

Relish Running Races

Eastnor Castle Mud Bath Event Information 11th May 2025, from 10:00am

Car Parking at Eastnor Castle Deer Park, Eastnor, HR8 1EN

What3Words Address (more accurate) /// [indulgent.octopus.crunching](https://www.what3words.com/address/indulgent.octopus.crunching)

The car park opens at 08:30. Registration / Number collection opens at 08:45am

Please allow 20mins to walk from registration to the start line; not far, but a bit steep!

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

10km	£45
6km	£40
3km	£25

On the day payments can be made in cash only due to poor internet signal. We have guaranteed places on the day across all distances, please see the Final Schedule document for details of waves open to on the day sign ups.

Cash

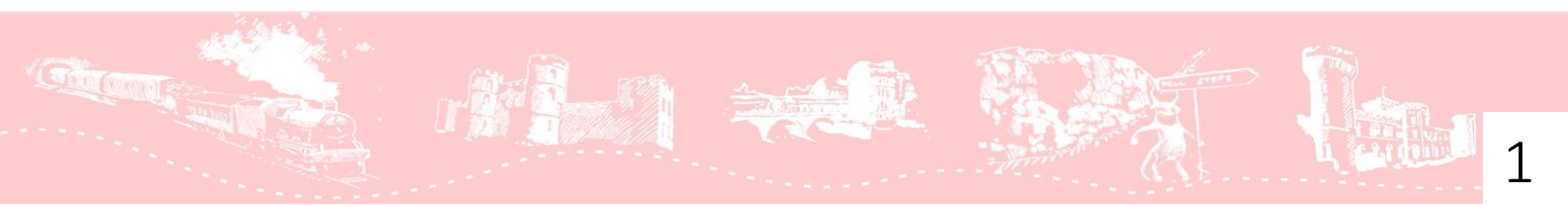
Please note due to poor internet connectivity, we can only accept payments (for parking, food, on the day sign ups) with cash. There is no cash machine on site. Thank you.

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;

- Please do not attend the event if you have a positive covid test. You can complete your race as a virtual, on any course and at a time of your choosing within 4 weeks of the race and we will post out your medal and goodies. Just email us your evidence.
- Please remember, you can pick your own line on the muddy and watery sections of the course. We want everyone to enjoy themselves, and take running lines you feel



comfortable with is key to doing this. There is no pressure to run down the middle of a steep slope, sit and shuffle down, or once you have got sufficient mud up your shorts, to consider taking the firmer ground around the outside.

- If in doubt, miss an obstacle out. There is no shame in skipping something, there is no cheating, we want everyone to have a fun, safe and enjoyable time.

Important Notices

- Spectators are very welcome, including four legged spectators.
- Parking is £2 per car, payable at the entrance into the park (rather than when you have parked up, if you could have this ready that would be much appreciated)
- If you are parked on the opposite side of the road from the registration area, please take care when crossing the busy road and when moving about the car parking area.
- There are several road crossing points on the internal estate roads. It is unlikely you will see any traffic, but please be prepared to stop at any road crossing. Marshals do not have the power to stop traffic.

Car Parking

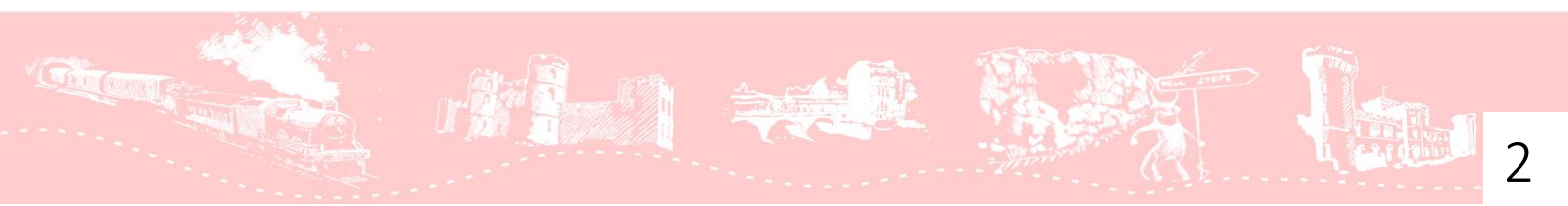
Please use the postcode for the Eastnor Deer Castle Deer Park, HR8 1EN. Please do not google Eastnor Castle as you will get the wrong postcode and probably end up driving up right to the castle doors....! What3Words /// [indulgent.octopus.crunching](https://www.what3words.com/indulgent.octopus.crunching) will get you right to the parking entrance

