

The South Australian Road Runners Club presents



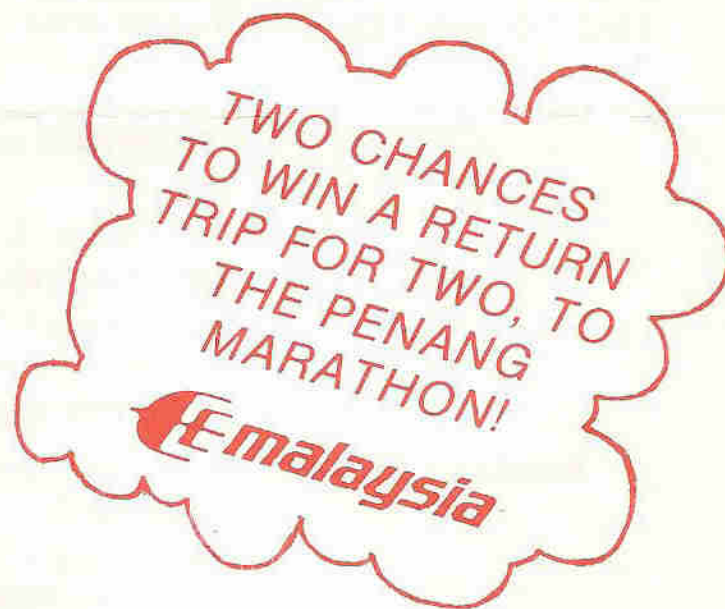
# TOYOTA FESTIVAL CITY MARATHON

14TH AUGUST 1988

7.30 A.M.



## 10th ANNIVERSARY



- ★ Australia's Best Organised Marathon
- ★ Scenic and Spectacular City and Parkland Course
- ★ Accurately Measured 42.195km Course, Measured to AIMS/IAAF Standard
- ★ Kilometre Markers
- ★ Water and Sponge Stops every 2.5kms.
- ★ South Australian Police Control
- ★ Traffic Free for Sub 4hr 15min
- ★ Walkers Welcome — Start 6.30 a.m.
- ★ Prizes for all Age Divisions
- ★ Max Griguol Trophy for; 1st SARRC Male Member in 1st Marathon
- ★ Tina Griguol Trophy for; 1st SARRC Female Member in 1st Marathon
- ★ Medallions for all Finishers
- ★ ALL ENTRANTS HAVE A CHANCE TO WIN A RETURN TICKET FOR TWO TO THE PENANG MARATHON. PRIZE TO BE DRAWN AT THE PRESENTATION CEREMONY.

### SOUVENIR RUNNING OUTFIT

A Souvenir Running Outfit has been specially designed for the "Bicentennial Marathon". It includes a running singlet and running shorts. The 'outfit' will be available early April.

Cost: \$30.00  
Posted: \$32.00

### ACCOMMODATION

Please tick the Accommodation box, if you wish information on 'specially priced' accommodation for Marathon Week, being arranged by S.A.R.R.C.

A.A.U. PERMIT NO. 3/66.88



# TOYOTA



## FESTIVAL CITY MARATHON





# TOYOTA FESTIVAL CITY MARATHON



MALAYSIAN AIRLINE SYSTEMS HAVE GENEROUSLY DONATED TWO RETURN TRIPS FOR TWO TO THE PENANG MARATHON.

Australia 1788-1988

### EARLY ENTRY

All entries received by May 1st, 1988 will receive a Toyota Festival City Marathon HEADBAND and each week, five RANDOM PRIZES will be drawn from the total entries received.

ALL ENTRIES RECEIVED BY MAY 1st, 1988 are eligible to win a **RETURN TRIP FOR TWO TO THE PENANG MARATHON.**

The prize will be drawn at the "Runners Party" on Friday August 12th, at the Adelaide Festival Centre.

**SO ENTER EARLY TO HAVE THIS CHANCE TO ATTEND THE PENANG MARATHON!!**

### RANDOM DRAW

All entries received for the Toyota Festival City Marathon will be eligible for a Return trip for two to the Penang Marathon.

