

ROUTE SUPPORT

PIT-STOP INFORMATION

PITSTOP	DISTANCE (KM)	NEXT PITSTOP (KM)	NEXT WATER POINT (KM)	PITSTOP OPEN	PITSTOP CLOSE
1	9	12.6	7.4	Sat 07:00	Sat 11:15
2	21.6	14.2	7.4	Sat 08:00	Sat 14:30
3	36	13.6	7.2	Sat 09:00	Sat 18:15
4 Basecamp	49.6	8.3	8.3	Sat 10:15 Sun 06:00	Sat 22:00 Sun 07:00
5	57.9	13.4	7.5	Sat 11:00 Sun 06:30	Sun 00:15 Sun 09:30
6	71.3	16.9	6.7	Sat 12:00 Sun 07:30	Sun 03:45 Sun 13:00
7	88.2	11.9	11.9	Sat 13:15	Sun 17:30
Finish	100.21	N/A	N/A	Sat 14:15	Sun 20:30

Pitstops will be well stocked across the event and will vary slightly at each pit stop but remain consistent with the same types of foods.

Pit-stop refreshments will include:

- High 5 Sports Nutrition: Zero Tabs, Energy Source and Gels
- Squash and water
- Fruit
- Chocolate and sweets
- Crisps and other savoury snacks

Please ensure you bring your own water bottle or bag to refill at these water points.

We have put together a blog on 'five ways to stay cool', which you can read [here](#).

At each pitstop, information sheets will give a description of the upcoming section of route and indicate how challenging it is. If there are other pubs, shops, cafes or public water refill points on the route, they will be advised on these information boards. If in doubt about your readiness for the next section of route, please speak to the pitstop crew.

