



Two Tunnels Railway Races Event Information

Brickfields Park, Bath, BA2 1LX – 18th Feb, 09:20am

Important Notices

- There is no on street parking available for runners on the streets around Brickfields. Please park at Odd Down Park & Ride and catch the Two Tunnels (TT1) Bus Service. The postcode for the Park & Ride is BA2 8PA the cost of a return ticket is £2.50 (£1 return for U16s) **Buses from the Park & Ride will be run between 08:15 - 10:15. No services run between 10:15 and 11:00. Services commence again from 11:00 and the final bus will leave Brickfields at 13:15.**
- All paths used by the race are open to the general public, many of whom use the routes as their regular walking routes. Please make the event a success by being polite and courteous to the other users of these paths so that the race has a positive impact on everyone involved. Please stick to the left hand side at all times, especially when running through the tunnels.
- The tunnels are lit but it still takes a few seconds for your eyes to adjust to the lower light levels. We would therefore recommend runners do not wear sun glasses in the tunnels.
- Please do not run with MP3 players with in ear earphones. Only bone conducting music players are permitted. This is for your safety and the safety of other users within the tunnels (think cyclist's running their bells to come past you) and traffic on the road crossing points. **If you do use in earphones then you will be disqualified.** Thank you for your understanding.
- If you are registering on the day please do so by 10:15 so we have time to add you to the race timing system

Sustrans

Sustrans and Relish Running

Sustrans, the charity behind the National Cycle Network is our charity partner for the first ever Two Tunnels Railway Races. Without Sustrans we wouldn't have the Two Tunnels Greenway and the re-opened iconic tunnels, including Combe Down tunnel which hosts a unique sound and lighting installation for you to run through! Sustrans has to cover the costs of the maintenance of the tunnels, and so this event provides a brilliant opportunity to raise money to keep them in tip top condition. All funds raised from the event will go directly to Sustrans so they can continue to work on routes such as the Two Tunnels Greenway and keep the 15,000 mile National Cycle Network going and growing. Relish Running is donating £1 per runner to Sustrans but it would be great if you could help raise some money for them too!

How to get to the Two Tunnels Railway Races

By Car/Park & Ride - There is no on street parking available for runners on the streets around Brickfields Park. Please park at Odd Down Park & Ride and catch the bus down to Bear Flat. The postcode for the Park & Ride is BA2 8PA the cost of a return ticket is £2.50 (£1 return for U16s). We

have arranged for a special Two Tunnels Services (TT1) which departs from Service 42/RUH bust stop and will drop runners off 50m from the race site. Please ensure you join the Two Tunnels Service (TT1) and not the number 41 Service which heads directly into Bath centre.

By Train – Bath Spa Train Station is the main station in Bath and is in the town centre. Brickfields is approximately 1.5 mile away and the route to the event will not be signed. We would recommend taking an extra train out to Oldfield Park Train Station to bring you a little closer.

By Train – Oldfield Park Train Station is a local train station between Bath and Bristol. It is approximately 1/2 a mile away from Brickfields. This route will be signed with Orange Registration Arrows, Pink To The Start arrows and a sprinkling of Relish Running Races branded tape.

By Bike – We will provide racking for bikes next to the registration gazebos – please bring your own lock as this is not a secure bike compound. All bikes are left at the owner's own risk, the event accepts no responsibility for any loss or damage to bikes or any other property left on the race site.

By Foot – The Brickfields Park is just off the Two Tunnels Greenway path. If you are heading to the event by foot it is recommended you join the path in order to head to the park.



Spectators

As this is an Out and Back course and the path itself is relatively narrow, we recommend that spectators stay at the Race HQ site and cheer their runners in over the finish line.

Race Registration

We are not posting out any numbers for this event, all numbers will be available to collect on the day. Number Collect and On the Day Registrations will open from 08:45 and close at 10:15. Runners who register on the day will be assigned a wave according to their predicted finish time and will be put in the first available wave for that finish time. **Please note it will not be possible to swap waves or to fit any runners into a wave once it is full.**

Bag Storage

There is a bag storage gazebo. Please fill out the luggage tag provided with your race number and colour.