The Prize will be drawn at the Presentation Ceremony following the completion of the Marathon. **REMEMBER TO WIN IT, YOU MUST BE IN IT!!**

### ENTRY DETAILS:

### SARRC MEMBER NON MEMBER

RECEIVED BY MAY 1st 1988	\$ 16.00	\$ 20.00
RECEIVED BY AUGUST 5th 1988	20.00	25.00
RECEIVED BY AUGUST 14th 1988	30.00	30.00



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84 Dale St., Port Adelaide



MAIL TO: S.A. Road Runners Club, 1 Sturt St, Adelaide 5000, or enter in person at  
SARRC OFFICE: 1 Sturt Street, Adelaide, Weekdays 9am-5pm — Telephone: (08) 213 0615

## TOYOTA FESTIVAL CITY MARATHON

## OFFICIAL ENTRY FORM 10th ANNIVERSARY



Runners No.

Surname or Family Name: \_\_\_\_\_ Given Name: \_\_\_\_\_

Address Street: \_\_\_\_\_ Address Suburb/Town: \_\_\_\_\_

State/Country: \_\_\_\_\_ Post Code: \_\_\_\_\_ Phone (inc. area code) Daytime: \_\_\_\_\_

Registered Athlete:  Tick Club: \_\_\_\_\_ Office Use:  Accommodation:

GENDER: M  or F  Birth Date: Day: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ Wchair SARRC:  Tick Member:  Member No. Tick: \_\_\_\_\_

No. Marathons Finished (0, if this is first): \_\_\_\_\_ PREVIOUS BEST: \_\_\_\_\_ hr \_\_\_\_\_ min

Payment is by  cash or  I enclose cheque to \_\_\_\_\_

or charge my  BANKCARD  VISACARD  MASTERCARD

Expiry: \_\_\_\_\_ Date: \_\_\_\_\_

Signature: \_\_\_\_\_ X ALL ENTRANTS MUST SIGN Date: \_\_\_\_\_

SINGLET: 12 14 16 18 20 22 Circle size:  
SHORTS: 12 14 16 18 20 22

**DECLARATION**

1. I compete at my own risk.

2. I agree to obey the race rules as described above and distributed in the race instructions.

NOTE MINIMUM AGE 18 YEARS

**PAYMENT DETAILS**  
(no refunds or exchanges)

ENTRY FEE (See above) \$.....

SOUVENIR OUTFIT \$.....

TOTAL \$.....

NOTE CLOSING DATES





## AUSTRALIA'S LARGEST RUNNERS CLUB

3 August, 1988

Dear Marathon Entrant,

Please find enclosed your Race Number and Race Instruction Package for the Toyota Festival City Marathon.

Would you please fill in the Medical Details, (in block letters) on the reverse of the Marathon Number. Should you be a S.A.R.R.C. Member competing in your first Marathon, your number will have a yellow sticker, and "Perfect Ten" runners will have an orange sticker. If you are in either of these categories, please check you have the appropriately coloured sticker. DO NOT remove the sticker as it will be important for the Finish System in identifying your category.

The Race Instructions are printed for all Marathon runner's benefit, please read them carefully and ensure that you are familiar with all the information.

If you have not purchased your ticket for the San Remo/West End Runner's Party on Friday 12th August, with Herb Elliot as the guest speaker, please send \$14.00/adults and \$10.00/child, to the office as soon as possible. The special 10th Anniversary Merchandise will also be available at the Runner's Party.

We do hope you enjoy the Tenth Festival City Marathon and wish you luck for your run.

Yours sincerely,

DES FOSTER  
GENERAL MANAGER

Encl.

**TOYOTA**

Oh what a feeling!

