



Bath Running Festival 2021 Event Information

25th July from 09:00am – Bath Recreation Ground, William Street, Bath, BA2 4DS

Partners

The last 18 months have been a tough time for all events. We have been extremely fortunate to have enjoyed the support of local Bath based osteos [Align Body Clinic](#), who specialise in running injuries and treatment, as our event sponsors for the event this year. If you feel like treating yourself to a post race massage, or need some advice or treatment for a niggle or injury, you can find out more [here](#).

Our new home, [Bath Rec](#), has been very supportive in setting us up with this great city centre venue. The Bath Recreation Trust is a charitable organisation who are passionate about promoting sport and recreation in the local community.

Covid

Whilst all restrictions on social distancing have been lifted on 19th July, we will be maintaining sensible covid precautions.

- Please do not attend the event if you have displayed any [covid symptoms](#) in the 14 days in the run up to the event, if you have had a positive test result, have been instructed to self isolate, have one or more COVID-19 symptom, or live in an area in local lockdown. In any of the above situations, you can complete your run virtually at any time between now and the end of the year and we will post out your medal and some goodies. Please upload your evidence [here](#) when you have completed your run.
- Participants and spectators are encouraged to [test twice weekly](#) for covid-19. Sight of test results are not required to enter the event.
- The event schedule had been based around ~30 runners starting at once, so we will stick with this to avoid changing peoples' travel plans.
- Start waves will be based around predicted time on race morning, not the wave selected at registration (please see Event Info for details).
- Masks will be strongly recommended for the bus journey to the event.
- Please keep a comfortable distance from other runners. There is plenty of space on the start line.
- Additional hygiene measures in place, if you see some hand sanitiser, please apply it.
- Spectators are welcome
- 5km & 10km runners should be self sufficient in terms of carrying their own water.
- Long Half and Marathon runners should carry their own water bottles and refill at our drinks stations.

Safety Advice

- There are a number of road crossings on the course. All these points will be marshalled. The marshals do not have the ability to stop the traffic. They are there to alert runners and draw the attention of the traffic to the race. The final decision to cross the road is the sole responsibility of the runners.
- The off road terrain is technical in places so a shoe with some grip is recommended.
- Please make sure you are well hydrated in the days before the race and during it. Walking drinks stations to ensure you get a proper drink is advised.
- Livestock. There is a chance you will be running through fields with livestock in them. If they become curious and head in your direction, you should stop running and walk. They will soon lose interest and walk off in the other direction.

On the Day Registrations

There will be places on the day across all distances. Please note we can only accept cash or cheque on race day and there isn't a cash machine right next to registration.

