

Relish Running Races

Two Tunnels Railway Races Event Information

Brickfields Park, Bath, BA2 1LX – 18th August 2019, from 08:30am

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

Mini Challenge (5km + 10km + Half)	£65 (affiliated)	£70 (unaffiliated)
Marathon	£42 (affiliated)	£42 (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

- **There is zero 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 £3.00 for an adult, £9 for a group of 5 adults and it is now free for U16s. Your bus ticket is 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 is £2.50. The cost for U16s is £1. Dogs may ride on the bus but not on the seats please. Buses run every 15mins approx.
- **The bus journeys from the Park & Ride are between 07:00 and 18:00 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 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.
- The Half Marathon and Marathon are taking in some fantastic city centre sites. We are making use of public footpaths and not closing any roads. Therefore there are places where runners will have to cross potentially busy roads. All major crossing points have either Zebra or Pelican Crossings and will also be marshalled. The marshals do not have the power to stop the traffic. You must wait and make your own decision as to when to cross the road. You may have to wait a few seconds for a light to change so please be patient and take the opportunity to catch your breath. Anyone deemed to make an unsafe road crossing by one our marshals will be disqualified. Whilst this is a race, your safety is our highest priority and the same rules of the road apply – do not put yourself or others runners at risk for the sake of a few seconds!
- There is a cut off of 3hrs for Marathon runners to reach the half marathon/marathon split. This is at approximately 13.4 miles, be careful not to rely on your GPS for this measurement as the tunnels will throw off their readings!. If runners have not crossed this line after 3hrs from the start of the marathon event you will be asked to complete the Half Marathon course and you can collect a Half Marathon medal. Due to the multi wave format, we will not be able to provide a finish time.

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 zero 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 ticket s 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 that you join the path in order to head to the park.

Site Map



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|---|-------------------------|--|-----------------|
|  | On the day registration |  | Caterers |
|  | Number Collection |  | Retailers |
|  | Baggage, Treats, Medals |  | Bike Racking |
|  | Colourburst Race Area |  | 50km Ultra Tent |
|  | Toilets |  | Warm Up Area |
|  | 5km, 10km, 50km Route |  | Half/Marathon |
|  | 50km Lap Point |  | Marathon Lap 2 |

Spectators

As the routes themselves are either out and back or looped, 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 as you need to be at least as quick as the runners themselves in order to see them out on the course and at the finish. Marathon runners will also loop back into the park and this is a good opportunity to see them at the halfway point.

Race Registration

We are not posting out any numbers for this event, all numbers will be available to collect on the day. Number Collection and On the Day Registrations will open from 07:30 for Ultra Runners, from 08:30 for other events. Registration closes 5mins before the start of the final wave. 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, if there is more than one wave available for any given distance. **Please note it will not be possible to swap waves or to fit any runners into a wave once it is full or under any circumstances on the day. If you start in the incorrect wave you will be disqualified.**

Bag Storage

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

For the 50km runners (solo, pair, 5x10km Relay), and those individuals who are completing the 5km + 10km + Half Marathon Mini Challenge race option, with ALL 3 races on the 18th August, there is a section of the Ultra tent where you can leave food and changes of clothes. Please note this is not manned and all belongings are left at your own risk.

Toilets

There will be portaloos positioned in the Brickfields Park for runners at the start and finish of their events.

There is another bank of 3 loos in the start finish field which is for marathon and ultra marathon runners for mid race use only. We would appreciate it if these loos can be kept free by the other runners so they might be used by the longer distance racers during their event.

There are two other sets of loos on the half marathon/marathon course at 4 and 11 miles into each lap.

Changing Tents

Once registration is complete we will turn one of the registration tents into a small changing tent, with male and female sections for use after the race. This should be up and running from 13:00 approx. and therefore only available to some runners after their race, there are no changing facilities for before the race so we recommend you come changed.

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 a PROVISIONAL schedule. The final schedule will be published as a separate document on Tues or Weds of race week on the Event Info page of the website.

Numbers are collected and races are called to the start by EVENT WAVE.

