

# Relish Running Races

## Bath Running Festival 2018 Event Information

22nd July 09:45am – University of Bath, Bath, BA2 7JP

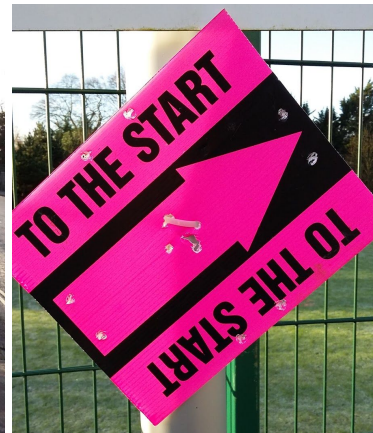
### Safety Advice

- There are a number of road crossings on the course. All these points will be marshalled. The marshals do not have the ability to stop the traffic. They are there to alert runners and draw the attention of the traffic to the race. The final decision to cross the road is the sole responsibility of the runners.
- The off road terrain is technical in places and the wearing of off road shoes are highly recommended.
- Please make sure you are well hydrated in the days before the race and during it. Walking drinks stations to ensure you get a proper drink is advised.

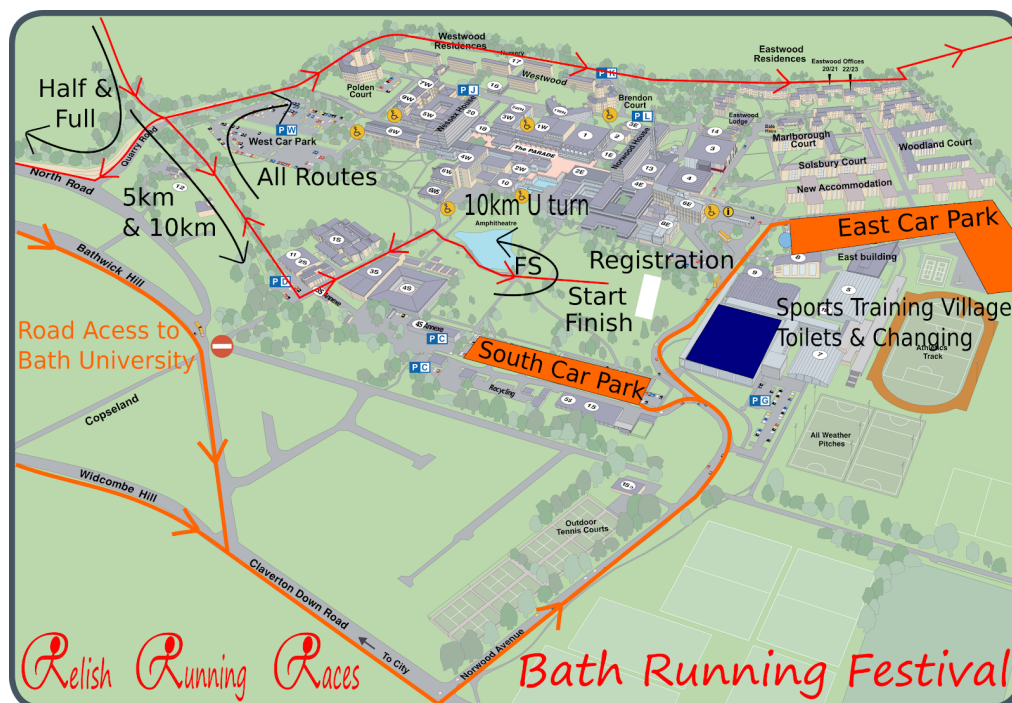
### Event Location

The Bath Running Festival is at the University of Bath, Bath, BA2 7JP. The University is well signed from all directions into the city.

Keep an eye out for the Relish Running signs to direct you to the closest car park to the Event start/finish area. As well as the smaller pink and orange signs to direct you from the car park to the registration area.



## Event Site Plan



Please park in South Car Park. All parking is FREE on Sunday, including spaces which are marked as Permit Holders only.

## Race Registration

Race registration will open at 08:45 and run until 10:00. There will be spaces available on the day for all events.

The race registration is located on University Lawn, follow the Orange Registration or Pink to the Start arrows to find the field – it is a lovely enclosed woodland area so it is not immediately visible but the signs will take you there. The Toilets and Changing Rooms are in the Sports Training Village (STV), follow the Red Toilet Signs to find the STV and toilets. There are no toilets by the start line itself.

The Changing Rooms can be accessed through the STV reception before race. After the race please follow the Blue Changing Room Signs to use the side entrance to the Changing rooms.

The Start and Finish Line is next to the Registration gazebo. We will call events over one at a time from the Registration Area.

We have a bag storage area at Registration which is by the finish line.

Bath Organic Farms will be offering tasty food and refreshments during the day.

## Race Start Times (Provisional)

There will be a race briefing 5mins before the start of each wave.

