

## Personal Refreshments Service

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

**NOTE** Seeded Runners - Front of tables 1 - 6  
Priority A 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 A 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!)