500m - £5

5km - £20

10km - £25

Long Half - £35

Marathon - £45

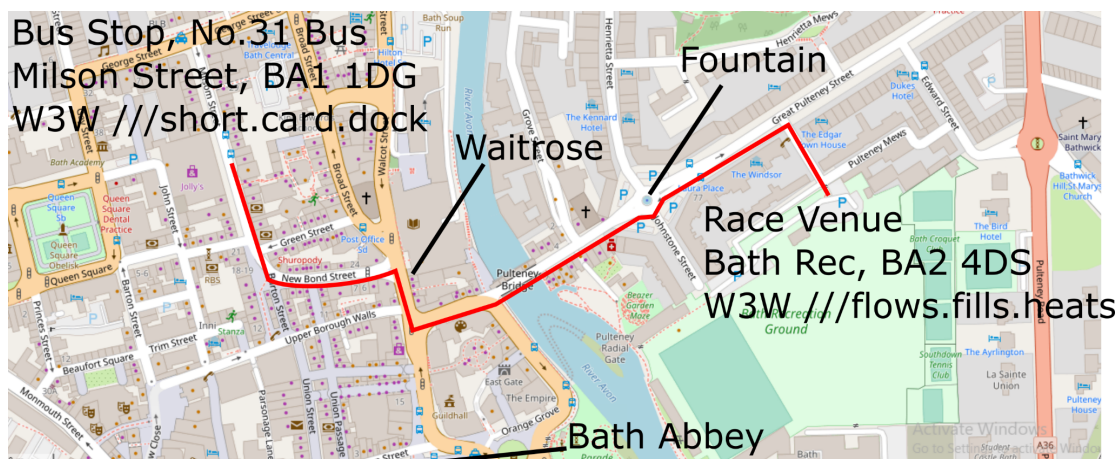
Event Location - **NEW this year**

We are based at Bath Recreation Ground (Bath Rec), the same location as Bath Rugby for the Bath fans out there. The location is off William Street, Bath, BA2 4DS. The What3Words location for the actual entrance is [/// lunch.natively.salad](#)

Please note there is zero parking at the venue. Surrounding streets are either permit only, or where it is Pay and Display, only short duration of parking can be purchased so we would recommend travelling using one of the methods below;

Bike - We will have bike racking for cyclists. Please bring your own lock

Train - It is an 800m walk from Bath Spa Train Station. This route is not signed, please use the address details shown above.



Car - If you are arriving by car then you should park at Lansdown Park & Ride (BA1 9BJ) and catch the [Number 31 bus service](#) into the centre of town. We have arranged for services to start from 08:00am, earlier than what is listed on the usual Sunday operating hours. The last bus backs to the Park & Ride is at 18:00.

There is only one stop for this service in town, at Milson Street (What3Words [minds.tricky.pack](#)), where you should depart the bus. From here it is an 800m walk to the Bath Rec.

Please follow the Pink to the Start Arrows and Orange to Registration arrows to get you to the event and the Relish Bus stop signs to return to the Park & Ride. If you explore in town after the event and want to get back to the bus stop, just ask people for Milsom Street bus stop and you will soon be at the bus stop.



Race Registration

The event and race registration will open at 09:00 and runs until 11:30. There will be spaces available on the day for all events. You will be able to join any wave based on your predicted finish time. Please see the Event Schedule for more details.

The start line, finish line and registration are all within 50m of each other.

We have a bag storage area at Registration which is by the finish line.

We do not have any catering at this event, though there will be plenty of coffee shops on your way to the event as you move through to town.

Race Start Times (Provisional)

There will be a race briefing 5mins before the start of each wave on the start line.

Race Wave	Predicted Time	Arrive Park & Ride	Arrive on foot	Starts Time
500m	All	75mins before race	30-45mins before race	09:30
Marathon	< 5hrs	75mins+ before race	30-45mins before race	10:00
Marathon	> 5hrs	75mins+ before race	30-45mins before race	10:10
Long Half	< 2hrs 50mins	75mins+ before race	30-45mins before race	10:20
Long Half	< 3hrs 10mins	75mins+ before race	30-45mins before race	10:30
Long Half	< 3hrs 35mins	75mins+ before race	30-45mins before race	10:40
Long Half	> 3hrs 35mins	75mins+ before race	30-45mins before race	10:50
10km	< 50mins	75mins+ before race	30-45mins before race	11:00
10km	< 1hr	75mins+ before race	30-45mins before race	11:10
10km	< 1hr 10mins	75mins+ before race	30-45mins before race	11:20
10km	> 1hr 10mins	75mins+ before race	30-45mins before race	11:30
5km	All	75mins+ before race	30-45mins before race	11:40

There is a cut off of 2hrs 50mins for runners to start Lap 2 of the Marathon which is at 13.4 miles.

Course Marking

The course makes use of public footpaths and permissive rights of way. Please be mindful of other users and give them a friendly shout when you approach and be careful when taking tight corners and under the canal bridges. Just because this is an organised run, doesn't give us priority over other users, please remember we share the paths with other users at all times.

The route is marked with fluorescent signs, Relish Running Races branded red and white barrier tape hanging as streamers from the trees as well as orange temporary marking paint across grassland and chalked arrows on tarmac footpaths and surfaces.



