

# Relish Running Races

## Skyline Day Race Information

Sunday 12th Jan 2020, from 10:00am  
University of Bath, Bath, BA2 7JY.

### On the Day Registrations

Assuming we have not sold out, on the day prices will be follows.

500m - £5 (Even if the main events have sold out, we will have spaces for this race)  
5km - £15/£17 for UK Athletics affiliated runners/ unaffiliated runners respectively  
10km - £20/£22 for UK Athletics affiliated runners/ unaffiliated runners respectively  
5km Canicross - £17  
10km Canicross - £22

We can only accept cash or cheques only for on the day registrations, thank you.

### Important Notices

**Location** - We are in West Car Park, as we have been since 2015. Please note it is not accessed via the main entrance. Please refer to the map below and signs on the day to go direct to West Car Park - DO NOT enter at the main entrance to the University as there is no easy way round to us.

**Off-Road or Trail Shoes** – It will be muddy and slippery on the course. Off-road shoes will be a great asset!!!

**Music Players** – As set out UK Athletics rules, in ear, or over ear headphones are not permitted. Bone conducting headphones are permitted.

**Canicross** - We are very pleased to have a Canicross (runners with dogs) specific waves over the 5km and 10km distance. There is a separate set of rules for Canicross events, please read these as you will need to acknowledge and sign that these have been read prior to registration if you are signing up on the day. These will start at 10:00am.

**Car Parking - BA2 7JY (see directions pdf)**

Follow the Relish Running signs to the car park. DO NOT drive in the main entrance of the University. The campus is a busy site, with lots of construction and one way roads, finding us will be tough!



The car park is listed as Permit Only but we have hired this car park for this event so it does not apply. There is no charge for parking in the event car park. Normal parking charges apply at other car parks at the University. From the car park, follow the orange or pink event signs to the Race Registration area which is tucked around a corner.



## Facilities

We will have portaloos on site, catering from Bath Organic Farms (sausage, bacon rolls and hot drinks) and a bag drop area. This year the Sports Training Village have asked us not to direct runners to their toilet and changing room facilities.

## **Are you posting out race numbers?**

Nope. All numbers will be available to collect on the day.

## **Registration 09:00am -10:45am**

There will be desks for on the day registrations (assuming the race has not sold out); 10km, 5km and 500m. There will also be desks for Number Collection with signs; Wave 1, Wave 2, Wave 3, Wave 4 which refer to the 10km race, please check your confirmation email or start lists (published on Thursday before the race) to find your event wave. If you did not select a wave when you registered we will have assigned you to the earliest available wave.

## **Waves**

It will not be possible to swap wave in advance of, or on the race day itself. Please do not email in :-). If you did not select a wave when you registered then we selected the first available wave for you. All waves are open to all runners of all abilities, this is to help runners spread out over the course and ensure there are no bottlenecks in the narrow sections (Note a fast wave, medium wave, slow wave would have the same bottlenecks as a mass start, so this isn't the way to go ;-))

All waves are colour coded, **YOU MUST START IN YOUR COLOUR WAVE**. Our timing system relies on people starting in the correct colour wave. If you start in the incorrect wave you will throw out the results and the prizes, and therefore be removed from the results entirely (DQ).

## **Provisional Schedule**

10:00 - Canicross (Time trail start)  
10:40 - Kids 500m race  
11:00 - 10km Wave 1  
11:04 - 10km Wave 2  
11:08 - 10km Wave 3  
11:12 - 10km Wave 4 & All 5km.

The final schedule will be published on the Weds of race week, once we have all registrations in, and can confirm the intervals between the waves. On the Day registrations usually join the latest wave start for any particular distance.

## **Race Briefing**

The race briefing will take place at 09:30 for the Canicross event, please do not bring your dogs to the briefing. The race briefing for all other waves will be at the start line 5mins before each wave start. The start will be between the two start flags. Here are the key points.

The race briefing for all other events will take place 5mins before the start of each wave. The briefing will be held at the start line.

**Laps:** - 5km runners complete 1 lap of the looped section of the course, 10km runners complete 2 laps of the looped section of the course. Note that all waves will get mixed together, so don't just follow the feet in front of you, look out for the signs!

**Terrain:-** It is a muddy and in places technical course! Be careful on the descents as leaves will obscure tree roots and rocks. Take your time on the technical parts of the course and save your energy for the more open parts. Off-Road or trail shoes are highly recommended. Visit Running Bath (shop in Bath), or Running Home (online store) to get your off road shoes.

**Other Users:-** There will be members of the public on the course as it makes use of the National Trust Skyline route, please be mindful of them and politely let them know of your approach. It is vitally important that the race is seen in a positive light not only by those taking part, but those who see it passes by too.

## Course Description - 500m

The 500m is a looped course, shown as purple on the route maps. They will Start and Finish under the same gantry as the 5km and 10km events.

## Course Descriptions - 5km & 10km

Runners head from West Car park and over the footbridge over Quarry Road and start a gradual climb along the footpath around the back of the University accommodation. Mainly flat, the terrain shifts from a solid stone path to a wood chip path as it goes, after approximately 1km.

Runners will join the footpath which skirts around the edge of the golf course. On this section please keep to the right hand side as there will be runners moving in both directions. After a few hundred metres runners will descend into Bathampton Woods where the technical terrain begins.

