

Aid Station #5 – handing out water and picking up cups

Crew Contact: Matt Orton - 021 025 17892

Volunteer Contact: Lorna McNaughton 027 512 5190

Beside Hamilton Rowing Club
154 Grantham Street, Hamilton Central, Hamilton 3204

★ Google Maps Address
<https://maps.app.goo.gl/9Bd8NrCMFvGCoPMn6>

6 volunteers 8:00am – 11:30am 3hrs 30min

4 tables
6 x black rubbish bins
12 rubbish bags
14 small square bins - filled with water

5 Bins of GU Electrolyte Drink
Each bin gets 3.5 tubes of tablets
Do not put the lid on while fizzing

1 x Lollie Bin
6 orange vests

3 x jugs
Gloves
3000 cups (3 boxes)

2 sheets of corflute

NOTES:

- Cups are filled half way
- Gloves on for anyone handing out lollies

17.8km
18 Tubes





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