

PIT STOP INFORMATION

Each Pit Stop will have a selection of snacks for all participants including a variety of sweet and savoury options. The selection will vary at each Pit Stop, as summarised in the table below to outline what you can expect. At the pit stops on the second half of the route, there will be different provisions for the non-stop and overnight participants, due to different energy level requirements.

- Pit Stop 5 is in the same location as the overnight Basecamp.
- For non-stop participants, Pit Stop 5 will have food provision for all to have before they continue along the route. Those staying overnight at the Basecamp will have a full dinner provided, along with afternoon tea on their arrival. Only one hot meal is provided at per person at Basecamp. Those arriving into Basecamp earlier who would like to purchase a second hot meal can do so from the concessions.
- Those doing 2 days, but not staying overnight, will be able to enjoy afternoon tea at the Basecamp before heading off to their hotel/B&B.

Pit Stop Timings and Food

Reference	Distance (KM)	Opening Time	Cut off Time	Food Runners	Food Walkers
Pit Stop 1	10.3	08:20 Saturday 13 th July	12:00 Saturday 13 th July	Cereal Bar, Fruit, Dried Fruit and Nuts, Water, Squash	Cereal Bar, Fruit, Dried Fruit and Nuts, Water, Squash

Pit Stop 2	22.8	09:30 Saturday 13 th July	15:15 Saturday 13 th July	Cereal Bar, Chocolate, Sweets, Crisps, Fruit, Breads and Spreads, Sandwich, Water, Squash, Flat Coke	Cereal Bar, Chocolate, Sweets, Crisps, Fruit, Breads and Spreads, Sandwich, Water, Squash
Pit Stop 3	33.8	10:15 Saturday 13 th July	18:15 Saturday 13 th July	Savoury Snack, Flapjack, Sweets, Salty snacks, Fruit, Breads and Spreads, Water, Squash, Hot Drinks, Flat Coke	Savoury Snack, Flapjack, Sweets, Salty snacks, Fruit, Breads and Spreads, Water, Squash, Hot Drinks
Pit Stop 4	43.8	11:10 Saturday 13 th July	21:00 Saturday 13 th July	Chocolate, Savoury Snacks, Mini Cheddars, Fruit, Breads and Spreads, Water, Squash, Hot Drinks, Flat Coke	Chocolate, Savoury Snacks, Mini Cheddars, Fruit, Breads and Spreads, Water, Squash, Hot Drinks
Pit Stop 5/ Basecamp	50.7	11:45 Saturday 13 th July	23:00 Saturday 13 th July	Cereal Bar, Nuts and Raisins, Sweets, Fruit, Water, Squash, Hot Drinks, Flat Coke (plus afternoon tea and hot food in marquee)	Cereal Bar, Nuts and Raisins, Sweets, Fruit, Water, Squash (plus afternoon tea and hot food in the marquee)
Pit Stop 6	58.6	12:20 Saturday 13 th July	09:15 Sunday 14 th July	Cereal Bar, Chocolate, Dried Fruit, Crisps, Fruit, Breads and Spreads, Water, Squash, Hot Drinks, Flat Coke	Cereal Bar, Chocolate, Dried Fruit, Crisps, Fruit, Water, Squash, Hot Drinks

Pit Stop 7	66.6	13:00 Saturday 13 th July	11:30 Sunday 14 th July	Porridge, Soup, Chocolate, Savoury Snack, Fruit, Sweets, Crisps, Breads and Spreads, Water, Squash, Hot Drinks, Flat Coke	Chocolate, Savoury Snack, Fruit, Sweets, Crisps, Breads and Spreads, Sandwich, Water, Squash, Hot Drinks
Pit Stop 8	79.2	14:00 Saturday 13 th July	15:00 Sunday 14 th July	Porridge, Soup, Flapjack, Nuts and Raisins, Salty Snack, Fruit, Breads and Spreads, Water, Squash, Hot Drinks, Flat Coke	Flapjack, Nuts and Raisins, Salty Snack, Fruit, Breads and Spreads, Water, Squash, Hot Drinks
Pit Stop 9	88	14:45 Saturday 13 th July	17:30 Sunday 14 th July	Porridge, Soup, Savoury Snack, Crisps, Cereal Bar, Sweets, Fruit, Breads and Spreads, Water, Squash, Hot Drinks, Flat Coke	Savoury Snack, Crisps, Cereal Bar, Sweets, Fruit, Breads and Spreads, Water, Squash, Hot Drinks

Sports Nutrition

A trusted name in Sports Nutrition, HIGH5 products have been developed with and are used by the world's best athletes in running, cycling and triathlon. They will be providing the following for walkers and runners on the event:

- Energy Gels Aqua
- Energy Source
- Zero Electrolyte Tabs

Please note that these items are subject to change on the day due to stock levels.