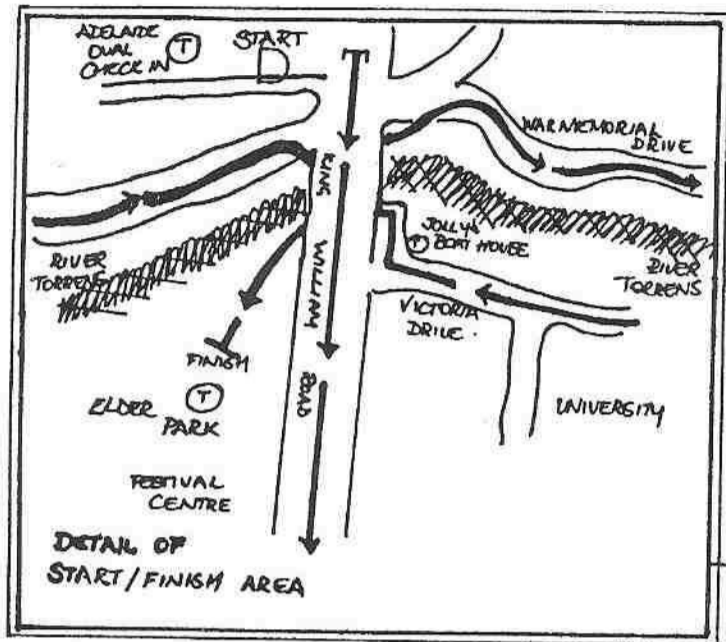
Member



Association of International Marathons and Road Races

**AIMS adidas**

# 1988 Course



## TOYOTA FESTIVAL CITY MARATHON

- KEY**
- KILOMETRE MARKER
  - D DRINK STATIONS
  - △ MEDICAL STATIONS
  - ⊕ TOILET
- \* Please note; 1/2 up not to scale.



**TOYOTA**  
Oh what a feeling!

# RACE INSTRUCTIONS

## *IMPORTANT - READ CAREFULLY*

### RACE NUMBERS

YOU MUST WEAR YOUR RACE NUMBER SO THAT IT IS VISIBLE AS YOU CROSS THE FINISH LINE, WHICH MEANS YOU WEAR IT PINNED TO THE FRONT OF YOUR SINGLET OR SHORTS.

ENSURE ALL DETAILS ARE CORRECT ON THE TEAR OFF TAGS. PIN THE RACE NUMBER SECURELY, BUT DO NOT SECURE EITHER OF THE TEAR OFF SECTIONS OF YOUR NUMBER, THESE SECTIONS WILL BE REMOVED BY OFFICIALS AT THE CHECK IN, AND IN THE FINISH CHUTES. PLEASE USE A SEPARATE TAG FOR YOUR GEAR BAGS.

### UNOFFICIAL RUNNERS

UNOFFICIAL RUNNERS WILL BE PREVENTED FROM CROSSING THE FINISH LINE. THESE ARE RUNNERS WITHOUT NUMBERS, PACERS, FAMILY AND FRIENDS OF RUNNERS, AND ANY OTHER PERSONS NOT WEARING AN OFFICIAL RACE NUMBER. UNOFFICIAL RUNNERS COMPLETELY DISRUPT ANY WELL ORGANISED TIMING SYSTEM. PLEASE PLAY YOUR PART AND DISCOURAGE UNOFFICIAL RUNNERS.

### PARKING & ROAD CLOSURES

THE TORRENS PARADE GROUND IN VICTORIA DRIVE WILL BE OPEN FOR PARKING OF VEHICLES FROM 5.30AM, BY COURTESY OF THE AUSTRALIAN ARMY. ENTRY WILL ONLY BE GAINED BY SHOWING YOUR RACE NUMBER TO THE PARKING ATTENDANT. WAR MEMORIAL DRIVE BETWEEN MONTEFIORE ROAD, AND KING WILLIAM ROAD WILL BE CLOSED FROM 7.00AM AND THE KING WILLIAM ROAD START AREA WILL BE CLOSED TO THROUGH TRAFFIC FROM 7.00AM. SO AIM TO ARRIVE AT THE START BY 7.00AM AT THE LATEST.

### CHECK-IN ON RACE DAY

ALL PARTICIPANTS ARE REQUIRED TO CHECK IN ON RACE DAY WITH THEIR NUMBER CORRECTLY PINNED TO THEIR CHEST. AT THAT TIME, YOUR START IDENTIFICATION TAG WILL BE REMOVED FROM YOUR NUMBER BY AN OFFICIAL. THE LOCATION FOR THIS WILL BE JUST INSIDE THE SOUTHERN GATES OF ADELAIDE OVAL (OFF MEMORIAL DRIVE). TIMINGS FOR CHECK IN WILL BE BY 5.30AM TO 6.15AM WALKERS AND EARLY STARTERS, 6.00AM TO 7.15AM FOR RUNNERS AND WHEELCHAIR COMPETITORS. THE CHECK IN AREA WILL BE OPEN FROM 5.30AM PLEASE DO NOT LEAVE IT TO THE LAST MINUTE.

