

Relish Running Races

Eastnor Mud Bath - 7th May 2023

PROVISIONAL Schedule

Race numbers are collected on race morning from the desk linked to your [Event Wave](#) number.

Event Wave	Race Wave	Register (suggested)	Race Briefing	Start
1	3km Wave 1	09:00 - 09:15	09:55	10:00
2	3km Wave 2	09:10 - 09:25	10:05	10:10
3	3km Wave 3	09:20 - 09:35	10:15	10:20
4	10km Wave 1	10:00 - 10:15	10:55	11:00
5	6km Wave 1	10:10 - 10:25	11:05	11:10
6	10km Wave 2	10:20 - 10:35	11:15	11:20
7	6km Wave 2	10:30 - 10:45	11:25	11:30
8	10km Wave 3	10:40 - 10:55	11:35	11:40
9	6km Wave 3	10:50 - 11:05	11:45	11:50
10	10km Wave 4	11:00 - 11:15	11:55	12:00
11	6km Wave 4	11:10 - 11:25	12:05	12:10

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. If you have pre ordered food, remember your race number is also your meal ticket!