Event Wave	Race & Wave	P&R	Arrive at HQ	Briefing	Warm Up	Start	OTD?
Ultra	50km Ultra and Relay	07:15	07:30 - 07:45	08:20		08:30	Yes
Colour	500m Colourburst	08:00	08:30 - 08:45	09:10	09:15	09:20	Yes
Colour	2km Colourburst	08:00	08:30 - 08:45	09:10	09:15	09:20	Yes
Event Wave 1	Marathon - Wave 2	08:30	09:00 - 09:15	09:50	09:55	10:00	No
Event Wave 2	Marathon - Wave 4, 5, 6	08:40	09:10 - 09:25	10:00	10:05	10:10	No
Event Wave 3	Marathon - Wave 3	08:50	09:20 - 09:35	10:10	10:15	10:20	No
Event Wave 4	Marathon - Wave 1	09:00	09:30 - 09:45	10:20	10:25	10:30	Yes
Event Wave 5	5km - Wave 1	09:10	09:40 - 09:55	10:30	10:35	10:40	No
Event Wave 6	5km - Wave 2	09:20	09:50 - 10:05	10:40	10:45	10:50	No
Event Wave 7	Half Marathon - Wave 1	09:30	10:00 - 10:15	10:50	10:55	11:00	No
Event Wave 8	Half Marathon - Wave 2	09:40	10:10 - 10:25	11:00	11:05	11:10	No
Event Wave 9	10km - Wave 1	09:50	10:20 - 10:35	11:10	11:15	11:20	No
Event Wave 10	10km - Wave 2	10:00	10:30 - 10:45	11:20	11:25	11:30	TBC
Event Wave 11	Half Marathon - Wave 4	10:10	10:40 - 10:55	11:30	11:35	11:40	No
Event Wave 12	10km - Wave 3	10:20	10:50 - 11:05	11:40	11:45	11:50	No
Event Wave 13	Half Marathon - Wave 3	10:30	11:00 - 11:15	11:50	11:55	12:00	No
Event Wave 14	10km - Wave 4	10:40	11:10 - 11:25	12:00	12:00	12:10	No
Event Wave 15	Half Marathon - Wave 5	10:50	11:20 - 11:35	12:10	12:15	12:20	Yes
Event Wave 16	10km - Wave 5	11:00	11:30 - 11:45	12:20	12:25	12:30	No
Event Wave 17	10km - Wave 6	11:10	11:40 - 11:55	12:30	12:35	12:40	No
Event Wave 18	10km - Wave 7	11:20	11:50 - 12:05	12:40	12:45	12:50	Yes

OTD = On The Day registrations? (will be confirmed on Final Schedule)

There will be multiple waves with the same colour race number (TBA), please pay close attention to the number range too.

Race Briefing

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

Race Warm Up

[Kim Murray](#), a GB Bob Skeleton Athlete, will be holding a 5min warm up to get your body ready and mind motivated, immediately after the race briefing for each wave.

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 your 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 and Marathon Distance Markers

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



The **Yellow Mile Distance Markers** are for the **City Ticket Half Marathon and Marathon**. You should expect to see markers for miles 1 - 13, apart from mile marker 2 which falls in the tunnel. As the laps are identical, we are only using 1 set of mile markers and won't be putting out 14-26mile markers. Please note each lap is approx 13.4 miles.

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 marker placements are also relevant for the 50km and 5x10km Relay.



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

Route Descriptions

Cloudburst Route Description

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

5km Route Description

The 5km route will head out of Brickfields Park and onto 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 or yellow 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

Course Map – 5km, 10km and 50km course (5 x 10km)



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 a bright yellow or 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

50km Route Description

The 50km race is multiple laps of the 10km course, please see above. It can be run as a solo runner or in a relay pair. Pair runners will each be issued with the same race number so they just need to tag in the next runner at each changeover. 5 x 10km Relay runners will be issued two numbers to swap between the runners. The lap and handover point (for pairs and 5 x 10km teams) is adjacent to the finish line. Runners will need to head towards the finish line but join a filter lane to the right of the finish gantry signed for Ultra Runners, see below.

As you go down the filter lane, on your left hand side will be the Ultra timing tent which will record your lap times. You will need to slow down, possibly pause for a second, to make sure your number is clearly visible for this timing team, particularly on the early laps when runners will be more bunched together.

station runners need to turn left through a kissing gate and down the embankment in the shadow of the viaduct (2.5 Miles).

Once down from the viaduct runners will need to turn right and right again to run along the footpath to the side of the lake. Here you will come out onto Tucking Mill Lane. Please keep to the left hand side along this section of road and follow the instructions of the marshals. This road is not closed to traffic so please be careful.

