

# Bath & Bristol Railway Races Event Information

Car Park at Charlotte St Car Park, Bath, BA1 2NE. What3Words /// that.cover.gobal

Start/Finish Green Park, Bath, BA1 1HZ – 13<sup>th</sup> April 2025, races from 09:00am

Bath Start/Finish - More accurate, What3Words /// flat.pans.necks

Bristol Finish (25km only) What3Worlds /// jumpy.frozen.video

Registration / Number Collection opens at 08:00am.

# On the Day Registrations - please see Schedule document for start times

50km	£58 affiliated	£62 unaffiliated
Marathon	£55 affiliated	£57 unaffiliated
25km	£45 affiliated	£47 unaffiliated
Half Marathon	£42 affiliated	£44 unaffiliated
10km	£29 affiliated	£31 unaffiliated
2km Fun Run	£7.50 affiliated	£9.50 unaffiliated

On the day payments can be made in cash, card or contactless payments. Places subject to availability, please see the Final Schedule for details and confirmation of start times open to on the day sign ups.

#### Safe Race

Best summarised as; please keep a respectful distance from other runners and the event team, apply hand wash/hand sanitiser, respect other users on the route and only pass other runners or members of the public when you can do so at a comfortable distance.

#### In more detail;

- It is expected that 10km runners are self sufficient in terms of their water if possible as we are trying to minimise our environmental impact, though we have cups of water at every drinks station. We ask half, 25km, marathon and 50km runners to run with their own water and refill at our drinks stations so you are well hydrated for the longer distances. There will of course be water for everyone at the finish.
- The course is accessible to the public. As always, our definition of a successful event is one
  that our runners enjoy and one that the wider community enjoys. More so than ever, it is
  vital you respect the space of other users, there users if you can not pass safely are far more
  significant matters at play here than chasing a new PB. Please give way to other users.

## **Important Reminders**

- There is zero on street parking available for runners on the streets around Green Park as it is all resident permit parking only. There are a number of car parks all within half a mile of Green Park, normal parking charges apply;
  - <u>Charlotte Street Car Park</u>, Bath, BA1 2NE. W3W /// <u>that.cover.gobal</u> (1,056 spaces)
  - South Gate Street Car Park, Bath, BA1 1TP. W3W /// apply.spell.woes (876 spaces)
  - Avon Street Car Park, Bath, BA1 1UF. W3W /// early.agenda.heats (140 spaces)
- 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 other 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
  tunnel and around the narrow canal and riverside bridges.
- The tunnel (25km, Marathon, 50km route) is 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, or over ear headphones as this is not permitted under UK
   Athletics rules. Only bone conducting headphones are permitted. This is very important so
   you can hear the marshals' instructions, other users within the tunnels (think cyclist's ringing
   their bells to come past you) and traffic on the road crossing points. If you do use in ear, or
   over ear headphones you will be disqualified. Thank you for your understanding.
- We are no longer offering bottled water at our drinks stations or at the finish line in an effort to reduce plastic waste. There will of course be biodegradable cups on offer for you at the drinks stations as well as water containers to refill your own water bottle at each drinks station. If you are racing a long distance event, we would encourage you to bring your own water supply for after the race, after a cup or two at the finish line.
- Aside from the 2km, all the routes have some running along quite roads and crossing of these roads. The 25km, Marathon and 50km also have crossings of an active heritage railway line. The marshals do not have the power to stop the traffic. You must wait and make your own decision as to when to cross the road. If you are crossing as a Zebra or Pelican crossing then normal rules apply at these crossing you may need to wait to cross. Anyone deemed to make an unsafe road crossing by one of our marshals will be disqualified. Whilst this is a race, your safety is our highest priority and the same rules of the road apply do not put yourself or others runners at risk for the sake of a few seconds.

# How to get to the Bath - Bristol Railway Races

By Car - There is zero on street parking available for runners on the streets around Green Park as it is all resident permit parking only. There are a number of car parks all within half a mile of Green Park, normal parking charges apply;

- Charlotte Street Car Park, Bath, BA1 2NE. W3W /// that.cover.gobal (1,056 spaces)
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Avon Street Car Park, Bath, BA1 1UF. W3W /// early.agenda.heats (140 spaces)

By Train – Bath Spa Train Station is the main station in Bath and is in the town centre. It is approximately 1km from Green Park.

