



Two Tunnels Railway Races Event Information

Brickfields Park, Bath, BA2 1LX – 9th July 2017, from 09:20am

Important Notices

- There is no on street parking available for runners on the streets around Brickfields. Please park at Odd Down Park & Ride and catch the Two Tunnels (TT1) Bus Service. The postcode for the Park & Ride is BA2 8PA the cost of a return ticket is £2.50.
- **The outward bus journeys from the Park & Ride are between 08:30 and 09:45 ONLY**
- **The return bus journeys to the Park & Ride are between 11:00 and 14:30 ONLY**
- 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 others 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, especially when running through the tunnels.
- The tunnels are lit but it still takes a few seconds for your eyes to adjust to the lower light levels. We would therefore recommend runners do not wear sunglasses in the tunnels.
- Please do not run with in ear headphones. Only bone conducting headphones are stipulated by UK Athletics rules and insurance requirements. We need runners to be able to hear the marshals instructions, other users within the tunnels (think cyclist's running their bells to come past you) and traffic on the road crossing points. **If you do run with in ear headphones then you will be disqualified.** Thank you for your understanding.

Sustrans

Sustrans and Relish Running

Sustrans, the charity behind the National Cycle Network is our charity partner for the first ever Two Tunnels Railway Races. Without Sustrans we wouldn't have the Two Tunnels Greenway and the re-opened iconic tunnels, including Combe Down tunnel which hosts a unique sound and lighting installation for you to run through! Sustrans has to cover the costs of the maintenance of the tunnels, and so this event provides a brilliant opportunity to raise money to keep them in tip top condition. All funds raised from the event will go directly to Sustrans so they can continue to work on routes such as the Two Tunnels Greenway and keep the 15,000 mile National Cycle Network going and growing. Relish Running is donating £1 per runner to Sustrans but it would be great if you could help raise some money for them too!

How to get to the Two Tunnels Railway Races

By Car/Park & Ride - There is no on street parking available for runners on the streets around Brickfields Park. Please park at Odd Down Park & Ride and catch the bus down to Brickfields. The postcode for the Park & Ride is BA2 8PA, the cost of a return ticket is £2.50. We have arranged for a

special Two Tunnels Services (TT1) which departs from Service 42/RUH bust stop and will drop runners off 50m from the race site. Please ensure you join the Two Tunnels Service (TT1) and not the number 41 Service which heads directly into Bath centre.












By Train – Bath Spa Train Station is the main station in Bath and is in the town centre. Brickfields is approximately 1.5 mile away and the route to the event will not be signed. We would recommend taking an extra train out to Oldfield Park Train Station to bring you a little closer.

By Train – Oldfield Park Train Station is a local train station between Bath and Bristol. It is approximately 1/2 a mile away from Brickfields. This route will be signed with Orange Registration Arrows.

By Bike – We will provide racking for bikes next to the registration gazebos – 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.

By Foot – The Brickfields Park is just off the Two Tunnels Greenway path. If you are heading to the event by foot it is recommended you join the path in order to head to the park.



	Registration		Caterers
	Bag Storage		Bike Racking
	Refreshments, Medals		Toilets
	Shelter Tent		Warm Up Area
	5km, 10km Route		Half Marathon
FS	HM Feed Station		HM Start Lap 2

Spectators

As this is an Out and Back course and the path itself is relatively narrow, we recommend that spectators stay at the Race HQ site and cheer their runners in over the finish line.

Race Registration

We are not posting out any numbers for this event, all numbers will be available to collect on the day. Number Collect and On the Day Registrations will open from 08:45 and close at 10:15. Runners who register on the day will be assigned a wave according to their predicted finish time and will be put in the first available wave for that finish time. **Please note it will not be possible to swap waves or to fit any runners into a wave once it is full.**

Bag Storage

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

Toilets

There will be portaloos positioned in the Brickfields Park. Please see the map above.

Refreshments

Bath Organic Farms and mmmCoffee will be providing catering for the event with a selection of hot and cold drinks, as well as burgers, sausage and bacon rolls. The race will also be providing a selection of fresh fruit, jelly beans, jaffa cakes and if the weather is kind to us, ice pops for all finishers!

Shops

[Bosom Buddies](#), who specialise in made to measure sports bras and sports wear will have a stand selling their clothing.

Massage

There will be massage therapists on site to help you recover quickly after the race.

Race Start Times

To keep the runners spread out and to allow the tunnels to remain open to everyday users 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 15mins to take you down to the race start. Please check the schedule for more information.

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

Event Wave 4	Return 10km WAVE 2 (<55mins)	09:00	09:30 - 09:45	10:20 - 10:25	10:25	10:30	Yes
Event Wave 5	Return 10km WAVE 3 (55-65 mins)	09:10	09:40 - 09:55	10:30 - 10:35	10:35	10:40	FULL
Event Wave 6	Return 10km WAVE 4 (55-65 mins)	09:20	09:50 - 10:05	10:40 - 10:45	10:45	10:50	Yes
Event Wave 7	Return 10km WAVE 5 & 6 (65 mins+)	09:30	10:00 - 10:15	10:50 - 10:55	10:55	11:00	Yes

Note the final bus to the race site leaves at 09:45

OTD? = On The Day sign ups possible?

