Aid Station Composition Sheets

Checkpoint Provisions by Race Distance & Service Category

VEGAN GLUTEN-FREE DAIRY-FREE

1. Lizard Point

VEGAN GF DF

100M • Drinks Only

Cold Drinks	Water, cordial, coke
Naak	Drink mix, Bars, Waffles

2. Porthleven

VEGAN GF DF

100M • Hot Food

Cold Drinks	Water, cordial, coke
Hot Drinks	Tea, coffee, mint tea, hot chocolate
Naak	Drink mix, Bars, Waffles
Snacks (Sweet, Salty & Savoury)	Salty crisps, sweets, cereal/chocolate bars, savoury rolls, flapjack
Fruit	Oranges, watermelon, bananas
Sandwiches GF VEGAN	Cheese & pickle, jam, marmite, honey
Hot Dessert	Hot Rice Pudding
Hot Meal	Soup/casserole, pizza, chips, pasta (TBC)

3. Penzance

VEGAN GF DF

100M • Hot Food

Cold Drinks	Water, cordial, coke
Hot Drinks	Tea, coffee, mint tea, hot chocolate
Naak	Drink mix, Bars, Waffles
Snacks (Sweet, Salty & Savoury)	Salty crisps, sweets, cereal/chocolate bars, savoury rolls, flapjack
Fruit	Oranges, watermelon, bananas
Sandwiches GF VEGAN	Cheese & pickle, jam, marmite, honey
Hot Dessert	Hot Rice Pudding
Hot Meal	Soup/casserole, pizza, chips, pasta (TBC)

4. Porthcurno VEGAN GF DF

100M • Snacks & Drinks

Cold Drinks	Water, cordial, coke
Hot Drinks	Tea, coffee, mint tea, hot chocolate
Naak	Drink mix, Bars, Waffles
Snacks (Sweet, Salty & Savoury)	Salty crisps, sweets, cereal/chocolate bars, savoury rolls, flapjack
Fruit	Oranges, watermelon, bananas
Sandwiches GF VEGAN	Cheese & pickle, jam, marmite, honey
Hot Snacks	Hot Soup and Hot Rice Pudding

5. Land's End VEGAN GF DF

100M • Hot Food

Cold Drinks	Water, cordial, coke
Hot Drinks	Tea, coffee, mint tea, hot chocolate
Naak	Drink mix, Bars, Waffles
Snacks (Sweet, Salty & Savoury)	Salty crisps, sweets, cereal/chocolate bars, savoury rolls, flapjack
Fruit	Oranges, watermelon, bananas
Sandwiches GF VEGAN	Cheese & pickle, jam, marmite, honey
Hot Dessert	Hot Rice Pudding
Hot Meal	Soup/casserole, pizza, chips, pasta, etc.

6. Lelant VEGAN GF DF

100M / 100K • Hot Food

Cold Drinks	Water, cordial, coke
Hot Drinks	Tea, coffee, mint tea, hot chocolate
Naak	Drink mix, Bars, Waffles
Snacks (Sweet, Salty & Savoury)	Salty crisps, sweets, cereal/chocolate bars, savoury rolls, flapjack
Fruit	Oranges, watermelon, bananas
Sandwiches GF VEGAN	Cheese & pickle, jam, marmite, honey
Hot Dessert	Hot Rice Pudding
Hot Meal	Soup/casserole, pizza, chips, pasta, etc.

7. Godrevy VEGAN GF DF

100M / 100K • Snacks & Drinks

Cold Drinks	Water, cordial, coke
Hot Drinks	Tea, coffee, mint tea, hot chocolate
Naak	Drink mix, Bars, Waffles
Snacks (Sweet, Salty & Savoury)	Salty crisps, sweets, cereal/chocolate bars, savoury rolls, flapjack
Fruit	Oranges, watermelon, bananas
Sandwiches GF VEGAN	Cheese & pickle, jam, marmite, honey
Hot Snacks	Hot Soup and Hot Rice Pudding

8. Porthreath VEGAN GF DF

100M / 100K • Snacks & Drinks

Cold Drinks	Water, cordial, coke
Hot Drinks	Tea, coffee, mint tea, hot chocolate
Naak	Drink mix, Bars, Waffles
Snacks (Sweet, Salty & Savoury)	Salty crisps, sweets, cereal/chocolate bars, savoury rolls, flapjack
Fruit	Oranges, watermelon, bananas
Sandwiches GF VEGAN	Cheese & pickle, jam, marmite, honey
Hot Snacks	Hot Soup and Hot Rice Pudding

9. Mawgen Path VEGAN GF DF

50K • Snacks & Drinks

Cold Drinks	Water, cordial, coke
Hot Drinks	Tea, coffee, mint tea, hot chocolate
Naak	Drink mix, Bars, Waffles
Snacks (Sweet, Salty & Savoury)	Salty crisps, sweets, cereal/chocolate bars, savoury rolls, flapjack
Fruit	Oranges, watermelon, bananas
Sandwiches GF VEGAN	Cheese & pickle, jam, marmite, honey
Hot Snacks	Hot Soup and Hot Rice Pudding

10. Porth VEGAN GF DF

50K • Snacks & Drinks

Cold Drinks	Water, cordial, coke
Hot Drinks	Tea, coffee, mint tea, hot chocolate
Naak	Drink mix, Bars, Waffles
Snacks (Sweet, Salty & Savoury)	Salty crisps, sweets, cereal/chocolate bars, savoury rolls, flapjack
Fruit	Oranges, watermelon, bananas
Sandwiches GF VEGAN	Cheese & pickle, jam, marmite, honey
Hot Snacks	Hot Soup and Hot Rice Pudding

11. Holywell Bay VEGAN GF DF

50K • Snacks & Drinks

Cold Drinks	Water, cordial, coke
Hot Drinks	Tea, coffee, mint tea, hot chocolate
Naak	Drink mix, Bars, Waffles
Snacks (Sweet, Salty & Savoury)	Salty crisps, sweets, cereal/chocolate bars, savoury rolls, flapjack
Fruit	Oranges, watermelon, bananas
Sandwiches GF VEGAN	Cheese & pickle, jam, marmite, honey
Hot Snacks	Hot Soup and Hot Rice Pudding

12. Porthowan VEGAN GF DF

20K • Snacks & Drinks

Cold Drinks	Water, cordial, coke
Hot Drinks	Tea, coffee, mint tea, hot chocolate
Naak	Drink mix, Bars, Waffles
Snacks (Sweet, Salty & Savoury)	Salty crisps, sweets, cereal/chocolate bars, savoury rolls, flapjack
Fruit	Oranges, watermelon, bananas
Sandwiches GF VEGAN	Cheese & pickle, jam, marmite, honey
Hot Snacks	Hot Soup and Hot Rice Pudding