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

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

Personal Refreshment km Points

 $5.5 \text{km} \rightarrow 10 \text{km} \rightarrow 16.5 \text{km} \rightarrow 20 \text{km} \rightarrow 25.5 \text{km} \rightarrow 31 \text{km} \rightarrow 35.5 \text{km} \rightarrow 40.5 \text{km}$

Table 4

Table 3

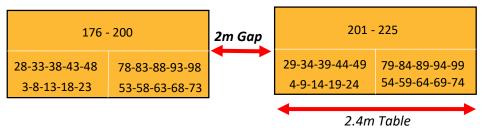


Table 5

Back of table

226 +

30-35-40-45-50 5-10-15-20-25

80-85-90-95-100 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)

