

Personal Refreshments Service

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

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

EIGHT Personal Refreshment Stations – Approx. KM Point Locations:

| Refreshment Station | 5km | 10km | 15km | 20km | 25km | 30km | 35km | 40km |
|----------------------|-------|--------|--------|------|------|--------|--------|--------|
| Approximate Distance | 5.4km | 10.4km | 15.8km | 20km | 25km | 30.7km | 35.2km | 40.5km |

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

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 10km and 20km stations – 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 may contain 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 may be placed in numerical order if required (**Table 6**)
- The layout of these tables will be **the same** at all 8 Personal Refreshment Stations (remember the 10 and 20km stations will be on your right!)

