



Two Tunnels Railway Races Event Information

Brickfields Park, Bath, BA2 1LX – 12th May 2019, from 09:20am

On the Day Registrations - please see Schedule document for start times

Challenge (10km + Half + Marathon)	£90 (affiliated)	£95 (unaffiliated)
Mini Challenge (5km + 10km + Half)	£65 (affiliated)	£70 (unaffiliated)
Half Marathon	£31 (affiliated)	£33 (unaffiliated)
10km	£20 (affiliated)	£22 (unaffiliated)
5km	£15 (affiliated)	£17 (unaffiliated)
2km Colourburst	£12	
500m Colourburst	£10	

Please note we can only accept cash or cheques on the day.

Important Notices

- **Train travel:** Not there is planned rail works and a bus replacement service in operation from Bristol Temple Meads to Oldfield Park and Bath Spa. Journey times are much increased. Please plan accordingly or look into alternative travel arrangements.
- 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 it £3.00 for an adult, £9 for a group of 5 adults and it is now free for U16s. Your bus ticket s now also valid on the number 41 service which can take you from the Park and Ride to the Bath city centre** The postcode for the Park & Ride is BA2 8PA the cost of a return ticket it £2.50. The cost for U16s is £1. Dogs may ride on the bus but not on the seats please.
- **The outward bus journeys from the Park & Ride are between 08:15 and 11:00 ONLY**
- **The return bus journeys to the Park & Ride are between 11:45 and 15:00 ONLY**
- 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 others 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 in ear, or over ear headphones as this is not permitted under UK Athletics rules. Only bone conducting headphones are permitted. This is very important so you can hear the marshals instructions, other users within the tunnels (think cyclist's ringing their bells to come past you) and traffic on the road crossing points. **If you do use in ear, or over ear headphones you will be disqualified.** Thank you for your understanding.
- We are no longer offering bottled water at our drinks stations or at the finish line in an effort to reduce plastic waste. There will of course be biodegradable cups on offer for you at the drinks stations as well as water containers to refill your own water bottle at every drinks station. If you are racing a long distance event we would encourage you to bring your own water supply for after the race, after a cup or two at the finish line.

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 Brickfields. The postcode for the Park & Ride is BA2 8PA, **cost of a return ticket is £3.00 for an adult, £9 for a group of 5 adults and it is now free for U16s. Your bus tickets are now also valid on the number 41 service which can take you from the Park and Ride to the Bath city centre after the race.** 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.

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.

Toilets

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

Refreshments

[Box Steam Brewery](#) will be at the event with their delicious range of steam train themed ales including their best selling Tunnel Vision and Funnel Blower.

You can use your cup from the finish line drinks station to have a small sampler for £1.50 if you take over your water cup from the finish line refreshment station, half pints, pints and bottles are also on offer.

Bath Organic Farms, mmmCoffee and Caroline's Little Kitchen 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, jaffa cakes and if the weather is kind to us, ice pops for all finishers!

We also hope to have an ice cream van in attendance!

Shops

[Bosom Buddies](#), who specialise in made to measure sports bras and sports wear will have a stand selling their clothing and there are offering 10% off their range for purchases made on the day.

Massage

There will be massage therapists on site to help you recover quickly after the race which is an optional paid extra service.

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.

This is the updated provisional schedule. The final schedule will be published as a separate document on this Event Info webpage. It is highly unlikely start times would move more than +/- 10mins.

COLLECT YOUR NUMBER FROM THE DESK LINKED TO YOUR EVENT WAVE.