Toilets

There will be portaloos positioned in the Brickfields Park. Please see the map above.

Refreshments

Bath Organic Farms will be providing catering for the event with a selection of hot and cold drinks, as well as burgers, sausage and bacon rolls. The race will also be providing a selection of fresh fruit, jelly beans and jaffa cakes to name just a few.

Race Start Times

To keep the runners spread out and to allow the tunnels to remain open to everyday users we are splitting up the events into the following waves. Below are suggested arrival times for the Park & Ride (P&R) service which will take 15mins to take you down to the race start. Please check the schedule for more information.

The arrival times are suggestions. You can in theory collect your race number right up until the start time for your particular wave.

EVENT SCHEDULE

The final schedule will be published as a separate document alongside the start lists on the Wednesday before the race. Start times for each wave may vary +/- 10mins.

Event Wave	Race & Predicted Time	P&R	Race HQ	Briefing	Start
Colour	1 Mile & 300m Colourburst	08:15	08:45 - 09:00	09:25	09:30
Event Wave 1	5km - Wave 1	08:30	09:00 - 09:15	09:55	10:00
Event Wave 2	5km - Wave 2	08:40	09:10 - 09:20	10:05	10:10
Event Wave 3	10km Wave 1 (< 55mins)	08:55	09:25 - 09:35	10:20	10:25
Event Wave 4	10km Wave 2 (< 55mins)	09:05	09:35 - 09:45	10:30	10:35
Event Wave 5	10km Wave 3 (55 - 65mins)	09:15	09:45 - 09:55	10:40	10:45
Event Wave 6	10km Wave 4 (55 - 65mins)	09:25	09:55 - 10:05	10:50	10:55

Event Wave 7	10km Wave 5 (> 65mins)	09:35	10:05 - 10:15	11:00	11:05
Event Wave 8	10km Wave 6 (> 65mins)	09:45	10:15 - 10:25	11:10	11:15