There will also be large arrows with next to distance names where any routes split. Marshals will try and assist you, but ultimately it is your responsibility to ensure you are on the correct route for your race.

This 5km and 10km route is marked with KM markers. The Long Half and Marathon route is marked with Mile markers.

Take litter home with you

Please ensure you take home all rubbish with you - if you can run a full jelly packet, you can run with an empty one up to the next feed station where you can drop it in one of our bins :-)

5km Course Description

Start – 1km

The first part of the route sees runners do a lap of The Rec fields before emerging out onto the river path. Please take care and stay in single file as the river path may be busy.

1km – 2km

The river path soon becomes and canal path and there are a couple of little ramps as the canal rises. At 2km there is the 5km U turn.

2km – 3km

After retracing a short section on the canal, runners turn left over the canal and start the climb onto Bathwick fields where there are great views of the city.

3km – 4km

Runners rejoin the canal and start to retrace the route back The Rec.

4km – 5km

The final km is back on the river path. Once in The Rec, runners head straight to the finish.

10km Course Description

Start – 1km

The first part of the route sees runners do a lap of The Rec fields before emerging out onto the river path. Please take care and stay in single file as the river path may be busy.

1km – 2km

The river path soon becomes a canal path and there are a couple of little ramps as the canal rises.

2km – 3km

There is a road crossing here, take care and listen to the marshals for instructions. Runners now run through Sydney Gardens on the canal path, a very picturesque garden with lovely bridges and architecture.

3km – 4km

Flat section along the canal, take care around the bridges.

4km – 5km

The 10km turn comes at ~4.5km as the way back is longer than the way out. Turn at the bright orange pole.

5km - 6km

Another nice flat km, take care around the bridges once again.

6km - 7km

Back through Sydney Gardens, take care for runners going out in later waves.

7km - 8km

After retracing a short section on the canal, runners turn left over the canal and start the climb onto Bathwick fields where there are great views of the city.

8km – 9km

Runners rejoin the canal and start to retrace the route back The Rec.

9km – 10km

The final km is back on the river path. Once in The Rec, runners head straight to the finish.

Half Marathon & Marathon Course Description

*** Cut Offs – There is a 2hrs50mins cut off for the first 13.4 miles of the Marathon - where you pass through the event village to start your second lap. This is with a view for the total marathon time being 6.5hrs. If you are beyond this time at the Canal Feed Station the Course Manager will ask you to complete the half marathon route ***

Start – 1 Mile

A lap of The Rec, and that out onto the river path runners go. Please take care here and stay in single file as it may be busy. The first mile is fairly flat, with a few little rises as the canal climbs up from the river path.

1 Mile – 2 Miles

Picturesque canal side paths through attractive formal gardens. Take care at the road crossing.

2 Miles – 3 Miles ** Road Crossing **

Flat running on the canal, take care around the bridges.

3 Miles – 4 Miles

Runners leave the canal at Bathampton, the first section of houses on the canal on the left handside. This is beyond the 10km Turn point. Now runners join a footpath on the left hand side of Mill Lane Road, over the Bath – London railway, over the A46 and over the River Avon. Once over the River Avon you will head over the Bathampton Toll Bridge, up a slight rise the other side and turn left off the footpath as it reaches the end.

4 Miles – 5 Miles

Once over the River Avon you will head over the Bathampton Toll Bridge, up a slight rise the other side and turn left off the footpath as it reaches the end and loop round underneath the Toll Bridge you have just run across then pick up the trails along the River Avon Once again this is narrow in places so please stick to the left hand side and be aware of other users of the path.

After 4 Miles you will reach the Feed Station in Batheaston Car Park where there are the only Portaloos that are positioned out on the course. Once through the car park there are a series of road crossings to negotiate before starting the first big ascent of the day, up the Roman Fosse Way! In true Roman style, it is long, steep and 1 mile in length.