Event Wave	Race Wave	Arrive P&R	Arrive Race HQ	Briefing	Warm Up	Start	OTD?
Colour	500m Colourburst	08:15	08:45 - 09:00	09:10	09:20	09:20	Yes
Colour	2km Colourburst	08:15	08:45 - 09:00	09:10	09:20	09:20	Yes
Event Wave 1	Return Half Marathon WAVE 1	08:30	09:00 - 09:15	09:50	09:55	10:00	No
Event Wave 2	Hilly Half Marathon (All)	08:40	09:10 - 09:25	10:00	10:05	10:10	Yes
Event Wave 3	5km WAVE 1	08:50	09:20 - 09:35	10:10	10:15	10:20	No
Event Wave 4	Return Half Marathon WAVE 2	09:00	09:30 - 09:45	10:20	10:25	10:30	No

Event Wave 5	Return Half Marathon WAVE 3	09:10	09:40 - 09:55	10:30	10:35	10:40	Yes
Event Wave 6	5km WAVE 3	09:10	09:40 - 09:55	10:30	10:35	10:40	Yes
Event Wave 7	Hilly 10km (All)	09:20	09:50 - 10:05	10:40	10:45	10:50	Yes
Event Wave 8	5km WAVE 2	09:30	10:00 - 10:15	10:50	10:55	11:00	No
Event Wave 9	Return 10km WAVE 1	09:40	10:10 - 10:25	11:05	11:10	11:15	No
Event Wave 10	Return 10km WAVE 2	09:50	10:20 - 10:35	11:15	11:20	11:25	No
Event Wave 11	Return 10km WAVE 7, 8 & 9	10:00	10:30 - 10:45	11:25	11:30	11:35	Yes
Event Wave 12	Return 10km WAVE 3	10:10	10:40 - 10:55	11:35	11:40	11:45	No
Event Wave 13	Return 10km WAVE 4	10:20	10:50 - 11:05	11:45	11:50	11:55	No
Event Wave 14	Return 10km WAVE 5	10:30	11:00 - 11:15	11:55	12:00	12:05	No
Event Wave 15	Return 10km WAVE 6	10:40	11:10 - 11:25	12:05	12:10	12:15	No

OTD = On The Day registrations? (based on last year - will be confirmed on Final Schedule)

Event Wave 5 and Event Wave 6 do start at the same time, it is not a typo ;-)