500m – 09:45

Half Marathon (all waves) – 10:00

Marathon (all waves) - 10:10

10km & 5km (all waves) – 10:25

### **Feed Stations**

There is water available at the Feed Station at 5km on the 10km Race.

There are 11 Feed Stations on the Marathon and 7 Feed Stations on the Half Marathon. Feed Stations will be identifiable by being under a white gazebo and there will be a 3m Relish Running Races flag beside them. There will be cups of water available BUT NO BOTTLED WATER THIS YEAR. There will be containers and jugs so you can refill your own hydration set ups. There will also be electrolyte drink available in cups. Please call to the marshals what exactly you would like.

There are gluten free Nakd bars available at the Feed Stations under a separate tray for runners who have a gluten intolerance. Please ask the Feed Station marshals and they will point them out for you.

We will also have orange slices, jaffa cakes, jelly beans, bananas, flapjack, mini malt loafs and salted crisps at the drinks stations. On lap 2 of the marathon there will also be flat coke available in cups. Please call to the marshals at the drinks stations what you would like.

### **Results & Prizes**

Results will be posted live from the event. Prize winners will be contacted towards the end of the week following the race. The final number of prizes will be dependant on the number of participants in each distance.

We will have an ice pop for every runner waiting for you at the finish line!

### **Post Race**

There will be massage available for all competitors courtesy which costs £5 for 10-15mins. We will have an ice pops for every runner waiting for you at the finish line! Plus a medal and a selection fresh fruit and a selection of other tasty treats!

The Blues Café in the STV will be open until 17:00 and will be serving hot food until 16:00. There is an excellent area of restorative pasta and rice dishes available.

### **Course Marking**

The course is marked by yellow run route signs and custom printed Relish Running Races tape – a white back ground with our red logo. It looks very much like hazard tape and will also be used to mark out obstacles/hazards. The tape will be used extensively along the course, especially on long straight sections so please keep an eye out for it. There will be orange paint on grass surfaces/chalk on the pavement and road to mark the route and to also highlight any hazards.

## **5km & 10km Course Description**

### **Start – 1km**

The first part of the race is on a gradual incline past the University lake, over Quarry road and climbing around the back of the University Accommodation along tree lined paths.

### **1km – 2km**

This is a flat section through woodland which emerges out onto the Golf Course. Please keep to the right hand side on this path as runners move in two direction along here.

### **2km – 3km**

This kilometre is through Bathampton Woods, a beautiful woodland along winding woodland trails. The course comes out into open fields and offers great views over to Solsbury Hill and the valley below.

### **3km – 4km**

Another fairly flat kilometre skirts around the the edge of Bath Golf Course and Bathwick Woods on the other side. At this point you will cross the golf course car park, please follow the marshals instructions, stick to the side of the road and only cross when it is safe to do so.

### **4km – 5km**

Runners will emerge at Sham Castle and beautiful views of Bath through the tree line clearing. Head towards the Relish flag for a drinks station stop. 5km & 10km runners head over the stone stile and go straight across the bridge to retrace the route back towards the start. Back at the Start/Finish area, 5km runners head straight for the finish and 10km runners perform a U turn and head out for Lap 2, passing the drinks station as they go. Please stick to the Left Hand Side as you come into the finish and as you head out for Lap 2

## **Half Marathon & Marathon Course Description**

*\*\* Cut Offs – There is a 3hrs cut off for the first 14.5 miles of the Marathon (Canal Feed Station for the Marathon U turn). This is with a view for the total marathon time being 6.5hrs. If you are beyond this time at the Canal Feed Station the Course Manager will ask you to complete the half marathon route \*\**

### **Start – 1 Mile**

The first mile is fairly flat and gradual climb round the back of the University and along woodland paths.

### **1 Mile – 2 Miles**

The second mile is through winding woodland trails in Bathampton Woods. Mid way through this mile you will emerge from the woods and you will see Solsbury Hill (mile 11.5) over to your right hand side. It is the flat hill with no trees on the top.

### **2 Miles – 3 Miles \*\* Road Crossing \*\***

In this mile you will cross the Golf Course car park, please stick to the edge as directed by the marshals and the cones, and only cross the driveway when it is safe to do so. Next you will take in the beautiful Sham Castle with great views of Bath opposite. Climb towards the Relish Running Flag and your feed drinks stop (FS1) of the day. Hop over the stone stile and turn right down the steps to North Road. **This is a road crossing that is not closed traffic. Pay attention to the marshals and make your own decision when it is safe to cross the road.**

### **3 Miles – 4 Miles**

There is now a long downhill run into the centre of Bath with several road crossings along the way. At 4 miles runners will be on the canal and there are some narrow sections, particularly through the tunnels. Please be mindful of other users and stick to the left hand side wherever possible and stay in single file unless overtaking and take particular care under the bridges.

#### **4 Miles – 5 Miles**

When you emerge from the last tunnel along the canal you will see the first Feed Station (FS2) stop on your left hand side. The rest of this mile is very flat running along the canal.

