



Two Tunnels Railway Races Event Information

Brickfields Park, Bath, BA2 1LX – 1st, from 09:20am

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

Challenge (10km + Half + Marathon)	£100 (affiliated) []	£105 (unaffiliated) []
Mini Challenge (5km + 10km + Half)	£75 (affiliated) []	£80 (unaffiliated) []
10km Series (4 for price of 3)	£69 (affiliated) []	£75 (unaffiliated) []
10km	£23 (affiliated) []	£25 (unaffiliated) []
5km Series (4 for the price of 3)	£54 (affiliated) []	£60 (unaffiliated) []
5km	£18 (affiliated) []	£20 (unaffiliated) []
2km Colourburst	£12 []	
500m Colourburst	£10 []	

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

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 £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. Buses from the Park & Ride will be run between 08:15 - 11:00. No services run between 11:00 and 11:45. Services commence again from 11:45 and the final bus will leave Brickfields at 15:00.**
- 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 music players with in ear, or over headphones. 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.

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 Brickfield's Park. 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 after the race.** Please ensure you join the Two Tunnels Service (TT1) and not the number 41 Service which heads directly into Bath centre. Your ticket for the race is valid on the 41 service (after the race!), so you can visit the city after the event without having to buy another ticket.

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.

Relish Running Races



	Registration		Caterers
	Bag Storage		Bike Racking
	Refreshments, Medals		Warm Up Area
	5km, 10km Route		Toilets

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 up until the start time of each particular 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. **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, or use the baggage label attached to the bottom of our newer race numbers.

Toilets

There will be portaloos positioned in the Brickfields Park, please see above. Please do not use the hedgerows, people who do so are damaging the reputation of the event with the local community and if caught you will be asked to leave the event.

Refreshments & Shops

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.

Box Brewery will be in attendance with bottles of Tunnel Vision, Derail Ale and other steam train themed favourites for you to enjoy on the day or take away in bottled form as a cool memento.

Caroline's Little Kitchen and mmm...coffee will be there to keep you caffeinated and topped up with tasty treats.

Massage

The Massage School will be attending the event offering their massage services which is an optional extra you can purchase on the day.

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

We may consolidate several waves depending on the final number of registrations so the later waves may have start times which are 10-20mins earlier than what is showing below. Please check for the Final Schedule document published on the website on Wednesday or Thursday of race week.

Numbers are collected according to signs referring to your EVENT WAVE.

Event Wave	Race Wave	Arrive P&R	Arrive Race HQ	Briefing	Warm Up	Start
Colour	500m Colourburst	08:15	08:45 - 09:00	09:10	09:15	09:20
Colour	2km Colourburst	08:15	08:45 - 09:00	09:10	09:15	09:20
Event Wave 1	5km - WAVE 1	08:30	09:00 - 09:10	09:50	09:55	10:00
Event Wave 2	5km - WAVE 2	08:40	09:10 - 09:20	10:00	10:05	10:10
Event Wave 3	5km - WAVE 3	08:50	09:20 - 09:30	10:10	10:15	10:20
Event Wave 4	Return 10km - WAVE 1	09:05	09:35 - 09:45	10:25	10:30	10:35
Event Wave 5	Return 10km - WAVE 2	09:15	09:45 - 09:55	10:35	10:40	10:45
Event Wave 6	Return 10km - WAVE 3	09:25	09:55 - 10:05	10:45	10:50	10:55

Event Wave 7	Return 10km - WAVE 4	09:35	10:05 - 10:15	10:55	11:00	11:05
Event Wave 8	Return 10km - WAVE 5	09:45	10:15 - 10:25	11:05	11:10	11:15
Event Wave 9	Return 10km - WAVE 6	09:55	10:25 - 10:35	11:15	11:20	11:25
Event Wave 10	Return 10km - WAVE 7	10:05	10:35 - 10:45	11:25	11:30	11:35
Event Wave 11	Return 10km - WAVE 8	10:15	10:45 - 10:55	11:35	11:40	11:45
Event Wave 12	Return 10km - WAVE 9	10:25	10:55 - 11:05	11:45	11:50	11:55

It is possible that Event Wave 8 and Event Wave 9 will start together. It is possible that Event Wave 11 and Event Wave 12 will start together. Therefore start times would be brought forward for the other waves around this time too.

Race Briefing

There will be a race briefing before each wave which will take place 10mins before the start of each wave. Briefings will take place adjacent to the start line and will be followed by the warm up.

Warm Up

Warm ups are provided 5mins before the start of each wave. This is optional, but a great way to get yourself ready for the race ahead. Warm ups will take place adjacent to the start line.

Course Map



Route Descriptions

2km and 500m colourburst runs

The 1 Mile colourburst run is a 8 lap course which snakes its way around the fields in Brickfields Park. It will have a minimum of four colour stations. The 500m course is a two lap course. We don't count laps and are mindful some runners might reach their limit at a random number of laps, it is perfectly allowed for them to finish their race at any point and collect their medal.

5km Route Description

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 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 with the landmarks from our routes set within a viaduct design. The medal on the left is Midford Castle above the turn around on the 10km and Return Half routes. The third medal is Bath Abbey which is on the City Half and Marathon routes. And the second and fourth medal are of course two trains heading through two tunnels :-)

At your first event you will be awarded Medal 1 (left), you second event Medal 2 (the first 0) 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.

Prizes

There will be prizes for the 5km and 10km in the following categories for men and women; top 3 overall, 1st U20, 1st 20-39, 1st 40-49, 1st 50-59, 1st 60-69, 1st 70+. 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 by the end of the week following the race. There are no winner's prizes for the Colourburst races.

Bath & North East
Somerset Council