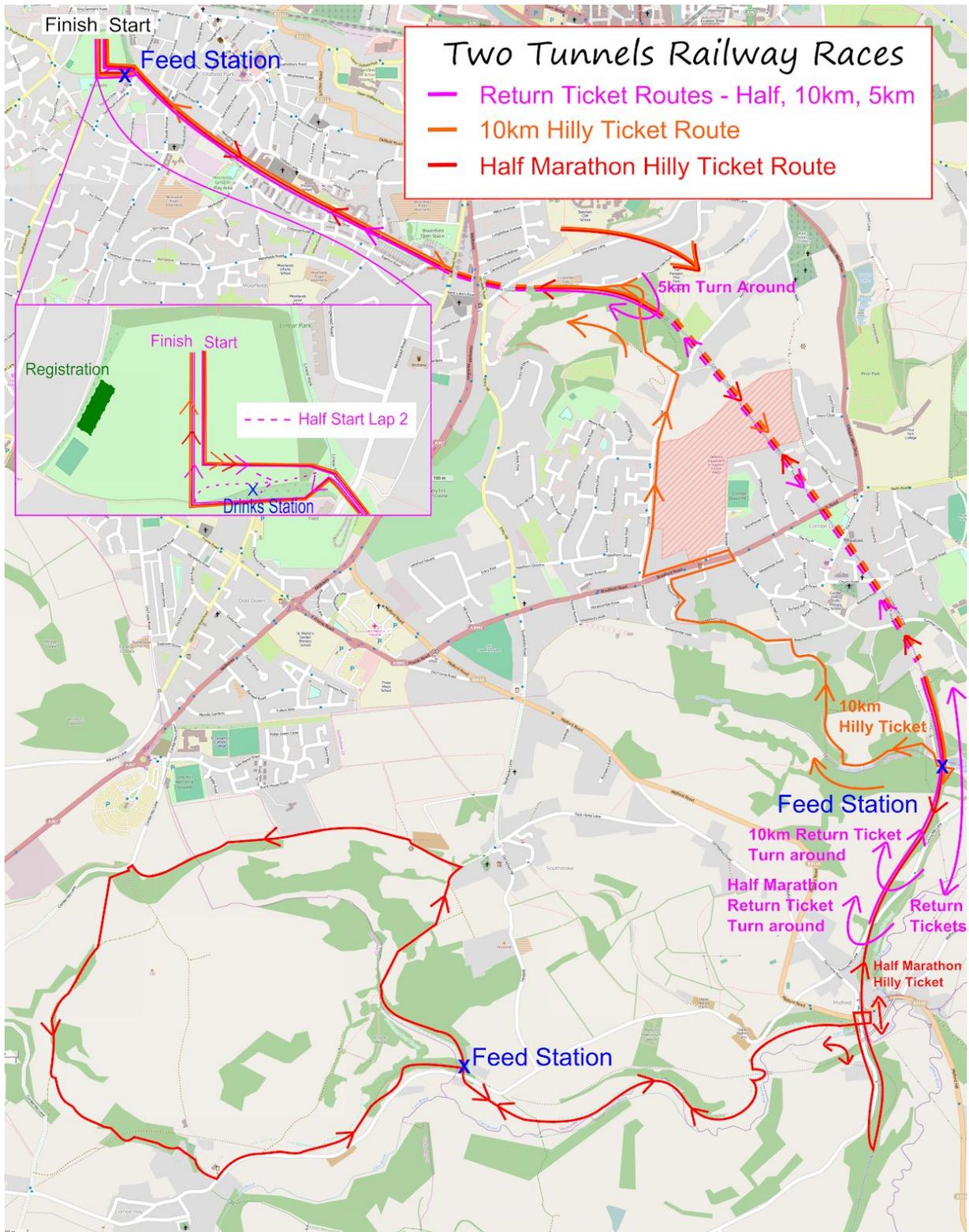
Race Briefing

There will be a 10min race briefing ahead of each wave start at the start line.

Warm Up

[Kim Murray](#) (aspiring Olympic medalist in Bob Skeleton) will be providing a 5min warm up 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.

Course Map



Route Descriptions

Distance Markers and GPS Route Measurements

GPS watches struggle to deal with underground running, many switch off, others route your run over the top of the hills and there is an inevitable drop in signal and time delay whilst it reconnects to the satellites. All our routes are measured with a measuring wheel and will be accurate to the distances quoted below, though you toys and gadgets may try and tell you otherwise ☺

Course Markers

All our race routes are marked with the same fairly standard Run Route arrows, our Red and White run arrows, and white and red relish running branded tape hanging from trees.



Large signs, and our marshal team, will direct the runners around the different courses based on your race number colour so please make sure that is visible and pinned to your front and keep an eye out for the giant signs!



The only place there are no course markings is within the tunnels themselves...no one has managed to get lost in the tunnels so far, this is not a challenge to be the first ;-)

There is a large amount of overlap with the various routes, and while the direction route markers are the same for each race and we have different colour distance markers for each distance to help runners keep track of their progress.

Half Marathon Distance Markers

The Half Marathon is traditionally measured in Miles, so we chose distance markers in Miles to represent the Half Marathon races.



The **Black Mile Distance Markers** are for the **Return Ticket Half Marathon**. You should expect to see markers for miles 1, 3, 5, 6, 8, 10 and 13. The other distance markers falling within the tunnels so are not used.



The **Yellow Mile Distance Markers** are for the **Hilly Ticket Half Marathon**. You should expect to see markers for miles 1, 3, 4, 5, 6, 7, 8, 9, 10, 12 and 13, the other distance markers falling within the tunnels so are not used.

10km and 5km Distance Markers

As these events are metric, so are their distance markers.



The **Yellow KM Distance Markers** are for the **Return Ticket 10km**. You should expect to see markers at 1km, 2km, 5km, 8km and 9km, the other markers falling within the tunnels so they are not used.



The **Orange KM Distance Markers** for the **Hilly Ticket 10km**. You should expect to see markers at 1km, 2km, 5km, 6km, 7km, 8km and 10km. The other markers would be within the tunnels so are not used.



The **Blue KM Distance Markers** are for the **5km**. You should expect to see 1km, 2km, 3km and 4km markers out on the course.

Colourburst Course Descriptions

Both race routes remain in Brickfields Park and will run around the football pitches with plenty of colour stations on the way.

