

Relish Running Races

Mud Bath Event Information

Brockham End Barn, Piplewood, Bath, BA1 9BZ – 28th Jan 2018

Important Notices

- There is ZERO on street parking available for runners on the streets around Brockham End or Piplewood. The road entrance will be marshaled to ensure no cars park here as this is vital to enable our shuttle bus service to turn around. Please park at the Lansdown Park & Ride and catch the Mud Bath (MUD) Bus Service. The postcode for the Park & Ride is BA1 9BJ and the cost of a return ticket is £2.00 for adults and £1 for children (U16). **The first bus leaves the Park & Ride is at 08:45, the final bus to return to the Park & Ride will leave Brockham End at 15:00.** Buses will run from 08:45 - 11:30, (half an hour break), 12:15 - 15:00.
- Please do not use the Brockham End road as a place to drop off and collect runners, you will be waved on by the marshal as we need to keep this area free for the bus to turn around. There are several lay-bys close to Brockham End road but these will not be marshaled, nor will the road crossing be manned. **We strongly recommend you use the shuttle bus as this is a very busy road and runners cross it at their own risk.**
- If you are arriving by bike please bring your own bike lock. Bikes are left at the owner's own risk.
- 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.
- Please do not run with ipods or similar so you can hear the marshals instructions, other runners who may be overtaking on narrow paths and other people out on the route.
- We will have a selection of caterers selling coffee, snacks, beer and hog roast so please consider bringing some pennies!

How to get to the Mud Bath

By Car/Park & Ride - There is no on street parking available for runners on the streets around Piplewood or Brockham End. Please park at Lansdown Park & Ride (BA1 9BJ) and take the shuttle bus MUD to the race site, please be mindful not to catch the 31 service down to town.

By Train – Bath Spa Train Station is the main station in Bath and is in the town centre. The number 31 Park & Ride service from Milsom Street will take you to Lansdown Park & Ride, from where you can catch the race bus service MUD. For full information please visit the bus service website [here](#).

By Bike – 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.

Spectators

As this is a relatively narrow course we recommend that spectators stay at the Race HQ site and cheer their runners in over the finish line. Runners will loop around the Race HQ field at the start and finish of the race and there is plenty of hog roast, beer and other refreshments to enjoy in the meantime!

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 09:15. Number Collection will be according to your registration wave, with signs hanging from the gazebos. If you registered your runners as part of a group entry, your group's number will be available to collect from the Event Information desk. Please ensure everyone in your group receives their assigned number.

Runners who register on the day will be assigned a wave according to the first available wave, waves are not organised by predicted finish time, each wave is open to everyone to allow runners to spread out over the course.

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 your time will not appear on the results.

Bag Storage

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

Toilets

There will be portaloos positioned by the barn. There will be a small changing tent, partitioned into male and female sections. We recommend you come changed, with warm clothes on top, and then get changed into them again after the event. There are no showers.

Race Start Times

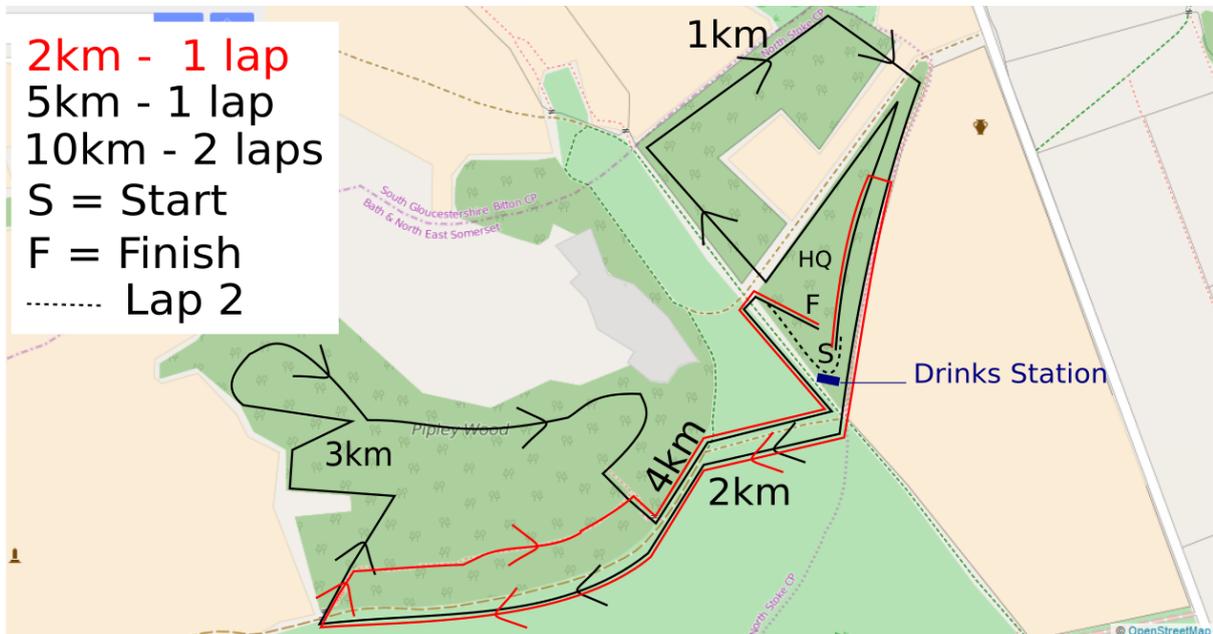
To allow the runners spread out we are splitting up the events into the following waves. Below are suggested arrival times for the Park & Ride (P&R) service which will take 5mins to take you down to the drop off point and from there there is a 5min walk to the actual race site. Please check the bus schedule for more information.