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 – Green Park borders the footpath along the River Avon and is very easy to find if you are walking to us from across the city, please use the directions at the top of the first page

## **Spectators**

As the routes themselves out and back (aside from the 25km) and the path itself is relatively narrow, we recommend that spectators stay at Green Park and cheer their runners in over the finish line as you need to be at least as quick as the runners themselves in order to see them out on the course and at the finish.

# **Race Registration**

We are not posting out any numbers for this event, all numbers will be available to collect on the day. Number Collection opens from 08:00 for the 50km and approx. 75 mins before each wave is due to start. Registration closes 5mins before the start of the final wave. Runners who register on the day will be assigned to the one wave per distance which will be open to on the day sign ups.

Please note it will not be possible to swap waves or to fit any runners into a wave once it is full or under any circumstances on the day. If you start in the incorrect wave you will be disqualified.

# **Bag Storage**

There is a manned bag storage tent, drop your own bag and collect your own bag. Please fill out the luggage tag provided with your race number and event.

# Bag Transit (25km only)

Runners of the 25km race can have their bags transported to the finish line in Bristol (no extra charge). Please load your bag into the large white van if you would like your back to join you in Bristol, or you can leave it in the baggage tent if you would like to collect it when you return to Bath. The van will leave Green Park for Bristol Temple Meads at 11:00 sharp.

#### **Toilets**

There will be portaloos positioned in the Green Park for runners at the start and finish of their events. There are also course toilets along the route of the 25km, Marathon and 50km. For the 25km you will have toilets at 11km and 25km. Marathon runners will find the toilets positioned at 6.75miles and 19.6miles. For the 50km, the toilets are positioned at 11km, 25 and 39km along your route.

Note the toilets at Bitton Station, the first set of loos on course, are accessible for the Half Marathon runners. They are positioned just beyond the Half Marathon U turn point. You would need to go past the U turn point, cross the railway at the designated crossing, and the toilets are directly ahead of

you, approx. 20m off the race route. Due to the narrow path, it isn't possible to position these toilets directly on the Half Marathon route.

# **Changing Tents**

There are no changing tents at this race. Please come changed ready for the run. The bag drop area can look after your additional clothes and bags.

#### **Race Start Times**

To keep the runners spread out and to allow the route to remain open to everyday users we are splitting up the events into the following waves. Below are suggested arrival times, Please check the schedule for more information.

This is a Final schedule.

#### Numbers are collected and races are called to the start by **EVENT WAVE**.

Event Wave	Race Wave	Arrive Green Park	Briefing	Start	Bib	OTD?
Event Wave 1	50km Ultra	08:00 - 08:15	08:50	09:00	White	Υ
Event Wave 2	2km Fun Run	08:10 - 08:25	09:00	09:10	L. Blue	Υ
Event Wave 3	Half - Wave 1	08:20 - 08:35	09:10	09:20	Green 3,000s	N
Event Wave 4	10km - Wave 1 & 2	08:30 - 08:45	09:20	09:30	Red < 1,000	N
Event Wave 5	Half - Wave 2	08:40 - 08:55	09:30	09:40	Grey 3,000s	N
Event Wave 6	Half - Wave 3	09:00 - 09:15	09:50	10:00	Green 8,000s	N
Event Wave 7	Marathon - Wave 1 & 2	09:15 - 09:30	10:05	10:15	Black	Υ
Event Wave 8	10km - Wave 3	09:30 - 09:45	10:20	10:30	Purple 1,000s	N
Event Wave 9	25km - Wave 1 & 2	09:50 - 10:05	10:40	10:50	Yellow 2,000s	N
Event Wave 10	10km - Wave 4 & 5	10:05 - 10:20	10:55	11:05	Red 5,000s	Y
Event Wave 11	25km - Wave 3, 4, 5 & 6	10:20 - 10:35	11:10	11:20	Yellow 7,000s	Y
Event Wave 12	Half - Wave 4, 5 & 6	10:30 - 10:45	11:20	11:30	Grey 8,000s	Y
Event Wave 13	10km - Wave 6	10:40 - 10:55	11:30	11:40	Purple 6,000s	N

OTD? – Waves open to on the day signs up / distance transfers for pre registered runners

