Total Dist			Medical	Toilets
Start	0	0				yes
10 KM ,5 KM & 3 KM MCG Finish area		3	Cups	Water		yes

