

Relish Running Races

Two Tunnels Races - 14th May 2017

Sign ups have been flooding in during the run up to this event which has meant we need to spread out the runners a little more than anticipated in the Provisional Schedule. Please note the new times below.

Event Wave	Race, Wave & Predicted Finish Time	Arrive P&R	Arrive Race HQ	Warm Up	Briefing	Start	Bib	OTD?
Colour	1 Mile Colourburst	08:15	08:45 - 09:00	09:10 - 09:15	09:15	09:20	Cloud	Yes
Colour	300m Colourburst	08:15	08:45 - 09:00	09:30 - 09:35	09:35	09:40	Cloud	Yes
Event Wave 1	Return Half Marathon (all waves)	08:30	09:00 - 09:15	09:50 - 09:55	09:55	10:00	TBC	Yes
Event Wave 2	Hilly Half Marathon (all waves)	08:40	09:10 - 09:25	10:00 - 10:05	10:05	10:10	TBC	Yes
Event Wave 3	5km (all waves)	08:50	09:20 - 09:35	10:10 - 10:15	10:15	10:20	TBC	Yes
Event Wave 3	Hilly 10km (all waves)	08:50	09:20 - 09:35	10:10 - 10:15	10:15	10:20	TBC	Yes
Event Wave 4	Return 10km WAVE 1 (<55mins)	09:00	09:30 - 09:45	10:20 - 10:25	10:25	10:30	TBC	FULL
Event Wave 5	Return 10km WAVE 2 (<55mins)	09:10	09:40 - 09:55	10:30 - 10:35	10:35	10:40	TBC	Yes
Event Wave 6	Return 10km WAVE 3 (55-65 mins)	09:20	09:50 - 10:05	10:40 - 10:45	10:45	10:50	TBC	FULL
Event Wave 7	Return 10km WAVE 4 (55-65 mins)	09:30	10:00 - 10:15	10:50 - 10:55	10:55	11:00	TBC	Yes
Event Wave 8	Return 10km WAVE 5 & 6 (65 mins+)	09:40	10:10 - 10:25	11:00 - 11:15	11:05	11:10	TBC	Yes

OTD? = on the day sign ups possible?

Warm Ups

[Kim Murray](#) (aspiring Olympic medalist in Bob Skeleton) will be providing a 5min warm up before the start of each wave. This is optional, but a great way to limber up and get yourself ready for the race ahead. The warm up will take place adjacent to the start line.

Notes

Arrival times are suggestions to help spread out arrivals on site, you can in practice arrive anytime.

On the Day registrations for the 10km will close at 10:50, for the other events 10mins before that particular race.
Number collection for runners who have pre-registered will close at the start time for each particular 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 Return Ticket wave 1 runners are in Event Wave 4, so will collect their numbers from desk 4, not desk 1. The briefing for each event will take place 5mins before the wave start and it will be held on the start line. The prize giving for the 10km will be held at 11:30 at the Registration gazebos. The prize giving for the half marathon will be held at 12:15 at the Registration gazebos. There are no winner's prizes for the 5km or the Colourburst races. **The last Park & Ride bus will leave for Odd Down Park and Ride at 14:30**