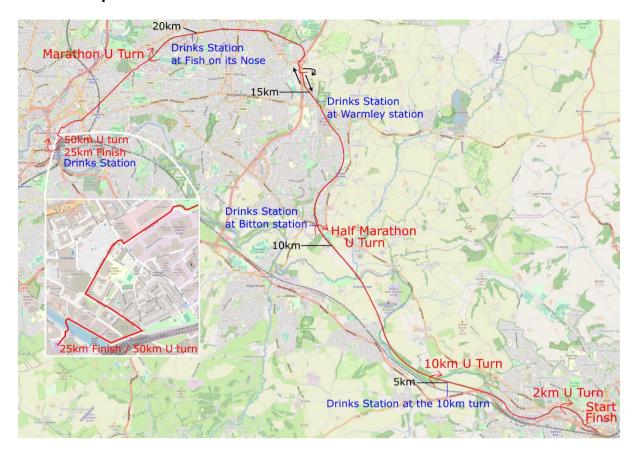
# Race Briefing and Warm Up

There will be a 10min race briefing ahead of each wave start at the start line.

# **Getting to the Start**

The start line is behind the registration and baggage tents. Follow the Pink To The Start arrows to get to the start line.

# **Course Map**



# **Route Descriptions**

#### **Distance Markers and GPS Route Measurements**

There is a 400m long railway tunnel on the 25km, Marathon and 50km route. 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  $\odot$ 

#### **Course Markers**

<u>All our race routes</u> are marked with the same fairly standard Run Route arrows, red marking flags and white and red relish running **branded tape** hanging from trees. Please note there is **unbranded** white and red tape out in the trees for the first 10km which is marking the location of wildlife survey boxes.



As this course is very straightforward, we will use the markings very sparingly on the long straight sections of the course. When you need to turn off the main river, railway path, it will be very clear and marshalled. You should expect to see a course marking every 500m or so on the straight sections of the course.



Large signs, and our marshal team, will direct the runners around the different courses based on your race number colour so please make sure that is visible and pinned to your front and keep an eye out for the giant signs!

There is a large amount of overlap with the various routes, and while the direction route markers are the same for each race and we have different colour distance markers for each distance to help runners keep track of their progress.

#### 10km, 25km and 50km Distance Markers

As these events are metric, so are their distance markers.



The Yellow KM Distance Markers are for the Return Ticket 10km. You should expect to see all distance markers 1km-9km.



The **Green KM Distance Markers** are for the **25km and 50km**. These signs are at 5km intervals

#### Half Marathon and Marathon Distance Markers

The Half Marathon is traditionally measured in Miles, so we chose distance markers in Miles to represent the Half Marathon races.



The **Black Mile Distance Markers** are for the **Half Marathon**. You should expect to see markers for miles 1 - 13.



The Yellow Mile Distance Markers are for the Marathon. You should expect to see all the markers, aside from Mile 15 as that is in the centre Staple Hill railway tunnel

# **Brief Route Descriptions**

For detailed route descriptions please see the separate route description link on the website.

In order to achieve fully accurate and certified course distances for all events there are a number of different start lines in Green Park which may involve some short out and and back sections as we need to ensure there is good visibility for other users either side of the turn points out on the course.

For detailed route descriptions please see the separate route description link on the website.

#### 10km Route Description - Final Distance 10.0km

> 1 out and back lap, officially measured

The opening 500m for the route is very narrow and it will be very difficult to overtake, the route will soon open out so please be patient before trying to overtake. The first 2km is on the river path, please take care around the narrow canal and riverside bridges. There is 500m on a quiet residential road before you reach the railway path, please stick to the left hand side on this section.

There is then ~2.5km of running on the old railway line with lovely countryside views. You run over the second ridge over the river, continue for a short way to the U turn point and then return back over the other lane of the bridge where the drinks station will be situated. Note the drinks are on the return leg, at approx. 5.3km into your run, you do not pass the drinks station on your way out.



Please be careful as you turn as you will be crossing the line of other users (cyclists) coming up behind you. You then retrace your route back towards the park.

On the return trip on the river side path, please be aware of other runners from later waves setting off and take care around the narrow river bridges.

The final turn as you come off the river path towards the finish is a very tight left hand turn.

#### Half Marathon Route Description - Final Distance 21.1km

> 1 out and back lap, officially measured

The opening 500m for the route is very narrow and it will be very difficult to overtake, the route will soon open out so please be patient before trying to overtake. The first 2km is on the river path, please take care around the narrow canal and riverside bridges. There is 500m on a quiet residential road before you reach the railway path, please stick to the left hand side on this section.

You then have a solid 8km stretch of railway path to get you to the turn point with the first drinks station pass at approx. 5km into your run. For the final 2km of railway section you will run alongside

the Avon Valley Railway Heritage line as you approach the U turn point. The railway does have a steam train scheduled to run during the day so you may get lucky and run alongside it.

