



Cheer stations

1. Hollywood Road (Strand Cinema): 9.05am – 10.00am
2. Sydenham By-Pass (Belfast City Airport Footbridge): 9.15am – 10.40am
3. Queen's Bridge (Bridge End/Oxford Street): 9.30am – 2.30pm
4. Westland Road (At the Alliance Pharmacy / Morris Estate Agents): 9.50am – 11.45am
5. Antrim Road/ Junction of Floral Road: 10.05am – 12.45pm
6. Shore Road/ Junction of Mill Road (Phillip McGarrity Cars): 10.15am – 1.00pm
7. Duncrue Street (Roundabout): 10.35am – 1.45pm
8. Ormeau Road (Pavillion Bar/Kaffeeo): 11am – 3.00pm
9. Ravenhill Road (At the Cherryvale Playing Fields): 11am – 3.00pm

- Route & Run Direction
- 1 Mile Markers
- C Relay Changeover Point
- W Water Stations
- G Energy Gel Station
- E Energy Drinks Station
- F First Aid Station
- N Nutrition Station
- T Toilets



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