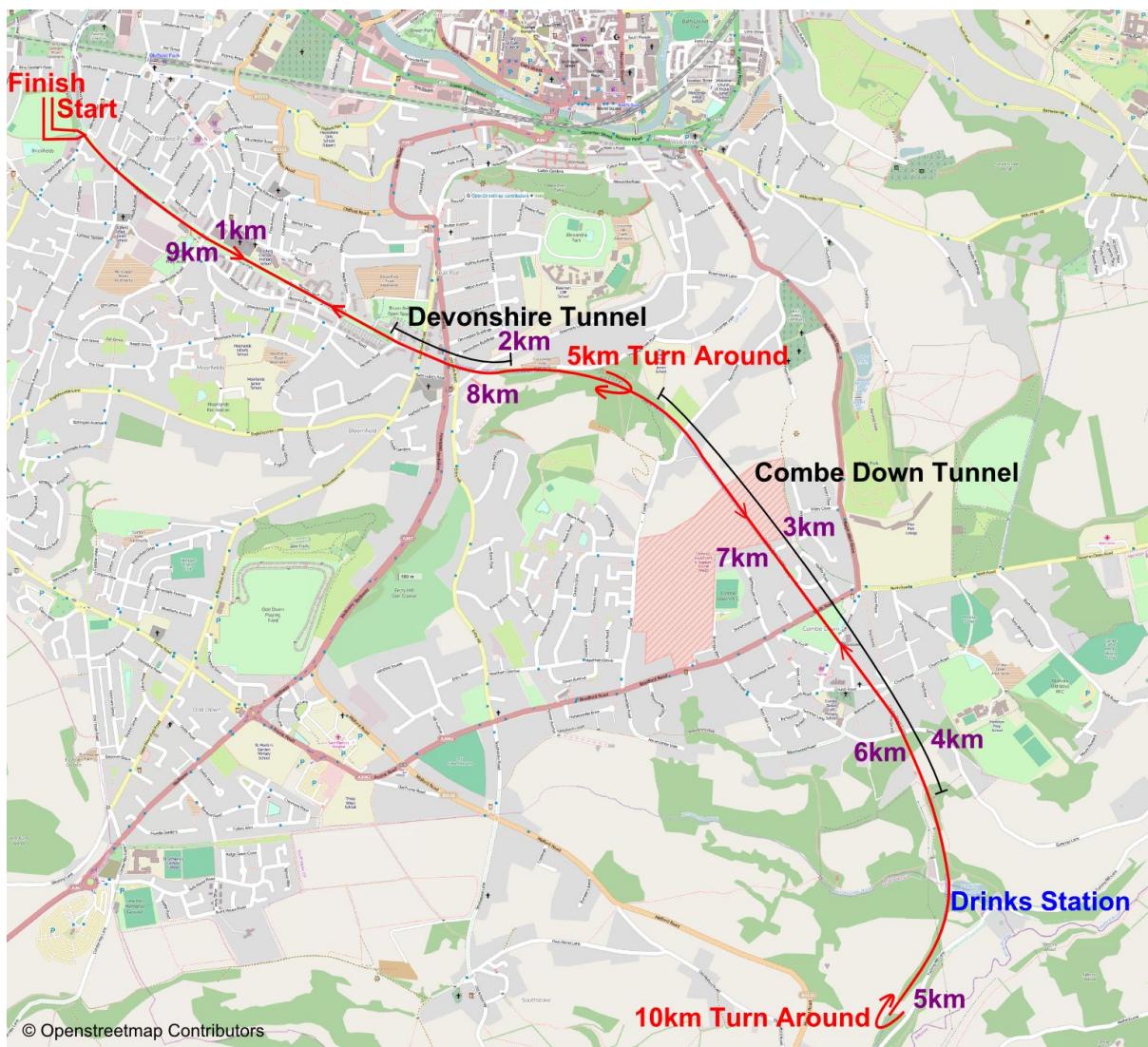
Warm Up

A warm up will be provided 5mins before the start of each wave. This is optional, but a great way to limber up and get yourself ready for the race ahead. The warm up will take place adjacent to the start line.

Race Briefing

There will be a 5min race briefing ahead of each wave start at the start line.

Course Map



Route Descriptions

1 Mile and 300m colourburst runs

The 1 Mile colourburst run is a 4 lap course which snakes its way around the fields in Brickfields Park. It will have a minimum of four colour stations. The 300m course is one lap of the 1 mile colourburst.

5km Route Description

The 5km route will heads out of Brickfields Park and on to the Two Tunnels path. Once on the path there is $\frac{3}{4}$ or a mile of running to the Devonshire Tunnel which is a slight incline.

The first tunnel is 408m long and you exit it after 2km of runner. After another 500m you will see a sign saying 'Split Ahead' which signals the turn around point is less than 100m away. You will turn clockwise around a Relish Running flag which will be positioned in the middle of the path before your return journey back toward the start. As you return you will pass runners going in the opposite direction so please stay in single file unless overtaking, especially in the Tunnels.

As you come to the finish you will need to branch off the path to the left hand to enter the park from a different side from where you left. This a short little drag before you head for the finish line

10km Route Description

As you leave the Park will cut across some scrubland that has been cleared for the race which may be slippery if it has been raining. Please also be careful of the vertical sections of fence that are still in place where you join the path (horizontal sections having been removed). The 10km route heads straight along the path of the Somerset & Dorset Railway through the suburbs of Bath. The first tunnel is just over 400m long and comes about $\frac{3}{4}$ or a mile into the race. The route has a slight climb up and through the tunnel before emerging out into beautiful woodland the other side.

A few 100m after the Devonshire Tunnel you will see a large sign saying 'Split Ahead', at this point the 5km runners will be getting ready to perform their U turn to head back to the start. 10km runners need to go straight on at this point.