5 Miles – 6 Miles

After 1 mile of climbing runners will emerge at the top of the Fosse Way and will be greeted by the next drinks station. Once through the drinks station runners will start the descent into St Catherine's Valley, this is the most technical section of descent out on the course to please take your time and do not rush as there is lots of racing ahead!

6 Miles – 7 Miles

Runners pick up racing along Brow Hill Road, please stick to the left hand side and pay attention to the traffic and directions of the marshals. A left hand turn off Brow Hill Road takes runners to the steepest climb of the course called Stoney Lane.

7 Miles – 8 Miles

Stoney Lane is the toughest climb out on the course, bide your time and know that another Feed Station is waiting for you at the top! This next mile of running is very flat along Holts Down, with the old 2nd World War airfield of Charmy Down off to the right hand side.

8 Miles – 9 Miles

This section takes runners down and up the valley of Chilcombe Bottom. There are some steep steps on the descent with uneven spacing so please be particularly careful on this section. One of the

shorter climbs in the race takes runners up to the top of Little Solsbury Hill (as in the Peter Gabriel song). This is one of the highlights of the race as Bath emerges once runners crest the hill.

9 Miles – 10 Miles

The route now descends back into Batheaston and another visit to the feed station. The descent is steep in places and on road so please be mindful of the traffic and follow the directions of the marshals.

10 Miles – 11 Miles

When you come back into Batheaston Car Park runners cross the bridge over the river (new to the course year). You follow the new cycle track and emerge onto Mill Lane. Here you need to cross the road, please listen to the marshals and make your own decision when it is safe to cross the road.

11 Miles – 12 Miles

Retrace your steps back onto the canal and enjoy some flat running as you head back to the canal. The canal will become busier with pedestrians and cyclists as the day goes on so please be mindful and considerate of other canal users.

**** Split Ahead ****

Just after 12 miles, Long Half Runners turn left to go over the canal and do a bonus loop to make up the extra distance in the Long Half Marathon. Marathon runners go straight ahead.

12 - 13.4 Miles

The final section see runners retrace the route on canal and river paths. Please stay in single file, on the left hand side.

The Long Half runners head directly to the finish.

Marathon runners bear left to start their second lap, past another drinks station, through the start line, and out for the second lap. There is a cut off of 2hrs 50mins to reach this point at 13.4miles.

Feed Stations

Due to covid and for environmental reasons, all races are now going to be expecting 5km and 10km runners to be self sufficient and carry their own water - this helps prevents bunching around drinks stations. Long Half and Marathon runners should carry their own water and refill their bottles at our drinks stations. There will be cups and bottles available, so no one will go without, but refilling your containers has multiple advantages over grabbing a cup so we would be grateful for your support in this recent change.

There is no drinks stations on the 5km.

10km runners will pass a Long Half and Marathon drinks station at 2.5km, 6.5km

The Long Half has 6 drinks stations at; 2miles, 4miles, 5miles, 7miles, 10miles, 12miles.

The Marathon has 13 drinks stations at; 2miles, 4miles, 5miles, 7miles, 10miles, 12miles, 13miles, 15miles, 17miles, 18miles, 20miles, 23miles, 25miles

