

COURSE MAP




**MACMILLAN
CANCER SUPPORT
CHEER POINT**











FINISH

START

START LAP
Down Marine Parade and return up Beach Road. Pass through the start and back down Marine Parade before bearing right onto the beach.

BEACH - HARD SAND!
Outbound & return



 Distance	 First Aid	 Course
 Baggage	 Water Station	 Energy Drink Station
 Toilets	 Spectator Point	 Cheer Point
 Info Point		

