

Personal Refreshments Service

Available **ONLY** for Seeded (elite) Start Runners and Priority (sub-elite) Start Runners

EIGHT Personal Refreshment Stations – Approx. KM Point Locations:

5.5km → 10km → 15.5km → 20km → 25km → 30.5km → 35.5km → 40.5km

NOTE Seeded Runners - Front of tables 1 - 6
Priority Runners - Back of tables 1 - 6

Table 1

Back of table

Race numbers 126 - 150

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

Front of table

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

Table 4

201 - 225

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

Table 5

226 - 250

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

Table 6

276 +

251 - 275

↔
2m Gap

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2.4m Table

Direction of Runners

Important Additional Information:

- Personal refreshment drink tables will always be on the **left-hand side** of runners, except for the tables at the 20km station – these will be on the right-hand side.
- Seeded runner drinks are at the **front** of the tables 1 – 6 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. The front of table 6 contains the elite pacers and overflow seeded race number range (251 - 275).
- Priority runner drinks are at the **back** of tables 1 – 6.
- Ensure you **know which table** your personal refreshments drink will be on. Drinks will be arranged **exactly** as listed above.
- Seeded runner breakdown:
 - Race number ends 1 or 6 (**Table 1**) e.g. 1, 6, 11, 16, 21.... 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**)
 - Race numbers in the range 251 -275 placed in numerical order (**Table 6**)
- The layout of these tables will be **the same** at all 8 Personal Refreshment Stations (remember the 20km station will be on your right!)