The roads wind through the picturesque village of Monkton Combe following the National Cycle Network Signs. The route runs alongside Monkton Combe School (please stick to the correct public footpaths) and onto a lane which was a track bed of the Bristol and North Somerset Railway (3.75 miles) which met the Somerset and Dorset Line (the line through the Two Tunnels) in Midford with the Bristol and North Somerset Railway line passing beneath the Somerset and Dorset Line and each line having its own station.

The route now crosses into the car park for the Dundas and Canal Company and it is here where we are positioning our second Feed Station (4 miles). This car park will be in use by visitors to the canal and National Cycle Network routes so please be careful and follow the instruction of the marshals. The footpath from here runs alongside the sole remaining spur of the Somerset Coal Canal. This canal served Bath with coal from nearby North Somerset Collieries before it was bought out by the Great Western Railway Company who built the aforementioned Bristol and North Somerset Railway over the line of the canal as a speedier way of transporting coal into Bath.

Relish Running Races



The Somerset Coal Canal quickly merges with the Kennet & Avon Canal at the beautiful Dundas Aquaduct which is over 200 years old. If you look to your right after the second Feed Station you will be able to see the Aquaduct through the trees. Once on the Kennet & Avon canal the route contours around the hills of Bath through the beautiful Limpley Stoke valley. Keep an eye for great sites along the way; Warleigh Weir and Warleigh Manor and Brown's Folly up on the hill top on the right hand side.

The 3rd Feed Station is on the approach to Bathampton just after the stone hump back bridge at 7.5 miles into the race (exactly on the turning point of the Long Half Marathon and Marathon of the Bath Running Festival routes for those of you who have taken part in that event). The race runs back into Bath through Sydney Gardens with ornate bridges running over the canal. The canal passes underneath Cleveland House, where canal boats used to pass their toll payment through a hole in the roof of the tunnel.

There are a couple of road crossings as the canal descends into Bath to merge with the river Avon so please take care at these points. Shortly before the canal and river meet and the runners head right along the river bank into the heart of Bath for the 4th Feed Station at 10 miles. The feed station is right on the river, by the world famous Pulteney Bridge and Weir. With Bath Abbey overlooking this spot, it may be tough for runners to leave this prettiest of Feet Station stops.

Make sure you grab a colour elastic band at this feed station – this is to ensure all runners complete this out and back section of the course. Half Marathon runners should cross the finish line with 1 band, Marathon runners should cross the finish line with 2 bands – 1 from each lap.

The next few miles are along the river Avon heading past old warehouses with original crane houses still intact. The route goes under the original railway line of Green Park Station (11.2 miles), the terminus of the railway line, which now hosts a variety of small businesses. As the route heads out of Bath there is one final river crossing to complete the loop back into Linear Park and rejoin the route of the Somerset and Dorset Railway. There is a crossing of a potentially busy road. Please use the zebra crossing and follow the instructions of the marshals. You may have to wait for a moment for the lights to change – please be patient and take this time to catch your breath. Through a couple of streets and the route rejoins the Two Tunnels route in Linear Park.

Half Marathon and Marathon runners will turn off the Two Tunnels path after just another 100m of running and turn onto some residential streets before looping back into Brickfield's Park. Once into the park, Half Marathon runners will need to head straight to the finish line marked out by the two large FINISH flags and our overhead gantry. Marathon runners need to turn immediately right and will pass the Feed Station before rejoining the Two Tunnels path for Lap 2.

Marathon Cut Off – 3hrs

It is at the point that the cut off for the marathon is applied – marathon runners must have reached this point (the right turn to start Lap 2) within 3 hours of the start of their wave. This is at approx 13.4 miles but please do not rely 100% on your GPS as the tunnels will throw them out. If you do not reach this point you will be asked to complete the Half Marathon course. Please let our timing team know if this situation arises so they can make sure you are not down as fast Marathon finisher.

Drinks Stations

There are no drinks stations out on the course for the 5km race. There is 1 Drinks Station on the out and back 10km course. There are 4 Feed Stations on the Half Marathon course and there are 9 Feed Stations on the Marathon course.

Each Feed Station will offer water in cups (we are no longer offering bottles to cut down on single use plastic, there will be jugs for you to refill your own water containers that you are running with). There will also be water with the electrolyte (High 5) cups. There will also be a selection of food

including; jelly beans, jaffa cakes, flapjack, chocolate, salted crisps, malt loaf, orange slices and bananas.