This is a provisional schedule and the final schedule will be published on the Wednesday before the race, along with the start lists, once the final number of registrations for each event and wave has been established.

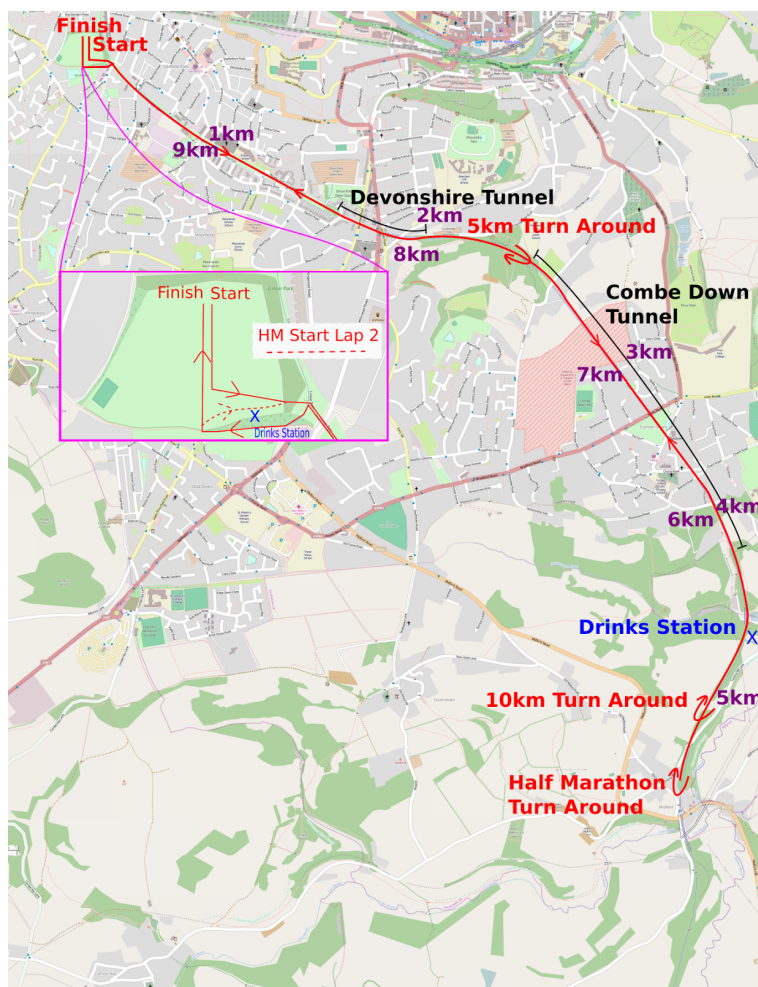
Race Briefing

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

Warm Up

[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.

Course Map



Route Descriptions

Distance Markers and GPS Route Measurements

GPS watches struggle to deal with underground running, many switch off, others route your run over the top of the hills and there is an inevitable drop in signal and time delay whilst it reconnects to the satellites. All our routes are measured with a measuring wheel and will be accurate to the distances quoted below, though you toys and gadgets may try and tell you otherwise ☺

With so many events taking place it would get very confusing to put out large distance markers for all the events. Please also note the Final Distance measurements next to each event route description below.

There are KM distance markers out on the course (where km markers do not fall in the tunnels themselves) which relate to the Return Ticket 10km course.

Colourburst Course Descriptions

Both race routes remain in Brickfields Park and will run around the football pitches with plenty of colour stations on the way.

5km Route Description – Final distance 5.0km

The 5km route will heads out of Brickfields Park and on to the Two Tunnels path. Once on the path there is $\frac{3}{4}$ or a mile of running to the Devonshire Tunnel which is a slight incline.

The first tunnel is 408m long and you exit it after 2km of runner. After another few 100m you will see a sign saying 'Split Ahead' which signals the turn around point is less than 100m away. You will turn clockwise around an orange post which will be positioned in the middle of the path before your return journey back toward the start. As you return you will pass runners going in the opposite direction so please stay in single file unless overtaking, especially in the Tunnels.

As you come to the finish you will need to branch off the path to the left hand to enter the park from a different side from where you left. This a short little drag before you head for the finish line

Return Ticket 10km Route Description – Final distance 10.0km

As you leave the Park will cut across some scrubland that has been cleared for the race which may be slippery if it has been raining. Please also be careful of the vertical sections of fence that are still in place where you join the path (horizontal sections having been removed). The 10km route heads straight along the path of the Somerset & Dorset Railway through the suburbs of Bath. The first tunnel is just over 400m long and comes about $\frac{3}{4}$ or a mile into the race. The route has a slight climb up and through the tunnel before emerging out into beautiful woodland the other side.

A few 100m after the Devonshire Tunnel you will see a large sign saying 'Split Ahead', at this point the 5km runners will be getting ready to perform their U turn to head back to the start. 10km runners need to go straight on at this point.