5km Route Description – Final distance 5.0km

The 5km route will head 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 few 100m 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 bright orange pole 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

Return Ticket 10km Route Description – Final distance 10.0km

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 bright orange pole 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

Return Ticket Half Marathon Route Description – Final Distance 21.1km

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. Half Marathon 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 (bright orange pole) and a Half Marathon straight ahead sign. To ensure this is an accurate turn half marathon you will need to run a further 250m to the Return Ticket Half Marathon U turn sign, which will be marked with another bright orange pole. Please turn around the pole in a clockwise direction and follow the course back towards the finish. Please note some of the faster Return Ticket Half Marathon runners may catch up some of the Hilly Ticket Half Marathon Runners, please be careful to follow the correct route and read all the signs in full.

As you come back into the park you will need to turn right to commence your 2nd lap, rather than going straight ahead to the finish which is what all other race distances will be doing. Whilst in the park you will pass the 2nd Feed Station which will be on your right hand side. Then it is time to complete the lap again out and back through the tunnels. When you come into the park for the 2nd time you will need to head directly for the finish line.

Hilly Ticket 10km Route Description – Final Distance 10.9km

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. Half Marathon 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. Immediately after the drinks station you turn off the viaduct on the left hand side and down some steps. Follow the chalk arrows under the viaduct and into the woodland beyond.

From here you will follow woodland trails and start the big climb up and over Combe Down which is what gives the Hilly Ticket its name! It's a long climb and setting off at a steady pace is the secret to success here. One out of the woodland you will appear in a residential area. Throughout this section of the course it is imperative you stick to the footpaths, especially as the roads wind around the

streets. These roads are not closed, there will be traffic on the roads. Once at the very top runners will need to cross the relatively busy Bradford road. The only place you can cross is at the zebra crossing which will be marshalled. The marshals are there to assist you (the runner) in crossing, they are not there to stop traffic and you (the runner) must make your own decision as to when it is safe to cross the road. Anyone who is deemed to cross the road unsafely, or cuts the out and back section without making it to the crossing will be disqualified.

Once safely across the Bradford Road the descent back to the Two Tunnels path begins. The first portion is on a steep road, followed by grassy fields which will reveal great views of Bath from the elevation. You will then cross above the Two Tunnels path on one of the original railway bridges and there will be runners of the other events passing beneath you.

The next section follows a narrow path along the embankment above the path. This route is narrow and uneven in places with fence above the drop down to the path so please take care. As you rejoin the path you will be on the right hand side and there may well be runners of the events coming towards you (please refer to the map above). Please cross over to the left hand side of the path as soon as you are able, there will be a marshal there to assist you. From here there is approx. 2.5km of running back through the Devonshire Tunnel and towards the finish line.

Hilly Ticket Half Marathon Route Description – Final Distance 21.6km

The first 3 miles of this route are flat and fast and follow the line of the Somerset & Dorset Railway. Runners will pass through the Two Tunnels, the first tunnel after approximately 1 mile which is 408m long the second longer tunnel another mile later. Runners will emerge from the tunnel on Tucking Mill viaduct where runners can grab a welcome drink. Runners of the up and over Half Marathon will carry straight ahead at this point (not turning where the Out & Back Half Marathon does) towards the remaining platform of Midford Station of the Somerset & Dorset Railway.

Ahead is a small pub car park, please be careful when crossing the car park (approx 25m long) and keep to the marked footpath shown on the tarmac. After another 200m runners will leave the line of the Somerset & Dorset Railway and make a 180 degree turn to the right and join the road running parallel to the track. Please keep tight to the right hand side when running on this short section of the road.

Runners will then loop around and under the viaduct holding the pub car park and join the line of the Somerset Coal Canal. The Somerset Coal Canal operated from 1805 - 1898 when it delivered coal from the North Somerset Coalfields onto the Kennet & Avon Canal and from there into surrounding cities and towns. It delivered 100,000 tons of coal a year and was the most successful canal of its kind in the country. The speedy service offered by the railway put the canal network under strain and led to the closure of the canal in 1898. The railway lines often capitalised on the closure by building new lines over the top of the old canal routes as they offered level routes across the countryside with bridges and tunnels already in place. The Somerset and Coal canal was replaced by the Camerton to Limpley Stoke Railway which was built by Great Western Railway in 1910 before closing itself in 1951. As the relationship between Canal and Railway is so well entwined there are many features of both throughout this route.