The Half Marathon U turn point is just before the station at Bitton, with the U turn point 10m before the railway crossing and the drinks station set back from there. Note you do not cross the railway line (unlike the 25km, Marathon, 50km).



The turn point will be marked with a U turn sign on the side of the path and a chalk X on the centre of the path, there will be no turn around cone / pole. Please be careful as you turn as you will be crossing the line of other users (cyclists) coming up behind you.

(Note whilst there are no official toilets on the Half Marathon route, there are portaloos just the other side of the railway crossing, just remember should you visit them, do not carry on straight ahead but go back the way you came from....)

Once you leave the railway path you will come to the third and final drinks station at ~15km, before you reach the road section for the second time. This time, please stick to the right hand side of the road, so we only have runners on side of the carriageway. On the return trip on the river side path, please be aware of other runners from later waves setting off and take care around the narrow river bridges.

The final turn as you come off the river path towards the finish is a very tight left hand turn.

# 25km Route Description – Final Distance 25.0km

> Linear route, finish line with goodies and medals in Bristol. The finish line in Bristol is located outside The Kights Templar, JD Wetherspoon BS1 6DG. What3Worlds /// jumpy.frozen.video There is nearby Pay and Display parking at Bristol Temple Meads Station.

The opening 500m for the route is very narrow and it will be very difficult to overtake, the route will soon open out so please be patient before trying to overtake. The first 2km is on the river path, please take care around the narrow canal and riverside bridges. There is 500m on a quiet residential road before you reach the railway path, please stick to the left hand side on this section.

You then have a solid 8km stretch of railway path ahead. The first drinks station comes at approx. 5km into your run. There is a lovey 2km stretch of running alongside the Avon Valley Railway Heritage line as you approach Bitton Station. The railway does have a steam train scheduled to run during the day so you may get lucky and run alongside it.

The Half Marathon turns at Bitton Station and you carry on straight. There are two railway crossings here, one either side of the station, where you must wait if instructed by the marshals or the Avon Valley Railway staff. A steam train is scheduled to run during the event day and you will run alongside the track from 6km-10km into your run.

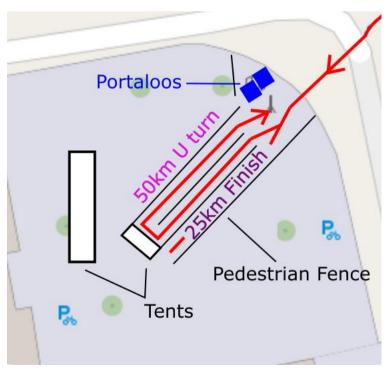
The railway crossing closure only takes ~90secs for the train to pass through, see it as an opportunity to catch your breath before pushing on. Anyone crossing when a train is approaching and the crossing is closed will be disqualified.

The next drinks stations comes at Warmley Station and is 15km into the run. After Warmley there is a short but noticeable drag as the route has to navigate over the A4174 (which is built on the old railway line, hence the up and over), this is the high point on the route and you are now on a 10km gentle downhill towards the finish in Bristol. Next you will go pass Mangotsfield Station with a striking building façade still in situ.

At 18.5km you will go through the 450m long Staple Hill Tunnel. We recommend you remove sunglasses as you approach the tunnel, it takes a few seconds for your eyes to adjust to the lower light levels.

The fourth drinks stations comes at 20km at Fishponds in Bristol. The route leaves the cycle path at 23km and the final 2km are along the streets of Bristol as the route winds its way to Bristol Temple Meads. There are a number of road crossings here, most are at pelican / zebra crossings, where you may have to wait to cross. Marshals will be present at the crossings, but they do not have the power to stop the traffic.

The final (very quiet) road crossing comes just before the finish line, please take care here as the finish line will be in sight! There will be filter lanes for the 25km finish line and the 50km U turn lane, please make sure to get into the correct lane so we can record your result as you cross the line!



#### Marathon Route Description - Final Distance 42.2km

> 1 out and back lap, officially measured

The opening 500m for the route is very narrow and it will be very difficult to overtake, the route will soon open out so please be patient before trying to overtake. The first 2km is on the river path, please take care around the narrow canal and riverside bridges. There is 500m on a quiet residential road before you reach the railway path, please stick to the left hand side on this section.