### PRE-RACE TOILETS

THERE ARE DOZENS OF THESE INSIDE THE ADELAIDE OVAL, ALL OF WHICH WILL BE OPEN FOR RUNNERS USE.

## GEAR BAGS - BRING YOUR OWN

GEAR BAGS WILL NOT BE PROVIDED, BUT GEAR MAY BE LEFT AT THE START, IN YOUR OWN BAG CLEARLY MARKED, WITH YOUR FULL NAME AND RACE NUMBER AND WILL BE TRANSPORTED TO THE FINISH AREA. YOUR GEAR BAG CAN BE COLLECTED FROM THE GEAR BAG TENT AT ELDER PARK. DO NOT LEAVE FRAGILE OR VALUABLE ARTICLES IN YOUR BAGS.

## THE START

ONCE YOU HAVE CHECKED IN YOU MAY WALK THROUGH THE ADELAIDE OVAL, AND AROUND TO THE VICTOR RICHARDSON GATES, ON THE EASTERN SIDE OF THE OVAL. YOU WILL BE CALLED UP TO THE START LINE, ON KING WILLIAM ROAD, FROM THE AREA IMMEDIATELY OUTSIDE THESE GATES. THE FIRST DRINK STATION IS LOCATED IN THIS AREA.

## THE COURSE (SEE MAP)

MANY RUNNERS WILL BE RUNNING THIS COURSE FOR THE FIRST TIME, THEREFORE IT IS ESSENTIAL THAT YOU ARE AWARE OF THE COURSE RULES.

THE COURSE IS ENTIRELY ON THE ROAD, (EXCEPT FOR THE SECTION THAT PASSES UNDER THE BRIDGE AT KING WILLIAM ROAD). YOU SHOULD NOT CUT ACROSS FOOTPATHS AT THE CORNERS. MARSHALLS WILL BE LOCATED AT KEY POINTS TO DIRECT YOU. THERE WILL BE OVER 200 MARSHALLS AND POLICE ON THE COURSE TO ASSIST YOU, PLEASE THANK THEM FOR THE TIME THEY HAVE GIVEN FREELY.

IT IS ESSENTIAL THAT YOU FOLLOW ALL DIRECTIONS GIVEN TO YOU BY THE POLICE. THEY ARE THERE WITH YOUR SAFETY IN MIND, AND WITHOUT THEIR ASSISTANCE WE WOULD NOT HAVE AN EVENT.

RUNNERS SHOULD SHOW A LITTLE COURTESY WHEN BEING OVERTAKEN BY A FASTER RUNNER, AND MOVE OVER TO THE LEFT. THIS COURSE IS TRAFFIC FREE ALL THE WAY FOR RUNNERS ESTIMATING A FINISH TIME OF 4 HOURS 15 MINUTES OR BETTER. THIS IS A 6 MINUTES PER KILOMETRE PACE. A POLICE COURTESY CAR WILL FOLLOW BEHIND THIS GROUP INDICATING WHERE THE TRAFFIC FREE SECTION ENDS. SLOWER RUNNERS WILL BE MOVED TO THE FOOTPATHS, AND WILL ALSO HAVE TO OBEY ALL TRAFFIC SIGNALS.

WITHOUT THE CO-OPERATION OF THE SOUTH AUSTRALIAN POLICE DEPARTMENT THERE WOULD BE NO FESTIVAL CITY MARATHON. PLEASE SHOW YOUR APPRECIATION TO THOSE POLICE OFFICERS WHO ASSIST US ON THE DAY. IF YOU THINK THAT THEY HAVE CONTRIBUTED TO THE EVENT, A NOTE OF THANKS TO THE COMMISSIONER OF POLICE WOULD BE ONE WAY OF SHOWING YOUR APPRECIATION.

