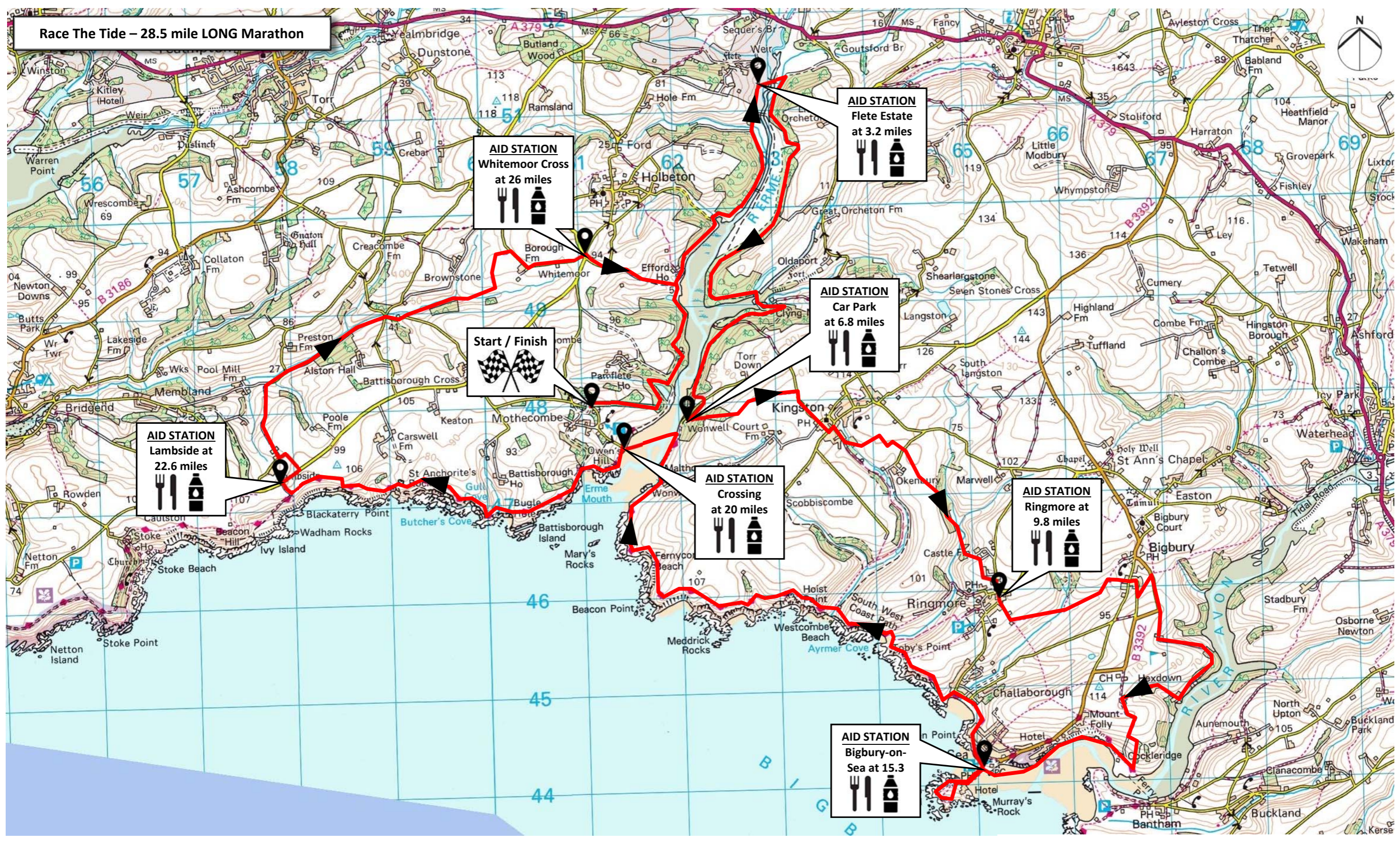


Race The Tide – 28.5 mile LONG Marathon



AID STATION
Whitemoor Cross
at 26 miles



AID STATION
Flete Estate
at 3.2 miles



AID STATION
Car Park
at 6.8 miles



Start / Finish




AID STATION
Crossing
at 20 miles



AID STATION
Ringmore at
9.8 miles



AID STATION
Lambside at
22.6 miles



AID STATION
Bigbury-on-Sea
at 15.3