The path slowly meanders down the woods until the 2km point where runners pick up the old quarry tramway path and start the climb back to the top. (You can still see the groves for the carriages cut into the rock which used to carry stone from the top of the hill to the

Kennet & Avon canal below). This is the biggest climb on the course and definitely worth pacing as it is slippery underfoot and you have to do it twice!

Runners will now head into a privately owned quarry. The quarry has not been in use for many years, so you need not fear any large trucks rolling around. **Note this is PRIVATE land for which we have been given special permission to use, it is not open to the public so please do not start running through here on training runs as you will put future editions of the race at risk.**

After meandering through the quarry you will emerge into Bathampton fields with great views over the valley below and over to Solsbury Hill. It is nice and open, slightly downhill to begin with a great place to pick up speed.

After the 3km sign the track turns from grass to mud, lots of mud. At the far end of this track you will enter the golf course car park which is open to their membership during the course of the event. Please follow the marshals instructions and stick to the right hand side as you skirt the perimeter of the car park.

You will now head down the access road to the car park, once again, please stick tight to the right hand side, UNTIL you reach the crossing point at the bottom of the slope. Please do not spill out in the middle of the road as we need to maintain normal access for the golf course users who have been big supporters of this event.

A short scramble from the road sides brings runners out at Sham Castle, a great little folly which is a prominent feature of the Bath skyline. With the castle on your left, there are great views over the city of Bath to your right. At this point you will see the 4km sign.

There is a bit of a drag for the next 400m where you come to a stone stile, hop over this and onto the footbridge which you first ran out on. Please stick to the right hand side to allow runners to flow in both directions. You will now skirt around the car parks in a slightly wider loop than previous years, before emerging in the start/finish area.

Remember it is a 2 lap 10km, 1 lap 5km course so please do not just follow the feet in front of you!

## Results

To enable us to record fast and accurate results please make sure your number is clearly visible when you cross the line. Results will be posted online by 6pm; Skyline > Results. If you have any queries AFTER 6pm, please email [tom@relishrunninggraces.com](mailto:tom@relishrunninggraces.com) and we will take a look for you on Monday.

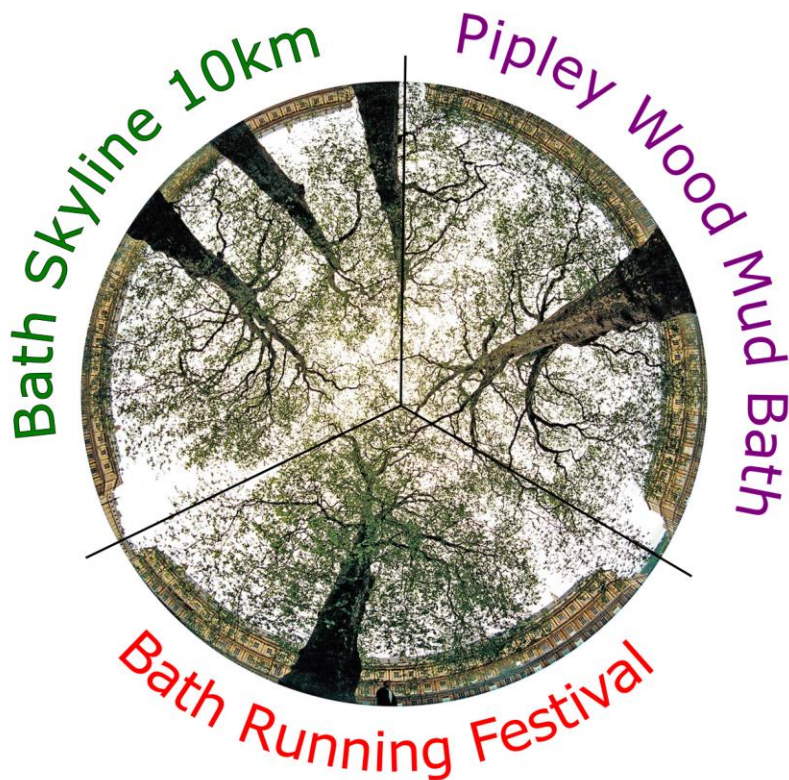
## Finish – As soon as you can!

The finish is in the same place as the start. You can then collect your medal and help yourself to our refreshments; jelly beans, jaffa cakes, oranges, water and other treats.

## Medals – Are you collecting the set?

The Skyline medal is part 1 of a 3 piece set. You can collect the whole medal by running ANY distance at the remaining events;

This image is the 2019 medal, a new medal design will be produced for 2020!



Pipley Wood Mud Bath 5km/10km - 10th Feb

Bath Running Festival 5km/10km/Long Half/Marathon - 28th July

## Prizes

- Top 3 men and top 3 ladies
- First U20 male and female
- First 20-39 male and female
- First 40-49 male and female

- First 50-59 male and female
- First 60+ male and female

The final number of prizes awarded is determined by the total number of finishers (male and female combined) in a given race distance. If there are more than 100 finishers then the full range of awards are made as shown above. If there are between 50 and 100 finishers then the top 3 male and top 3 female runners will receive a prize. If there are less than 50 finishers then the first male and first female finisher will be awarded a prize. We do not have any winner's prizes for any of the children's events as we would like to keep this participation focused.

There is no on the day prize giving. Prize winners will be contacted by the end of the week by email.