

Relish Running Races

Eastnor Mud Bath - 7th May 2023

FINAL Schedule

Race numbers are collected on race morning from the desk linked to your Event Wave number.

Please note we have reached medal capacity; we have medals for all runners who have registered in advance, but we don't want to risk running out by giving out medals to on the day sign ups too in the first instance. Rest assured, we will post out a medal to all the on the day sign ups after the event, ordering extra medals if necessary. Thank you for your understanding.

Event Wave	Race Wave	Register (suggested)	Briefing	Start	Colour	OTD?
1	3km Wave 1, 2 & 3	09:00 - 09:15	09:55	10:00	Pink	Yes, Purple
2	10km Wave 1	09:50 - 10:05	10:55	11:00	Yellow	No
3	6km Wave 1	10:00 - 10:15	11:05	11:10	Orange	Yes, Bronze
4	10km Wave 2, 3, 4	10:10 - 10:25	11:15	11:20	Green	Yes, Grey
5	6km Wave 2	10:20 - 10:35	11:25	11:30	Black	No
6	6km Wave 3, 4, 5	10:30 - 10:45	11:35	11:40	Blue	No

OTD? = On the day sign ups and their race number colour.

There is a 15-20mins walk from registration to the start line. It isn't actually very far, but it is up a big hill (making this a downhill race!!) so you want to allow plenty of time to cover the distance at a relaxed pace.

The race briefing takes place at the start line. Please note it will not be possible to swap waves as our timing computers are pre programmed with all runners in the above waves, with the above gaps between runners. If you start in the incorrect wave you will be disqualified. If your race number can be clearly seen as you cross the line that will greatly assist in recording your results. Results will be posted online Monday at noon due to a lack of coverage at the race venue.

There are no winners prizes for the 3km. Prize winners for the 6km and 10km will be contacted after the race by email, around Wednesday or Thursday.