After another couple of 100m you will enter the longer Combe Down Tunnel which is 1672m in length and loses 14m of height from this end to the far end so represents a great opportunity to get the legs turning fast.

Emerging into the light again the other side and you will feel many miles from the nearest city! 500m after you exit the tunnel there is a drinks station on the left hand side, atop the Tucking Mill viaduct. 300m after this you will see a 10km U turn sign and another orange post on the path which acts as your turn around point. Please turn around the post in a clockwise direction and follow the course back towards the finish.

As you near finish you will need to branch off the path to the left hand to enter the park from a different side from where you left. This a short little drag before you head for the finish line

Return Ticket Half Marathon Route Description – Final Distance 21.1km

As you leave the Park will cut across some scrubland that has been cleared for the race which may be slippery if it has been raining. Please also be careful of the vertical sections of fence that are still in place where you join the path (horizontal sections having been removed). The 10km route heads straight along the path of the Somerset & Dorset Railway through the suburbs of Bath. The first tunnel is just over 400m long and comes about $\frac{3}{4}$ or a mile into the race. The route has a slight climb up and through the tunnel before emerging out into beautiful woodland the other side.

A few 100m after the Devonshire Tunnel you will see a large sign saying 'Split Ahead', at this point the 5km runners will be getting ready to perform their U turn to head back to the start. Half Marathon runners need to go straight on at this point.

After another couple of 100m you will enter the longer Combe Down Tunnel which is 1672m in length and loses 14m of height from this end to the far end so represents a great opportunity to get the legs turning fast.

Emerging into the light again the other side and you will feel many miles from the nearest city! 500m after you exit the tunnel there is a drinks station on the left hand side, atop the Tucking Mill viaduct.

300m after this you will see a 10km U turn sign (with a Relish flag) and a Half Marathon straight ahead sign. To ensure this is an accurate turn half marathon you will need to run a further 250m to the Return Ticket Half Marathon U turn sign, which will be marked with another Relish Running Races flag. Please turn around the flag in a clockwise direction and follow the course back towards the finish. Please note some of the faster Return Ticket Half Marathon runners may catch up some of the Hilly Ticket Half Marathon Runners, please be careful to follow the correct route and read all the signs in full.

As you come back into the park you will need to turn right to commence your 2nd lap, rather than going straight ahead to the finish which is what all other race distances will be doing. Whilst in the park you will pass the 2nd Feed Station which will be on your right hand side. Then it is time to complete the lap again out and back through the tunnels. When you come into the park for the 2nd time you will need to head directly for the finish line.

Feed Stations

There is no drinks station for the 5km.

There is one drinks station out on the course for the Return Ticket 10km races which is positioned approx. 4.5km away from the start, 300m after the exit from the Combe Down Tunnel. There will be drinks on offer on the way out at 2 drinks tables set 20m apart so please spread yourselves out when picking up your drinks.

For the Return Ticket Half Marathon there are 3 Feed Station opportunities; the first (4.5km) and third (15km) of which are on top of Tucking Mill viaduct, 300m after the exit of the long Combe Down Tunnel. The second Feed Station is in Brickfields where Half Marathon runners loop right to start their 2nd lap (10.5km)

The Feed Stations will have water for the 10km runners served from cups. The Feed Stations will have water served from cups, electrolyte drink served from cups (nuun hydration tabs – electrolyte, no calories), jaffa cakes, jelly beans, crisps, oranges and bananas.

First Aid

There is a First Aider at each Drinks Station as well as the Finish. If you do not feel able to complete the course please stop at your nearest Feed Station and we will arrange for you to be returned to the Registration area at Brickfields.

Finish

After the race all runners will be awarded a medal and goody bag. All runners will also be provided with a buffet of fresh fruit and sweet tasty treats as provided at all our feed stations.

Medals

This year we have 4 medals so runners who complete 4 runs with us can have 4 different medals. We only have a certain amount of each medal and we may try and steer you to one medal or another depending on what event you are taking part in. Rest assured all the medals are equally excellent :-)

All our medals (not just from the Two Tunnels) are the same outline shape, which means any 4 medals can join together to make a 3D pyramid medal by looping a small band over the corners. Or you can link an infinite number of medals together to make a giant medal lattice!

Most runners will collect Medal 1 (left hand side) or Medal 2 (if it is your second race with us this year), and we are saving up Medals 3 and 4 for runners who are collecting a medal set at later races. If you do require a specific medal for your set, please ask the medal team and they will be happy to help.



Results

Results will be posted live to our website – please make sure we can see your number as you cross the line to make this easy for our results team to record your time. We will record 99% of people as they cross the line and we will tidy up the results during the afternoon. If you are still missing from the results at 6pm, please email us and we will pick up any queries on Monday morning.

Prizes

There will be prizes for the Half Marathon and 10km in the following categories for men and women; top 3 overall, 1st U20, 1st 40-49, 1st 50-59, 1st 60+. There are no winner's prizes for the 5km or 300m.

The prize giving times will be approximately 12:15 for the 10km and at 12:30 for the Half Marathon. Prize giving will be by the Relish teepee tent.