There will also be flat (full fat) coke available for the marathon runners on Lap 2 of their race. The first Feed Station offering flat coke will be the Feed Station in Brickfield Park after the split off the other routes (the 5th Feed Station on the course).

Refreshments

We have a wide range of caterers including Bath Organic Farms, Caroline's Little Kitchen, Cafe2U and WonderFuel. [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, half pints, pints and bottles are also on offer.

Shops

We have [Bosom Buddies Sportswear](#) in attendance who will be offering 10% off all purchases made at the race site (sale items not included)

Massage

Massage therapists will be available after the race, this is an optional extra pay as you go service.

First Aid

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

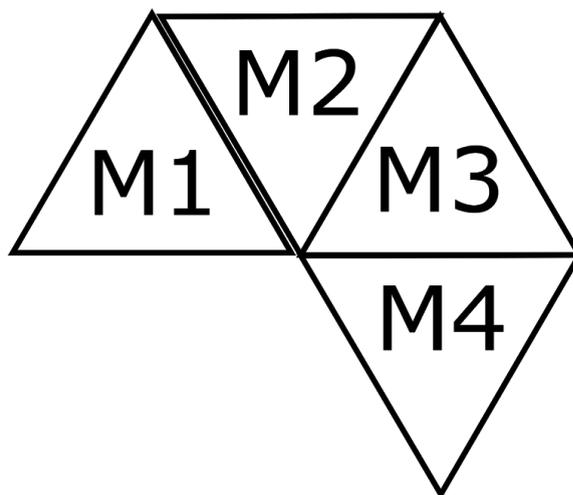
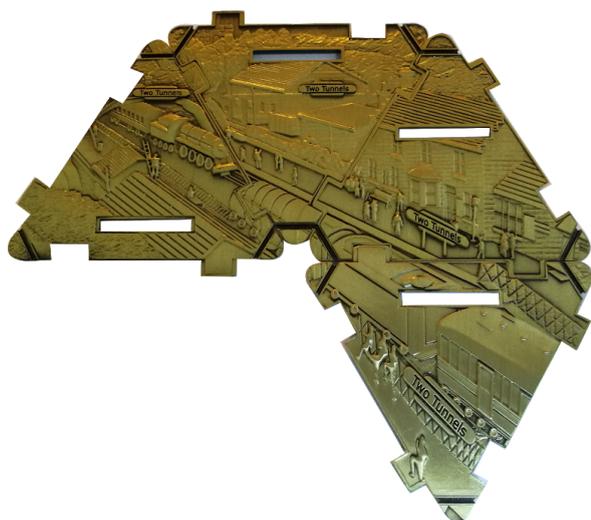
Finish

After the race all runners will be awarded a medal and will be provided with a 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 over the 2019 series 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 :-)

If this is your first race with us on the Two Tunnels this year then you collect Medal 1, second race Medal 2 and so on. If you are completing the 50km Solo or Relay Ultra then you collect all 4 medals! If you are completing the Mini Challenge (5km + 10km + Half Marathon) or Challenge (10km + Half Marathon + Marathon) series of events on the Two Tunnels please let the medal team know and they will sort you out with your trophy!



Results

PROVISIONAL Results will be posted to our website at roughly 18:00 on race day. We will make any amends / updates from Tuesday. We record your finish time under the finish gantry and bib (race number) at the end of the finish funnel. If you escape the finish funnel then we can not record a finish time for you.

If you are unable to complete the distance for your event, you do not need to cross the finish line. However if you do, please let the timing team at the far end of the funnel know that you have dropped out.

Please only cross the finish line once. If you cross the finish line twice, with friends or family in later waves, it creates lots of confusion as we end up with two results for you!

Prizes

There will be prizes for the 5km, 10km and Half Marathon and Marathon in the following categories for men and women; top 3 overall, 1st U20, 1st 40-49, 1st 50-50, 1st 60+. There will also be prizes in the Ultra and 5x10km Reley. 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.

Two Tunnels 2020

We look forward to opening registration for 2020 shortly after this year's race. Provisional dates are;

Sunday 1st March - Colourburst, 5km & 10km

Sunday 10th May - Colourburst, 5km, 10km & Half

Sunday 12th July - Colourburst, 5km, 10km & Half

Sunday 16th August - Colourburst, 5km, 10km, Half, Marathon, 50km