

Ultramarathon de Sai Kung 2018

Drinks and Food at Checkpoints 檢查點的飲料和食物

Checkpoint 檢查站	Location 地點	Water 水	Sport Drinks 運動飲品	Coca-Cola 可樂	Hot Water, Tea & Coffee 熱水 茶及咖啡	Fruit 水果	Banana 香蕉	Bread 麵包	Nuts and Chips 果仁和薯片	Candy 糖果	Energy Bar 能量條
1	Pak Tam Au 北潭凹	✓	✓	✓	✗	✗	✗	✗	✗	✗	✗
2	Sai Wan Pagoda 西灣亭	✓	✓	✓	✗	✓	✗	✗	✓	✓	✗
3	Man Yee Road 萬宜路	✓	✓	✗	✗	✗	✓	✓	✓	✓	✗
4	Pak Tam Chung 北潭涌	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
5	Tai Mong Tsai 大網仔	✓	✓	✓	✗	✗	✓	✓	✗	✗	✗
6	Shui Long Wo 水浪窩	✓	✓	✓	✓	✗	✗	✓	✓	✓	✗
7	Pak Tam Chung 北潭涌	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
8	Yung Shui O 榕樹澳	✓	✓	✗	✗	✗	✓	✓	✗	✗	✗
9	Hoi Ha 海下	✓	✓	✓	✓	✗	✓	✓	✓	✗	✗
10	Wong Shek Pier 黃石碼頭	✓	✓	✓	✓	✗	✓	✗	✓	✓	✓
11	Sai Wan Pagoda 西灣亭	✓	✓	✗	✗	✗	✓	✓	✓	✗	✗
Finish	Pak Tam Chung 北潭涌	✓	✗	✗	✓	✓	✗	✗	✗	✗	✗