



LEGEND

- Drinks
- First Aid
- Toilets
- Maurten Hydrogel
- Gatorade
- SriLankan Airlines 10km Run Certified Measured Course

SUNDAY OCTOBER 15 DISTANCE & START TIMES

- SriLankan Airlines 10km Run - 7:30AM
- 180 Nutrition Good Sport 5km Run - 11:30AM
- 3km Walk - 11:45AM