

# Relish Running Races

## Eastnor Mud Bath – 28<sup>th</sup> April 2024

### Provisional Schedule

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

Event Wave	Race Wave	Register (suggested)	Briefing	Start
1	3km Wave 1, 2 & 3	08:50 - 09:05	09:55	10:00
2	10km Wave 1	09:50 - 10:05	10:55	11:00
3	6km Wave 1	10:00 - 10:15	11:05	11:10
4	10km Wave 2	10:10 - 10:25	11:15	11:20
5	6km Wave 2	10:20 - 10:35	11:25	11:30
6	10km Wave 3	10:30 - 10:45	11:35	11:40
7	6km Wave 3	10:40 - 10:55	11:45	11:50
8	10km Wave 4	10:50 - 11:05	11:55	12:00
9	6km Wave 4	11:00 - 11:15	12:05	12:10
10	10km Wave 5, 6	11:10 - 11:25	12:15	12:20
11	6km Wave 5, 6	11:20 - 11:35	12:25	12:30

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.

