














## DISTANCE & START TIMES

-  **Nike Marathon**  
42.195km - **7:00AM**
-  **SriLankan Airlines**  
10km Run - **7:30AM**
-  **Nike Wheelchair Marathon**  
42.195km - **7:55AM**
-  **Nike Half Marathon**  
21.1km - **8:00AM**
-  **180 Nutrition Good Sport**  
5km Run - **11:30AM**
-  **3km Walk** - **11:45AM**

## LEGEND

-  Drinks
-  First Aid
-  Toilets
-  Gel Litter Zone
-  5 KM Markers
-  Gatorade
-  Maurten Hydrogel