### SPECTATORS CARS

THERE WILL BE NO UNOFFICIAL VEHICLES PERMITTED ON THE COURSE. THE BETTER VIEWING POINTS WILL BE WHERE THE COURSE DOUBLES BACK ON ITSELF.

E.G. ANZAC HIGHWAY (5-21KM), WAR MEMORIAL DRIVE/MONTIFIORO ROAD (24-29KM), RUNDLE ROAD/DEQUETTEVILLE TERRACE (33-40KM).

### DISTANCE MARKERS

THE COURSE IS CERTIFIED TO AIMS/IAAF STANDARDS, AND IS EXACTLY 42.195KM LONG. YOU WILL FIND DISTANCE MARKERS PROMINENTLY PLACED EVERY 1KM.

### TIME SPLITS CALLERS

SPLITS WILL BE CALLED BY MAX BARNES, AT 5KMS AND 21.1KMS. GIVE HIM A WAVE AS YOU PASS.

### TOILETS EN-ROUTE

TOILET LOCATIONS ARE MARKED ON THE COURSE MAP (T).

### DRINK STATIONS

THANKS TO MAX GRIGUOL AND OUR SPONSORS, THERE WILL BE DRINK STATIONS LOCATED AT THE START AND THE FINISH, AS WELL AS 13 OTHER LOCATIONS AROUND THE COURSE. SPONGES, TISSUES, PETROLEUM JELLY AND PICCADILLY NATURAL SPRING WATER WILL ALSO BE AVAILABLE AT THESE DRINK STATIONS. ST. JOHNS AMBULANCE PERSONNEL, WILL BE LOCATED AT EACH DRINK STATION AND AT THE FINISH AREA TO PROVIDE FIRST AID TREATMENT. MEMBERS OF AUSTRALIAN CITIZEN RADIO MONITORS (ACRM) WILL PROVIDE COMMUNICATIONS AROUND THE COURSE.

### SPECIAL DRINKS (SEE DRINK STATION LAYOUT)

SPECIAL DRINKS MUST BE PLACED IN THE APPROPRIATE BOXES, WHICH WILL BE ADEQUATELY MARKED AND PLACED ON TRESTLE TABLES, IMMEDIATELY OUTSIDE THE VICTOR RICHARDSON GATES OF THE ADELAIDE OVAL. THE BOXES WILL BE THERE AT 6.00 AM AND THE VEHICLE WILL BE TRANSPORTING THEM TO THE APPROPRIATE DRINK STATIONS AT 7.00 AM EXACTLY. NO DRINKS WILL BE ACCEPTED AFTER THIS TIME.

THERE WILL BE A SEPARATE BOX FOR EACH DRINK STATION, WHICH WILL BE MARKED AS SUCH, AND IT WILL BE UP TO YOU TO PLACE YOUR DRINKS IN THE CORRECT BOX. ALL DRINKS SHOULD BE CLEARLY MARKED WITH THE RUNNERS NAME AND RACE NUMBER. SPECIAL DRINKS WILL BE LOCATED ON THE FIRST TABLE AS YOU APPROACH EACH DRINK STATION. (SEE DRINK STATION LAYOUT).

## PROVISION FOR DROPPING OUT

AS THE COURSE IS TRAFFIC FREE, THERE WILL BE NO VEHICLES DRIVING AROUND THE COURSE BUT IF YOU FEEL THAT YOU CAN NOT CONTINUE, THEN STOP AT A DRINK STATION AND BY COURTESY OF TOYOTA, A SMALL BUS WILL BE BRINGING UP THE REAR, AND WILL TRANSPORT YOU TO A POINT NEAR THE FINISH AREA. PLEASE DO NOT JUST "DROP OUT" AND DISAPPEAR WITHOUT NOTIFYING SOMEONE.

AVOID BEING UNABLE TO FINISH AND DRINK EARLY AND OFTEN. SLOW YOUR PACE IN THE EARLY PART OF THE RACE, PARTICULARLY IF YOU HAVE AVERAGED LESS THAN 100KM PER WEEK IN THE 2 MONTHS PRIOR TO THE RACE.

