# COURSE MAP

METRO

# On Course Activation



## Special K

Series snack partner Special K will be **#powering** you at mile 5.



## **Clif Feed Station**

The Clif feed station will be giving out Clif Shot Energy Gel's and Clif Bloks Energy Chews which will provide muscles with easy-to-digest carbohydrate, at around mile 9.



# **ENGIE**

Official energy partner ENGIE will be at 800m to go to give you a final boost #EnergisingCommunities.



# **Garmin Support Zone**

Our timing partner Garmin are on hand to help you #beatyesterday with their on course motivational zone, at around mile 10.













Points

Charity

Cheering

10. Diabetes UK

11. Breast Cancer Care

12. Mind

13. Alzheimer's Society

14. Cancer Research UK

1. Macmillan Cancer Support

2. Cancer Research UK

5. Stroke Association

6. Alzheimer's Society

8. British Heart Foundation

3. Bloodwise 4. Tommy's

7. Guide Dogs

9. NSPCC