The first features of the canal and railway reveal themselves straight away; on your right hand side is the old canal bed and the Midford Aquaduct on the left hand side which connected the Radstock and Dunketon Line of the Somerset Coal Canal. As you loop around you will go under an impressive

viaduct of the Camerton & Limpley Stoke Railway.

There a few flat miles ahead where runner will follow the line of the canal on their right hand side. Ahead is a road crossing and a Feed Station which marks the start of the hilly loop. The feed station itself is under a viaduct of the Railway line and in the bed of the canal. After passing through the Feed Station you will see the start of a flight of 21 locks through Engine Wood which raised canal boats up and over the hill to Combe Hay.

Runners will now turn off the canal path (which now goes through private land) and climb up the hill to South Stoke and great views from the top of the hills. The next mile of the course is flat and follows the ridge along the top of the hill and around the back of the Odd Down Park & Ride where many of you may have parked to get to the event. A nice down hill section brings you back down into Combe Hay village and runners will pass under a culvert (small tunnel) under the line of the railway.

When you emerge in the village stick the left hand side as you follow the country roads back to the line of the railway line. Here you will follow the trackbed back to the Feed Station under the viaduct and in the bed of the canal. From here runners retrace their steps back to Midford and the Somerset Railway Line towards the Tucking Mill Feed Station.

This is your last chance to grab some refreshments before the final push home, the last 3 miles back through the tunnels towards the finish line in Brickfields Park.

Feed Stations

There is no drinks station for the 5km.

There is one drinks station out on the course for the Hilly Ticket and Return Ticket 10km races which is positioned 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.

For the Return Ticket Half Marathon there are 3 Feed Station opportunities; the first (4.5km) and third (15km) of which are on top of Tucking Mill viaduct, 300m after the exit of the long Combe Down Tunnel. The second Feed Station is in Brickfields where Half Marathon runners loop right to start their 2nd lap (10.5km)

For the Hilly Ticket Half Marathon there are 4 Feed Stations; the first and fourth feed stations are on top of Tucking Mill viaduct (4.5km, 16.5km), 300m after the exit of the long Combe Down Tunnel. The second and third feed stations are by Bridge Farm on the outskirts of Combe Hay village (8km, 13km).

The Feed Stations will have water for the 10km runners served from cups. The Feed Stations will have water served from cups, electrolyte drink served from cups (nuun hydration tabs – electrolyte, no calories), jaffa cakes, jelly beans, crisps, oranges and bananas.

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 a medal and be able to help yourself to our buffet of fresh fruit and sweet tasty treats as provided at all our feed stations.

Medals

This year we have 4 medals so runners who complete 4 runs with us can have 4 different medals. We only have a certain amount of each medal and we may try and steer you to one medal or another depending on what event you are taking part in. Rest assured all the medals are equally excellent :-)

At your first event you will be awarded Medal 1 (left), your second event Medal 2 (centre, moving around clockwise) 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. Many runners double up and run two races on one day, a 5km and 10km for example, so you can collect all four medals over just two days!



Results

We will be posting PROVISIONAL results live to the website by 18:00. If you have any queries AFTER this point then please email tom@relishrunningraces.com and we will be in touch on Monday.

If your individual result is still missing from the results at 6pm, please email us and we will pick up any queries on Monday morning. If all results are missing then our internet connection from the site might be misbehaving so please bear with us and we will post as soon as possible.

Prizes

There will be prizes for the 5km, 10km and Half Marathon and 10km in the following categories for men and women; top 3 overall, 1st U20, 1st 40-49, 1st 50-59, 1st 60+. All prizes are subject to a minimum number of runners taking part, as set out on the main event page. There are no winner's prizes for the Kids colourburst events.

There are no on the day prize givings due to the large number of waves and the time intervals between waves. Prize winners will be contacted the week after the race by email.