## THE FINISH

YOUR TIME WILL BE TAKEN ACCURATELY AS YOU CROSS THE FINISH LINE. WATCH THE DISPLAY CLOCK AS YOUR CHECK. YOU MUST STAY IN FINISH ORDER WHILST IN THE CHUTE, UNTIL YOUR TAG IS DETACHED.

AS YOU LEAVE THE FINISH CHUTE YOU WILL BE PRESENTED WITH;

- \* YOUR FINISHERS BAG (FULL OF GOODIES, A FINISHERS CERTIFICATE, AND SUNWORLD FRUIT JUICE VOUCHER)
- \* YOUR FINISHERS MEDALLION

IF YOU HAVE ORDERED A FINISHER SINGLET IT WILL BE AVAILABLE FROM THE S.A.R.R.C. OFFICE FROM THURSDAY AUGUST 18TH. IF YOU HAVE PAID FOR POSTAGE, YOUR SINGLET WILL BE SENT TO ON THAT DATE. IF YOU HAVEN'T ORDERED A FINISHER'S SINGLET, ORDERS WILL BE TAKEN IN THE S.A.R.R.C. TENT.

PRESENT YOUR SUNWORLD FRUIT JUICE VOUCHER TO THE SUNWORLD CARAVAN FOR YOUR COMPLIMENTARY FRUIT JUICE.

## RESULTS

AS SOON AS RESULTS ARE VALIDATED, ALL FINISHERS WILL BE MAILED THEIR OFFICIAL PRINTED RESULTS, WHICH INCLUDES A LABEL FOR THE FINISHERS CERTIFICATE, A COMPLETE RESULTS LIST AND A PROOF PHOTOGRAPH OF YOU FINISHING THE MARATHON. THIS IS USUALLY WITHIN 3 WEEKS OF THE FINISH OF THE RACE. REMEMBER YOU MUST CHECK IN AT THE START TO BE VALIDATED AS A FINISHER.

PLEASE DO NOT RING THE OFFICE IN THE FIRST TWO WEEKS AFTER THE MARATHON SEEKING YOUR OVERALL PLACE, AS IT WILL BE TOO BUSY COMPUTING ALL THE RESULTS.



A RACE REPORT AND PHOTOGRAPHS WILL ALSO BE PUBLISHED IN THE SEPTEMBER ISSUE OF SOUTH AUSTRALIA RUNNING (S.A.R.R.C. JOURNAL). THE JOURNAL IS FREE TO MEMBERS AND MAY BE PURCHASED BY NON MEMBERS BY CALLING S.A.R.R.C. OFFICE ON (08) 213 0615.

TO ENSURE GOOD FINISHER PHOTOGRAPHS DO NOT FINISH CLOSE BEHIND ANOTHER RUNNER, MOVE TO ONE SIDE. DO NOT LOOK AT YOUR WATCH OR STOP RUNNING AS YOU CROSS THE FINISH LINE. MOVE QUICKLY DOWN THE CHUTES AND AWAY FROM THE FINISH LINE.

### FINISH SERVICES

PICCADILLY NATURAL SPRINGS WATER WILL BE AVAILABLE AT THE FINISH AREA. MEDICAL SERVICES IN THE FINISH AREA WILL BE STAFFED BY MEDICAL PERSONNEL, PARAMEDICAL PERSONNEL, ST JOHNS AMBULANCE BRIGADE, MEMBERS OF THE SPORTS MEDICINE FEDERATION AND PHYSIOTHERAPISTS. INVARIABLY THEY WILL SPOT YOU IF YOU ARE IN NEED OF HELP BUT, IN THE EVENT THAT THIS DOES NOT HAPPEN ASK A S.A.R.R.C. OFFICIAL.

### PRESENTATION CEREMONY

PRESENTATIONS WILL TAKE PLACE IN THE HALL OF THE TORRENS PARADE GROUNDS COMPLEX AT 12.30 P.M. REFRESHMENTS WILL BE AVAILABLE FREE TO COMPETITORS.

### RANDOM DRAW PRIZE

A GREAT RANGE OF RANDOM PRIZES WILL BE DRAWN PRIOR TO THE RACE FINISH. PLEASE CHECK THE S.A.R.R.C. TENT TO COLLECT PRIZES.