After another couple of 100m you will enter the longer Combe Down Tunnel which is 1672m in length and loses 14m of height from this end to the far end so represents a great opportunity to get the legs turning fast.

Emerging into the light again the other side and you will feel many miles from the nearest city! 500m after you exit the tunnel there is a drinks station on the left hand side, atop the Tucking Mill viaduct. 300m after this you will see a 10km U turn sign and another Relish Running Races flag on the path which acts as your turn around point. Please turn around the flag in a clockwise direction and follow the course back towards the finish.

As you near finish you will need to branch off the path to the left hand to enter the park from a different side from where you left. This a short little drag before you head for the finish line

Drinks Station

There is one drinks station out on the course for the 10km race, there is no drinks station on the course for the 5km. The drinks stations is approx. 4.5km away from the start, 300m after the exit from the Combe Down Tunnel. There will be drinks on offer on the way out at 2 drinks tables set 20m apart so please spread yourselves out when picking up your drinks. Both tables will be offering water. Please dispose of your cups in or near the bin bags provided to help us keep the path looking

tidy whilst the event is going on. Please only take a drink on the way out, when the drinks station is on your left hand side, so we can don't have any collisions with runners going in opposite directions.

First Aid

There is a First Aider at each Drinks Station as well as the Finish. If you do not feel able to complete the course please stop at your nearest Feed Station and we will arrange for you to be returned to the Registration area at Brickfields.

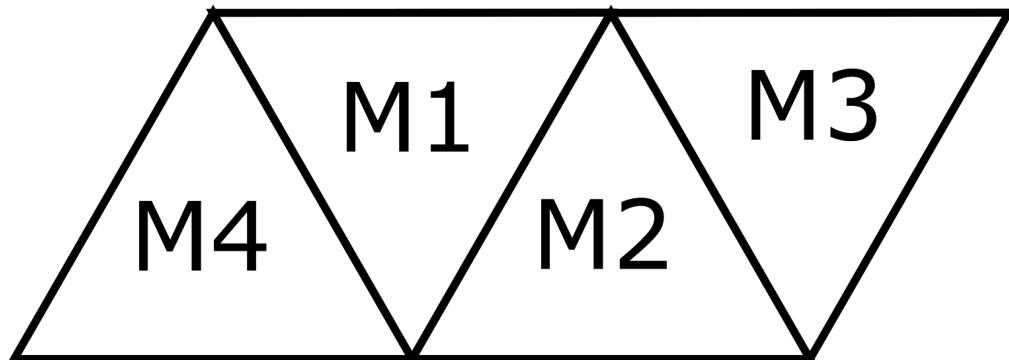
Finish

After the race all runners will be awarded whichever finishers medal you might need from the set. All runners will also be provided with a buffet of fresh fruit and sweet tasty treats as provided at all our feed stations.

Medals

This year we have a new 4 medal set of a train being hoisted onto the tracks by two cranes. These medals also link together to make a great four piece pyramid medal, which can be constructed from the Two Tunnels medals and any of our other Relish medals. We have custom ribbons for each event, which go with each medal, so you can collect your set by running any combination of the events.

At your first event you will be awarded Medal 1 (M1), you second event M2 and so on. You do not need to run any particular events or run events in any special order. For example, at our 3rd event of the year in July you can collect your second medal.



Results

Results will be posted live to our website; please navigate to the Two Tunnels pages > Results page. We will be posting PROVISIONAL results live to the page and will tidy them up by 18:00 If you have any queries AFTER this point then please email tom@relishrunninggraces.com and we will be in touch on Monday.

Prizes

There will be prizes for the 10km in the following categories for men and women; top 3 overall, 1st U20, 1st 40-49, 1st 50-59, 1st 60+. There will be winners prize for the top 3 male and female runners overall in the 5km.

There will be no on the day prize giving on the day because of the large numbers of waves taking place. Prize winners will be contacted by email a few days after the event.

