

Personal Refreshments Service

Available for Seeded and Priority Start Runners ONLY

NOTE *Priority Runners - Back of table*
Seeded Runners - Front of table
Race number 50 and below - bottom left
Race number 50 and above - bottom right

Personal Refreshment km Points

5.5km → 10km → 16.5km → 20km → 25.5km → 31km → 35.5km → 40.5km

Table 1

126 - 150	
26-31-36-41-46	76-81-86-91-96
1-6-11-16-21	51-56-61-66-71

Table 2

151 - 175	
27-32-37-42-47	77-82-87-92-97
2-7-12-17-22	52-57-62-67-72

Table 3

176 - 200	
28-33-38-43-48	78-83-88-93-98
3-8-13-18-23	53-58-63-68-73

2m Gap

Table 4

201 - 225	
29-34-39-44-49	79-84-89-94-99
4-9-14-19-24	54-59-64-69-74

2.4m Table

Table 5

Back of table

226 +	
30-35-40-45-50	80-85-90-95-100
5-10-15-20-25	55-60-65-70-75

Front of table

Direction of Runners

Important Additional Information:

- Drink tables will always be to the **left-hand side** of runners
- Seeded race numbers are always at the front of the tables with drinks for athletes in the **1-50** range on the left side of tables and drinks for athletes in the **51-100** range on the right
- Ensure you **know which table** your personal refreshments drink will be on
- Drinks will be arranged **exactly** as listed above
- Seeded Breakdown:
 - Race Number ends 1 or 6 (**Table 1**) e.g. 1, 6, 11, 16....81, 86, 91 and 96
 - Race Number ends 2 or 7 (**Table 2**)
 - Race Number ends 3 or 8 (**Table 3**)
 - Race Number ends 4 or 9 (**Table 4**)
 - Race Number ends 5 or 0 (**Table 5**)
- The layout will be **the same** at all 8 PR stations (km points)