You then have a solid 8km stretch of railway path ahead. The first drinks station comes at approx. 5km into your run. There is a lovey 2km stretch of running alongside the Avon Valley Railway Heritage line as you approach Bitton Station. The railway does have a steam train scheduled to run during the day so you may get lucky and run alongside it.

The Half Marathon turns at Bitton Station and you carry on straight. There are two railway crossings here, one either side of the station, where you must wait if instructed by the marshals or the Avon Valley Railway staff. A steam train is scheduled to run during the event day and you will run alongside the track from 6km - 10km into your run and again on your return trip, 32km - 36km into your run

The railway crossing closure only takes ~90secs for the train to pass through, see it as an opportunity to catch your breath before pushing on. Anyone crossing when a train is approaching and the crossing is closed. will be disqualified.

The next drinks stations comes at Warmley Station and is 15km into the run. After Warmley there is a short but noticeable drag as the route has to navigate over the A4174 (which is built on the old railway line, hence the up and over), this is the high point on the route and you are now on a 10km gentle downhill towards the finish in Bristol. Next you will go pass Mangotsfield Station with a striking building façade still in situ.

At 18.5km you will go through the 450m long Staple Hill Tunnel. We recommend you remove sunglasses as you approach the tunnel, it takes a few seconds for your eyes to adjust to the lower light levels.

The fourth drinks station on the route comes at 12.5 miles and there is a short additional distance to cover before you get to the turn point for the marathon.

The turn point will be marked with a U turn sign on the side of the path and a chalk X on the centre of the path, there will be no turn around cone / pole in the path itself. Please be careful as you turn as you will be crossing the line of other users (cyclists) coming up behind you.

You are now set to retrace your route back to Bath. Remember to take care at the road crossings at train crossing on the route. Once you leave the railway path you will come to the final drinks station at 23 miles, before you reach the road section for the second time. This time, please stick to the right hand side of the road, so we only have runners on side of the carriageway. On the return trip on the river side path, please be aware of other runners from later waves setting off and take care around the narrow river bridges.

The final turn as you come off the river path towards the finish is a very tight left hand turn.

#### 50km Route Description - Final Distance 50.0km

> 1 out and back lap, officially measured

The opening 500m for the route is very narrow and it will be very difficult to overtake, the route will soon open out so please be patient before trying to overtake. The first 2km is on the river path, please take care around the narrow canal and riverside bridges. There is 500m on a quiet residential road before you reach the railway path, please stick to the left hand side on this section.

You then have a solid 8km stretch of railway path ahead. The first drinks station comes at approx. 5km into your run. There is a lovey 2km stretch of running alongside the Avon Valley Railway Heritage line as you approach Bitton Station. The railway does have a steam train scheduled to run during the day so you may get lucky and run alongside it.

The Half Marathon turns at Bitton Station and you carry on straight. There are two railway crossings here, one either side of the station, where you must wait if instructed by the marshals or the Avon Valley Railway staff. A steam train is scheduled to run during the event day and you will run alongside the track from 6km - 10km into your run and again on your return trip, 32km - 36km into your run

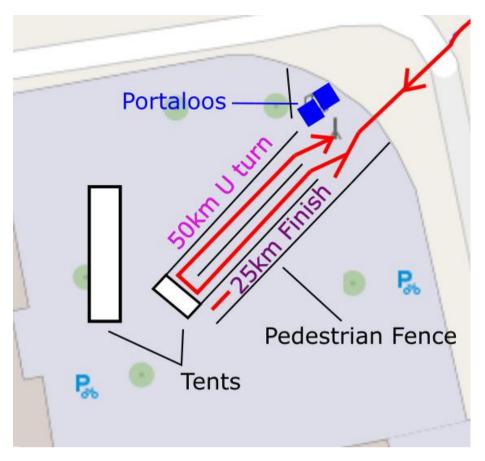
The railway crossing closure only takes ~90secs for the train to pass through, see it as an opportunity to catch your breath before pushing on. Anyone crossing when a train is approaching and the crossing is closed. will be disqualified.

The next drinks stations comes at Warmley Station and is 15km into the run. After Warmley there is a short but noticeable drag as the route has to navigate over the A4174 (which is built on the old railway line, hence the up and over), this is the high point on the route and you are now on a 10km gentle downhill towards the finish in Bristol. Next you will go pass Mangotsfield Station with a striking building façade still in situ.