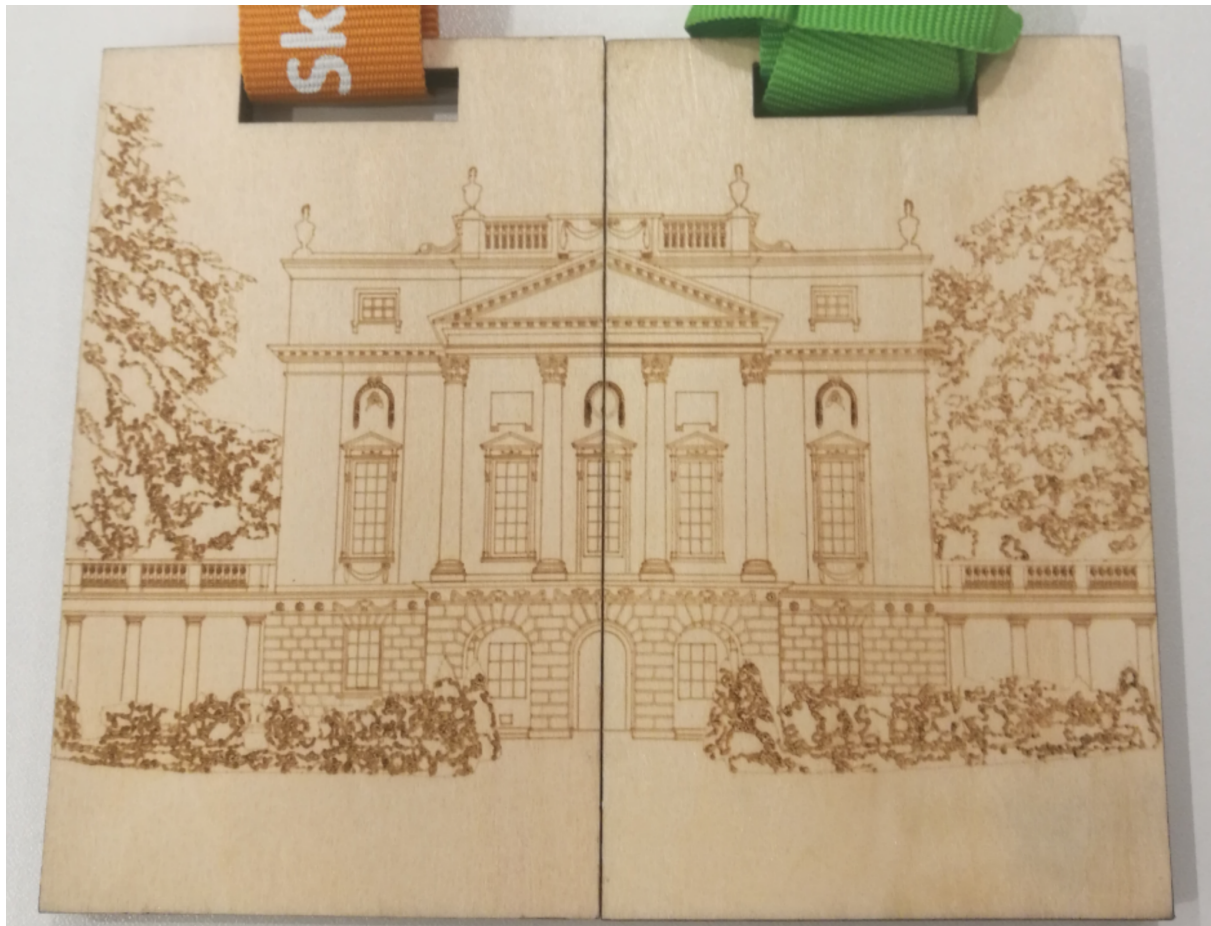
There is water available at the Feed Station mid way through the 10km race, at the lap point.

There will be water, high5 electrolyte at each drinks station. There will be flat coke for marathon on their second lap only.

There are a range of snacks at each drinks station; oranges, bananas, mini cheddars, sreen loaves, tribe bars (GV, vegan), haribo and chocolate bars.

Post Race

We will have an ice pop for every runner waiting for you at the finish line! Plus a medal and a selection of fresh fruit and a selection of other tasty treats!



This is a two piece medal and runners will be collecting the medal on the right hand side at this event. You can still collect the piece on the left by taking part in a virtual event, run any distance at any time and select Medal 4a. More details [here](#).

Results & Prizes

Provisional results will be posted to our website at approximately 6pm. Prize winners will be contacted towards the end of the week following the race over email. The final number of prizes will be dependent on the number of participants in each distance.