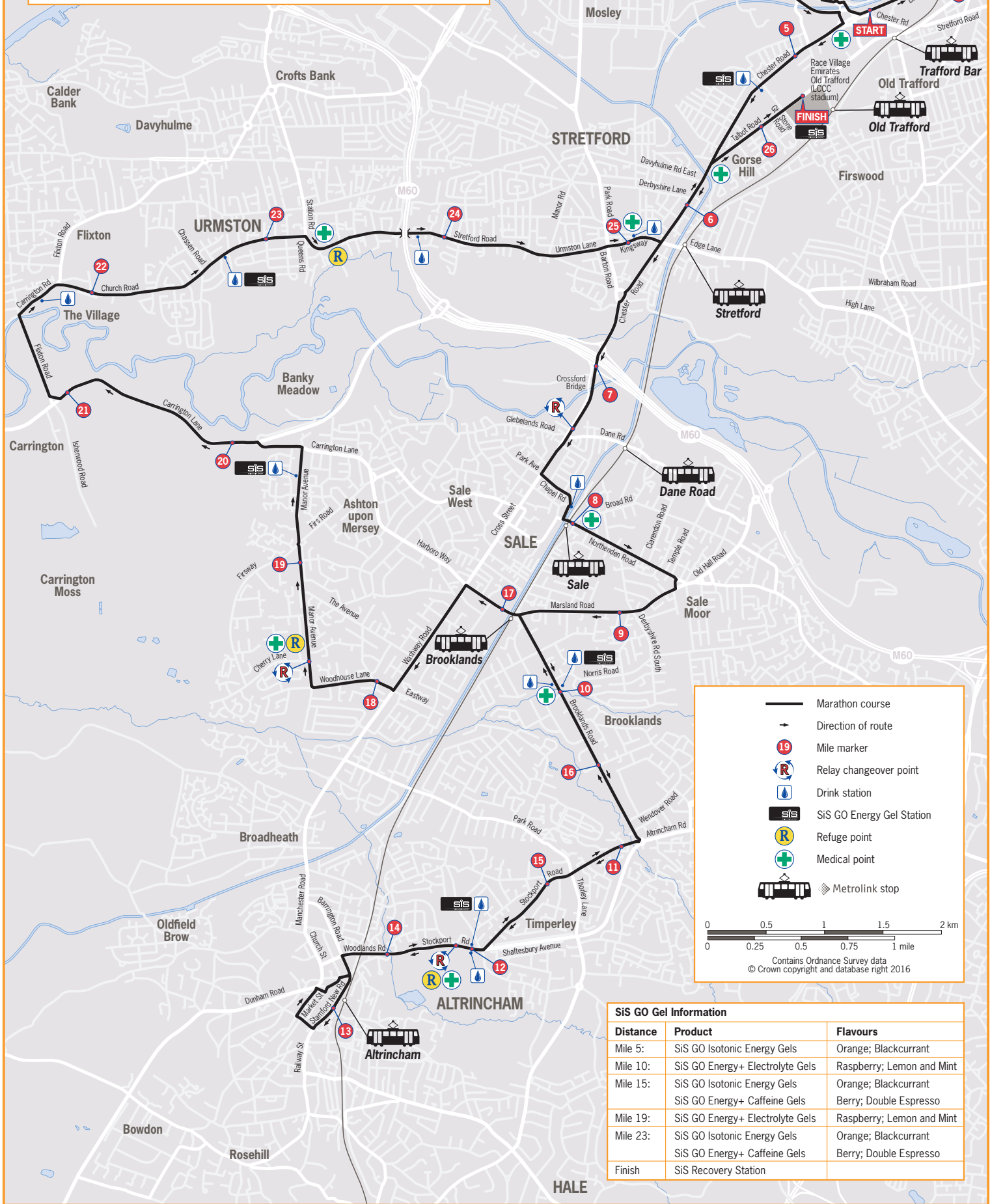


asics | GREATER MANCHESTER MARATHON

ASICS Greater Manchester Marathon
in Trafford 10th April 2016



Legend:

- Marathon course
- Direction of route
- Mile marker
- Relay changeover point
- Drink station
- SIS GO Energy Gel Station
- Refuge point
- Medical point
- Metrolink stop

0 0.5 1 1.5 2 km
0 0.25 0.5 0.75 1 mile

Contains Ordnance Survey data
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SIS GO Gel Information		
Distance	Product	Flavours
Mile 5:	SIS GO Isotonic Energy Gels	Orange; Blackcurrant
Mile 10:	SIS GO Energy+ Electrolyte Gels	Raspberry; Lemon and Mint
Mile 15:	SIS GO Isotonic Energy Gels SIS GO Energy+ Caffeine Gels	Orange; Blackcurrant Berry; Double Espresso
Mile 19:	SIS GO Energy+ Electrolyte Gels	Raspberry; Lemon and Mint
Mile 23:	SIS GO Isotonic Energy Gels SIS GO Energy+ Caffeine Gels	Orange; Blackcurrant Berry; Double Espresso
Finish	SIS Recovery Station	