### START TIMES

- 6.30 A.M. ENTRANTS PLANNING TO TAKE LONGER THAN 4 HOURS, 15 MINUTES, INCLUDING WALKERS, JOGGERS AND RUNNERS. (IT WILL MEAN THAT YOU WILL BE FINISHING WITH THE MASSES).
- 7.25 A.M. WHEELCHAIRS
- 7.30 A.M. REMAINING COMPETITORS

## HEALTH & SAFETY INSTRUCTIONS

### THE DAY BEFORE

Maintain a good balanced diet with emphasis on complex carbohydrates, e.g. potatoes, cereals, pasta, bread, rice. Do not try new foods or drinks. Do not fast within 24 hours of the start. Get a good sleep on Saturday night.

Plan your clothing requirements carefully in advance. Don't wear any new or untried gear. Plan to drink at every drink station. Do not train if suffering from a virus. Cut your toenails carefully before marathon day. Plan a realistic pace for your run.

### BEFORE THE START

Don't run if you have a virus or any other illness, particularly if your doctor has advised you not to participate.

Arrive at the start early. Avoid last minute rush. Drink plenty of water. Get to the toilet early (there are plenty at Adelaide Oval). Dress as you have planned and use petroleum jelly to prevent chafing (nipples, toes, underarms, groins and legs). Remember no new or untried gear. Keep warm and stretch before the run.

### DURING THE RACE

Don't go out too fast. Stick to your planned race. Drink at every drink station. This is essential whatever the weather. Drink stations will provide water, petroleum jelly, sponges and tissues. St. John will be at all drink stations to provide first aid. Medical aid will be available at the 23.5/28.5km and 33/40km points. (Cnr. War Memorial Drive/Montifiore Road and corner Rundle Road/Dequetteville Terrace) and at drink stations 11 and 12.

If you wish to drop out, transport to the finish will be organised from drink stations.

If you are running slower than 6min/km (4hr 15min) traffic will be on your part of the course for sometime, so you must run on the footpath and observe all traffic rules.

If you are feeling unduly distressed, reduce your pace. Stop running if you are suffering heat exhaustion (throbbing headache, dizziness, nausea, chest discomfort or goosebumps) or have become unduly cold particularly if it is raining and windy.

## WHEN YOU FINISH

Warm down by putting on light clothing. Maintain some activity for at least 10 minute e.g. walking. Avoid becoming too cold or stopping all activity suddenly.

If distressed seek medical advice which will be available at the finish area. St. John will be present to assist those requiring attention and help them to the medical area where doctors, physiotherapists, podiatrists, sports trainers, masseurs and chiropractors will be available to assist with any injuries.

Take care, enjoy yourself and the entire experience. If you have done your homework and remember the basics - fluids and pacing, you will run a fine race.

Good luck - you deserve it.

DAVID GLOVER  
RACE DIRECTOR

## DRINK STATIONS

AT EACH DRINK STATION, RUNNER WILL FIND (IN ORDER):

1ST	ONE SMALL TABLE FOR ELITE RUNNERS DRINKS
2ND	THREE(AT LEAST) TABLES OF DRINKING WATER
3RD	ST. JOHN, C.B. RADIO, OTHER FIRST AID
4TH	LARGE RUBBISH BIN FOR CUPS
5TH	SPONGES
6TH	SEVERAL CONTAINERS FOR USED SPONGES

### NOTE:

1. PLEASE TRY TO RUN TO LEAST BUSY DRINK TABLE, IT WILL SAVE YOU AND OTHERS TIME.
2. NOTE THAT SPONGES ARE AVAILABLE 100 METRES PAST THE CUP STATION AND A RUBBISH BIN IS IN BETWEEN - PLEASE USE THIS BIN FOR YOUR USED CUPS.
3. USED SPONGE CONTAINERS ARE AVAILABLE ABOUT 100 METRES PAST THE SPONGE STATION. PLEASE TRY TO USE THESE CONTAINERS AS SPONGES ARE RECYCLED!

## DRINK STATIONS

