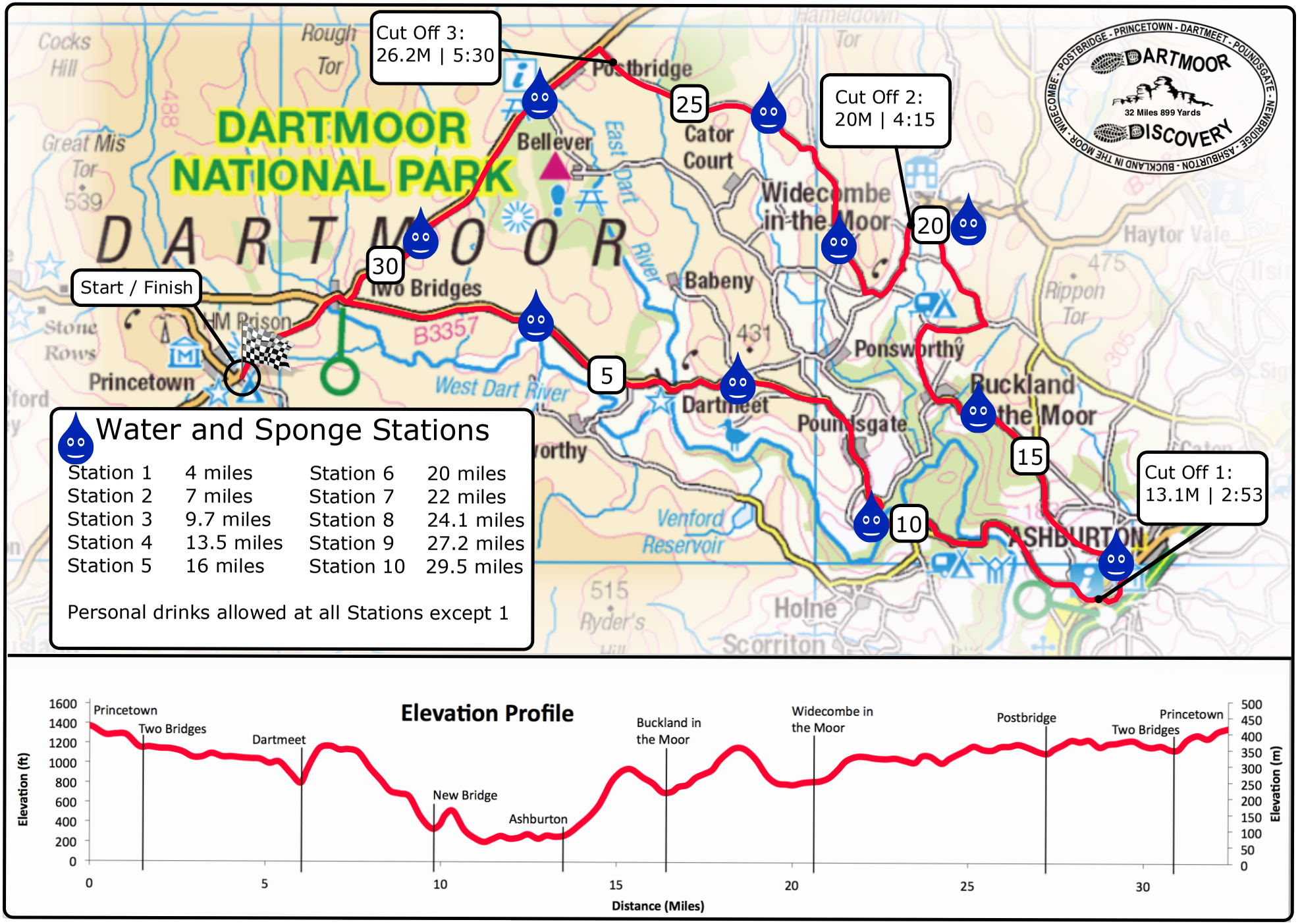

Water and Sponge Stations

Station 1	4 miles	Station 6	20 miles
Station 2	7 miles	Station 7	22 miles
Station 3	9.7 miles	Station 8	24.1 miles
Station 4	13.5 miles	Station 9	27.2 miles
Station 5	16 miles	Station 10	29.5 miles

Personal drinks allowed at all Stations except 1