

# Relish Running Races

**Cheddar Gorge - Saturday 12th June 2021**

## **FINAL SCHEDULE**

**Omnium races plus 6km and 10km stand alone events**

**Omnium 1km, Hill Climb, 100m Elements**

Event Registration opens at 11:30 and closes at 12:30.

<b>Event</b>	<b>Briefing</b>	<b>Start Time</b>
1km	12:30	From 13:00
Hill Climb	14:00	From 14:15
100m Sprint	15:20	From 15:30

Runners have been split into two teams; Team Velvet Bottom and Team Black Rock. The teams are purely a fun element of the day, to give the runners who are not taking part at that moment a person to cheer for; and to give those who are running someone to push themselves against.

We have tried to pair people up with someone of a similar ability based on the predicted 5km finish time supplied at registration. Unfortunately we can't make any adjustments to the start lists once they are published. How you fare against the runner from the other team makes no real difference, there is no overall team competition. Everyone will be placed against all other runners in the final results, so whether you are ahead or behind in your head to head race, you need to push all the way to the finish line.

**You MUST start in the correct time slot or will not get a time recorded. Relish Team Captains will be there to assist.**

### EXAMPLE Start List for 1km / Hill Climb / Sprint

Omnium	Bib	Team Velvet Bottom		Bib	Team Black Rock		Start Interval
Bronze	601	Matt	Baldwin	801	Rose	Johnston	1:00
Bronze	602	Helen	Conner	802	Stuart	Kaye	1:30
Bronze	603	Mat	Dewey	803	Pat	Kinsella	2:00
....	....	....	....	....	....	....	....
Silver	610	Mark	Hawkins	801	Tom	Room	5:30
Silver	611	Cath	McCarthy	811	Andy	Stewart	6:00
Silver	612	Matt	Penticost	812	Dawn	Marchant	6:30
....	....	....	....	....	....	....	....
Gold	617	Chris	Neil	817	Ollie	C-S	11:30
Gold	618	Alan	Cox	818	Mark	Greatorex	11:30

The same starting process will be used across the three shorter events; the 1km, then the Hill Climb, then the 100m. If you are starting towards the end of the listings you will need to grab some quick refreshments before listening in to the next mini event briefing.

### Omnium 6km & 10km + Stand Alone 6km & 10km

Registration reopens for the stand alone 6km and 10km races from 16:15 and closes at 17:15. Omnium runners use their omnium race numbers.

For Cheddar 2021 only, we are dropping the wave selected at registration system and instead going solely on predicted finish time. Finish time is what you think it is on race day, you don't need to go by what you entered on your registration form. The predicted finish time does in no way need to be precise, it is just a way of organising the waves. We would suggest adding 20% on to what your normal expected finish time would be to account for the hilly course.

Don't worry if you don't start in a wave based on your time, we will have to cap each wave every 30-40 runners approx. The wave you start in will not impact your finish time.

Briefing	Start	Race Wave	Colour
17:15	17:20	Silver, Gold, Platinum Omnium 10km - predicted time < 1hr 15mins	Silver, Gold, Red
17:20	17:25	Silver, Gold, Platinum Omnium 10km - predicted time 1hr 10m - 1hr 25m	Silver, Gold, Red
17:25	17:30	Silver, Gold, Platinum Omnium 10km - predicted time > 1hr 20mins	Silver, Gold, Red
17:30	17:35	Bronze Omnium + Stand Alone 6km - predicted time < 50mins	Bronze, Black
17:35	17:40	Bronze Omnium + Stand Alone 6km - predicted time > 50mins	Bronze, Black
17:40	17:45	Stand Alone 10km - predicted time < 1hr 15mins	Grey
17:45	17:50	Stand Alone 10km - predicted time 1hr 10m - 1hr 25m	Grey
17:50	17:55	Stand Alone 10km - predicted time > 1hr20mins	Grey