

Relish Running Races

Two Tunnels Races - 12th May 2019

FINAL schedule

Note shuttle buses run between 08:15 - 11:00, 11:45 - 15:00 only. 1 bus every 15mins approx.

Race Briefing

There will be a race briefing and warm up 10mins before each wave start held on the start line.

PLEASE COLLECT YOUR RACE NUMBER FROM THE DESK WITH YOUR EVENT WAVE NUMBER

Event Wave	Race Wave	Arrive P&R	Arrive Race HQ	Briefing	Warm Up	Start	Bib (Range)	OTD?
Colour	500m Colourburst	08:15	08:45 - 09:00	09:10	09:15	09:20	Cloud	Yes
Colour	2km Colourburst	08:15	08:45 - 09:00	09:10	09:15	09:20	Cloud	Yes
Event Wave 1	Return Half Marathon WAVE 1	08:30	09:00 - 09:15	09:50	09:55	10:00	Black (9,300+)	No
Event Wave 2	Hilly Half Marathon (All)	08:40	09:10 - 09:25	10:00	10:05	10:10	Yellow	Yes
Event Wave 3	5km WAVE 1	08:50	09:20 - 09:35	10:10	10:15	10:20	Blue (>2,700)	No
Event Wave 4	Return Half Marathon WAVE 2	09:00	09:30 - 09:45	10:20	10:25	10:30	Black (<1,000)	No
Event Wave 5	Return Half Marathon WAVE 3	09:10	09:40 - 09:55	10:30	10:35	10:40	Black (9,000 - 9,100)	Yes
Event Wave 6	5km WAVE 3	09:10	09:40 - 09:55	10:30	10:35	10:40	Blue (<1,700)	Yes
Event Wave 7	Hilly 10km (All)	09:20	09:50 - 10:05	10:40	10:45	10:50	Orange	Yes
Event Wave 8	5km WAVE 2	09:30	10:00 - 10:15	10:50	10:55	11:00	Blue (2,500 - 2,600)	No
Event Wave 9	Return 10km WAVE 1	09:40	10:10 - 10:25	11:05	11:10	11:15	Red (<200)	Yes
Event Wave 10	Return 10km WAVE 2	09:50	10:20 - 10:35	11:15	11:20	11:25	Pink (<3,200)	No
Event Wave 11	Return 10km WAVE 7, 8 & 9	10:00	10:30 - 10:45	11:25	11:30	11:35	Green (<6,249)	Yes
Event Wave 12	Return 10km WAVE 3	10:10	10:40 - 10:55	11:35	11:40	11:45	Red (>200)	No
Event Wave 13	Return 10km WAVE 4	10:20	10:50 - 11:05	11:45	11:50	11:55	Pink (>3,250)	No
Event Wave 14	Return 10km WAVE 5	10:30	11:00 - 11:15	11:55	12:00	12:05	Green (>6,250)	No
Event Wave 15	Return 10km WAVE 6	10:40	11:10 - 11:25	12:05	12:10	12:15	Grey	No

OTD = On The Day registrations?

Notes

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

There will be multiple waves with the same colour race number (TBA), please pay close attention to the number range too. Arrival times are suggestions. Number collection will remain open for each wave right up to the start of each wave.

Event Waves refers to the order the individual race waves will set off. You can collect your number from the desks which respond to the Event Wave, not your race wave. For example, 10km wave 3 runners are in Event Wave 12, so will collect their numbers from desk 12, not desk 3. The briefing for each event will take place 10 minutes before each wave start, followed by a 5 minutes warm up and then we will get those runners underway. There is no on the day prize giving. Prize winners will be contacted the week of the race by email.