#### **5 Miles – 6 Miles**

Runners leave the canal at Bathampton, the first section of houses on the canal on the left handside. Now runners join a footpath on the left hand side of Mill Lane Road, over the Bath – London railway, over the A46 and over the River Avon. Once over the River Avon you will head over the Bathampton Toll Bridge, up a slight rise the other side and turn left off the footpath as it reaches the end.

#### **6 Miles – 7 Miles**

Once over the River Avon you will head over the Bathampton Toll Bridge, up a slight rise the other side and turn left off the footpath as it reaches the end and loop round underneath the Toll Bridge you have just run across then pick up the trails along the River Avon. Once again this is narrow in places so please stick to the left hand side and be aware of other users of the path.

After 6.5 Miles you will reach the third Feed Station (FS3) in Batheaston Car Park where there are the only Portaloos that are positioned out on the course. Once through the car park there are a series of road crossings to negotiate before starting the first big ascent of the day, up the Roman Fosse Way! In true Roman style, it is long, steep and 1 mile in length.

#### **7 Miles – 8 Miles**

After 1 mile of climbing runners will emerge at the top of the Fosse Way and will be greeted by the next drinks station. (FS4) Once through the drinks station runners will start the descent into St Catherine's Valley, this is the most technical section of descent out on the course so please take your time and do not rush as there is lots of racing ahead!

#### **8 Miles – 9 Miles \*\* Road Crossing \*\***

Runners pick up racing along Brow Hill Road, please stick to the left hand side and pay attention to the traffic and directions of the marshals. A left hand turn off Brow Hill Road takes runners to the steepest climb of the course called Stoney Lane.

#### **9 Miles – 10 Miles**

Stoney Lane is the toughest climb out on the course, bide your time and know that another Feed Station (FS5) is waiting for you at the top! This next mile of running is very flat along Holts Down, with the old 2<sup>nd</sup> World War airfield of Charmy Down off to the right hand side.

#### **10 Miles – 11 Miles**

This section takes runners down and up the valley of Chilcombe Bottom. There are some steep steps on the descent with uneven spacing so please be particularly careful on this section. One of the shorter climbs in the race takes runners up to the top of Little Solsbury Hill (as in the Peter Gabriel song). This is one of the highlights of the race as Bath emerges once runners crest the hill. This also

provides a great over view of the race as a whole; the University of Bath directly opposite, the canal and river sections below and the Fosse Way climb over to the left.

#### **11 Miles – 12 Miles \*\* Road Crossing \*\***

This is one of the highlights of the race as Bath emerges once runners crest the hill. This also provides a great over view of the race as a whole; the University of Bath directly opposite, the canal and river sections below and the Fosse Way climb over to the left.

The route now descends back into Batheaston, the site of the second Feed Station. The descent is steep in places and on road so please be mindful of the traffic and follow the directions of the marshals.

#### **12 Miles – 13 Miles \*\* Road Crossing \*\***

When you come back into Batheaston Car Park runners cross the bridge over the river (new to the course year). You follow the new cycle track and emerge onto Mill Lane. Here you need to cross the road, please listen to the marshals and make your own decision when it is safe to cross the road.

#### **13 Miles – 14 Miles**

Retrace your steps back onto the canal and enjoy some flat running as you head back to the Canal Feed Station FS2. The canal will become busier with pedestrians and cyclists as the day goes on so please be mindful and considerate of other canal users.

#### **\*\* Split Ahead \*\***

At 14.5 miles there is a split in the course. Half Marathon runners will go straight ahead, through the tunnels along the canal. **Marathon runners need to go to the Feed Station and collect an elastic band** This is to verify that all marathon runners have completed this out and back section of the course. If you are unable to present a coloured band at the Finish Line you may be disqualified.

**\*\* Marathon Runners must reach this point within 3hrs to be able to complete the 2nd lap. After this time you will be asked to complete the Long Half Marathon route.** Marathon runners make a U turn and do a second loop of Miles 4 – 14 as described above before returning to the Drinks Station and carrying on straight ahead on Lap 2. Marathon runners do not need to collect a 2<sup>nd</sup> band on this pass \*\*

#### **Half Marathon 14 – 15 Miles / Marathon 24 – 25 Miles \*\* Road Crossing \*\***

Runners pass through the tunnels along the canal and start the climb back up to the Finish Line. Please be mindful of traffic and road crossing on these sections.

#### **Half Marathon 15 – 16 Miles / Marathon 25 – 26 Miles \*\* Road Crossing \*\***

Runners complete the climb up North Road and rejoin the University path. Head right along the footpath on the bridge over the road. Head along the flat trail along the tree lined paths. up the lane and through the car park.

#### **Half Marathon 16 Miles to Finish / Marathon 26 Miles to Finish**

The last few 100ms take runners past the University Lake and towards the University wood clearing and the Finish Line!

#### **Post Race**

We will have an ice pop for every runner waiting for you at the finish line! Plus a medal and a selection of fresh fruit and a selection of other tasty treats!