At 18.5km you will go through the 450m long Staple Hill Tunnel. We recommend you remove sunglasses as you approach the tunnel, it takes a few seconds for your eyes to adjust to the lower light levels.

The fourth drinks stations comes at 20km at Fishponds in Bristol. The route leaves the cycle path at 23.5km and the final 2km of the outward leg are along the streets of Bristol as the route winds its way to Bristol Temple Meads. There are a number of road crossings here, most are at pelican / zebra crossings, where you may have to wait to cross. Marshals will be present at the crossings, but they do not have the power to stop the traffic.

The final (very quiet) road crossing comes just before the finish line, please take care here as the finish line will be in sight! There will be filter lanes for the 25km finish line and the 50km U turn lane, please make sure to get into correct lane to grab a drink at the U turn point before starting your return journey back to Bath. There second set of portaloos as at the U turn point.



The 50km U turn point in Bristol is located outside The Knights Templar - JD Wetherspoon. BS1 6DG. What3Worlds /// <u>jumpy.frozen.video</u> There is nearby Pay and Display parking at Bristol Temple Meads Station.

You are now set to retrace your route back to Bath. Remembering to take care at the road crossings at train crossing on the route. The third set of portaloos comes at Bitton Station, 40km into your route. Once you leave the railway path you will come to the final drinks station at 45km, before you reach the road section for the second time. This time, please stick to the right hand side of the road, so we only have runners on side of the carriageway. On the return trip on the river side path, please be aware of other runners from later waves setting off and take care around the narrow river bridges.

The final turn as you come off the river path towards the finish is a very tight left hand turn.

#### **Feed Stations**

10km - The 10km has one drinks stations which you will visit after the U turn point, approx. 5.3km Half Marathon - The Half Marathon has drinks stations at 5km, 10.5km and 15km

25km - The 25km has drinks stations at 5km, 10.5km, 15km and 20km

Marathon - The Marathon has drinks stations at 3.1miles, 6.75miles, 9miles, 12.5 miles, 13.75miles, 17.25miles, 19.75miles, 23 miles

50km - The 50km has drinks stations at 5km, 10.5km, 15km, 20km, 25km, 30km, 35km, 39.5km and 45km

The Feed Stations will have water and electrolyte drink, as well as coke for the second half of the marathon and 50km races. There will be haribo, oranges, bananas, chocolate bars, tribe bars (GF, DF, vegan) on offer at the feed stations.

#### Refreshments

We will have several coffee vans along with Eat Greek Worcester who will be serving hot food throughout the day.

### Massage

The team from <u>Kinetic Sports</u> from Bristol will be offering pre and post race massage in Bath, a 15min massage costs £10.



#### First Aid

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

#### **Finish**

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

#### Medals

All our medals have a universal join on the sides so you can interlock medals from any of our races together to make your own unique giant medal! Our medals are large two sided interlocking medals, 10cm x 10cm, with the two full colour images on, specific to each venue and year.

#### **Event Finish**

The event finishes at 17:00, though as the event takes place in a public park you are very welcome to stay and enjoy the park for as long as you wish.

#### **Race Photos**

Professional race photos are available to purchase from <u>Image Works Photography</u>, you can search quickly using your race number or by uploading a selfie. You can register now to hear when your photos are up!

Photos are added to their site within 48hrs of the event and there is a 10% discount automatically applied on all purchases made with the first 48hrs of the photos going on sale.

#### **Results**

<u>PROVISIONAL Results</u> will be posted to our website at roughly 20:00 on race day. We will make any amends / updates from Tuesday. We record your finish time under the finish gantry and bib (race number) at the end of the finish funnel. If you escape the finish funnel then we can not record a finish time for you.

If you are unable to complete the distance for your event, you do not need to cross the finish line. However if you do, please let the timing team at the far end of the funnel know that you have dropped out.

Please only cross the finish line once. If you cross the finish line twice, with friends or family in later waves, it creates lots of confusion as we end up with two results for you! Thank you.

#### **Prizes**

There are no winners' prizes for the 2km. There are prizes for the 10km, Half Marathon, 25km, Marathon and 50km with the final number of prizes being dependent on the number of finishers on the day.

The final number of prizes awarded is determined by the number of finishers for each gender in a given race distance. If there are more than 100 finishers then the full range of awards are mad; top 3 and first in each age group. If there are between 50-100 finishers then the top 3 finishers overall will be awarded a prize. If there are less than 50 then only the winner will be awarded a prize.

Prize winner's will be contacted by the end of race week over email.