

TAMAR TROTTERS MAGNIFICENT 7 – RACE CUPS INFORMATION

Our race this year will be plastic free, where there will be no plastic cups at the water stations. Instead all runners will be issued at registration, a free Soft Cup (200mL/6.7 floz capacity) to use during the race. Race marshals will fill up the soft cups, from water jugs, at the water stations throughout the 7 mile course.

The cup is easy to hold and collapsible and weighs 10 grams, dimensions 100mm x 55mm. You can fold it, roll it, scrunch it up or put it in your pocket during the race. If you do not want to use the soft cup, you can use your own water bottle which can be filled up at the water stations.

Please re-use the cup in other races/events to promote plastic free races.

