Relish Running Races

Two Tunnels Races - 8th July 2018

This is a PROVISIONAL schedule based on the 2017 event. Start times might vary +/- 10mins or so, so please check back for the final schedule which will be published on the Wednesday before the event.

Race Briefing

There will be a race briefing 5min before each wave start held on the start line.

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

Notes

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 6, so will collect their numbers from desk 6, not desk 3. The briefing for each event will take place 5mins before the wave start and it will be held on the start line.