Race & Predicted Time	Arrive P&R	Arrive at Race HQ	Briefing	Start	Bib
2km Mini Mud Bath	09:00	09:30 - 09:40	10:10	10:15	TBC
5km	09:30	09:45 - 09:50	10:55	11:00	TBC
10km Wave 1	09:50	10:15 - 10:25	11:05	11:10	TBC
10km Wave 2	10:00	10:25 - 10:35	11:15	11:20	TBC
10km Wave 3, 4, 5, 6	10:10	10:35 - 10:45	11:25	11:30	TBC

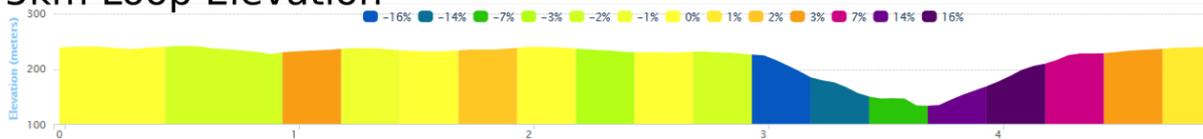
Race Briefing

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

Course Map



5km Loop Elevation



Route Descriptions

2km Route Description

The course starts out in Ranger Wood and there is a quick 180 degree turn not long out from the start line to pick up the Cotswold Way, a good muddy but flat trail. There is more flat running on a predominantly stone path, past a newly converted barn and some eerie sculptures....



standing in the fields next to the path. There is a right turn heading down into Piplely Woods, which is where the real mud lies. These are greasy steps, so well worth taking your time over. There are some boggy sections and slidey descents, followed by a second right turn. This is a flat path which runs parallel to the Cotswold Way and is nice and boggy with some good muddy sections. One more right turn brings runners to a short climb out of the woods, followed by a left turn to rejoin the Cotswold Way.

Runners then follow the flat trails back around into Ranger Wood and to the finish line beneath the Relish Running gantry.

5km & 10km Route Description

The course starts off innocently enough, but don't worry, the mud is lurking for you further out on the course. The first mile is nice and flat before the route loops through Ranger Wood. There are two road crossings of a private drive, it is unlikely you will see cars at these marshalled crossing points but please to keep an eye out.

At the 2km mark you pass evil looking creations whose eyes will follow you around the fields...



before the right hand turn down into Piplely Woods. The wooden steps will get increasingly slippery as the day goes on so please be careful. This opening descent will start off lovely and green, but by the end of it you may be better off sliding down....



Shortly after are a very steep section of steps, please take your time here. As you descend into the valley past the 3km point there is a big loop to complete which mainly follows a stream bed, time to get very muddy and wet!



Once the loop is complete it is time to climb out of the woods! These paths follow streams so expect them to become very slippery very quickly once a few runners have been past.



Once out the woods you will go past the 4km mark as you start the flat return to Ranger Woods. Runners who are doing 5km will bear left to the finish, and runners taking part in the 10km will bear right to start lap 2 and past the course drinks station.

If you do not fancy the 2nd lap please make sure you let the timers know, they will not be able to record a 5km time for you but it will stop you finishing in a crazily fast time ;-). If you do drop down, you can of course still collect a medal!

Drinks Stations

There will be a drinks station at 5km on the 10km which will be serving water. There is no drinks station on the 2km or 5km route.

Refreshments - Beer & Hog Roast

Beer will only be served to people 18 or older. If you think you might be lucky enough to look under this age, please bring some ID with you. We reserve the right not to serve anyone who can not prove their age upon request.

If you would like to purchase the beer and hog roast (veggie, gluten free and soft drinks options available) and you have not done so as part of your registration, we will have a limited amount of additional tickets available on the day at the cost of £8 each for runners or spectators. **We will have a small bar after the race which will be selling beer at £3 per pint, £1.50 for a half pint and £1 for soft drinks.** Please purchase this on the day extra at the desk in front of the hog roast.

Following the race, please join the queue for the Hog Roast and Beer. We will need to see your race number, runners and spectators, to confirm that you have booked this extra treat, so please keep it with you after the race.

Refreshments - Coffee Van

We will also have a coffee van on site for pre and post race warm drinks and snacks.

First Aid

There is a First Aider at the first Feed Station as well as the Finish and various points on the course. If you do not feel able to complete the course or if you feel unwell please stop at your nearest First Aider and we will arrange for you to be returned to the Registration area or the Park & Ride once the last runner has cleared that section.

Finish

After the race all runners will be awarded a medal and presented with our usual buffet of fresh fruit and tasty treats.

Medals

Medals will be awarded to all finishers as they cross the line. If you have ordered your medal to be engraved with your name and finish time, this additional piece will be sent out to you 2-3 weeks after the event. Please collect your race medal as usual.

Results

PROVISIONAL Results will be posted live to our website results page which will update every minute and will be viewable on your smart phones. Results will be tidied up and double checked in the afternoon once the race is over. If your number has not appeared by the evening please so email us at tom@relishrunningraces.com

Prizes

There are winner's prizes for the 10km. Due to the multiple wave start situation, and the likely desire for people not to hang around for too long following a January race, we will contact prize winners after the race.

There are no winner's prizes for the 5km or the 2km mini mud bath run.