When you see the large Relish Running signs (white background, red text) please follow these to the event car park and disregard your SAT NAVs instructions.



Parking is £2 per car, please follow the parking attendant's instructions to park up swiftly. Please do not chat to them about the race, we have a lot of cars to park so we need to keep things moving and ensure we don't clog up the main road. The Event Information desk at Registration will be well placed to answer any questions.

Camping



Camping (tents and campervans) is available from 16:00 on Friday until 16:00 on Sunday. The facilities for camping include fresh water and portaloos. There is no on site catering on Friday night. There is catering for the core afternoon hours on Saturday and a wide range of catering during the event on Sunday. Camping is £10 / person / night and needs to be purchased in advance, either alongside your race booking or as a stand alone add on [here](#).

Spectators

As this is a relatively narrow course that disappears into the distance we recommend that spectators stay at the Race Village site and cheer their runners in over the finish line. There is plenty of food, refreshments and the beautiful view of the castle and estate ground to enjoy in the meantime!

Race Registration

We are not posting out any numbers for this event, all numbers will be available to collect on the day. Number Collection and On the Day Registrations will open from 08:45.

Number Collection will be according to your EVENT WAVE, with signs hanging from the gazebos above the relevant desk. For example, 10km wave 1 runners may be the 5th wave to start, so their number will be collected from the desk labelled WAVE 5. Please see below for a full breakdown of waves and start times.

If you registered your runners as part of a group entry, your group's number will be available to collect from the Event Information desk. Please nominate someone to collect the numbers from this desk and ensure everyone in your group receives their assigned number with the laminated group start list within your envelope.

Runners who register on the day will be assigned a wave according to the first available wave. Waves are not organised by predicted finish time, each wave is open to everyone to allow runners to spread out over the course.

Registration will remain open so long as there are still waves to start.

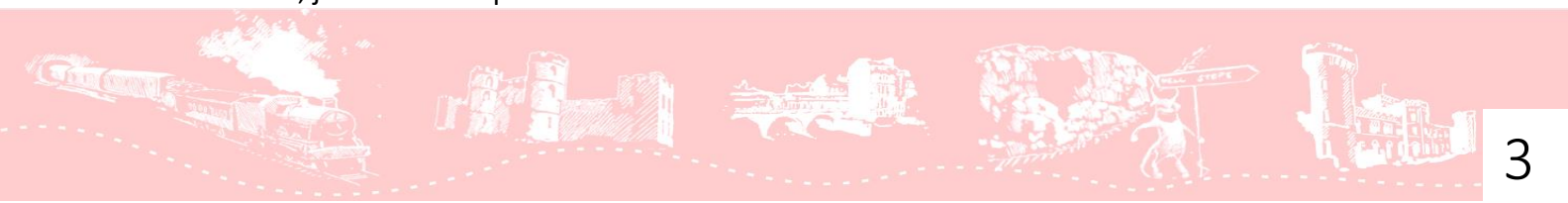
Please note it will not be possible to swap waves or to fit any runners into a wave once it is full or under any other circumstances on the day. If you start in the incorrect wave your time will not appear on the results.

Bag Storage

There is a bag storage gazebo. Please either fill out a luggage label or most race numbers have a tear off section at the bottom which can be removed and looped through your bag.

Toilets and Changing Tents

There will be portaloos by the start area. There will be a small changing tent, partitioned into male and female sections towards the finish area. We recommend you come changed ready to run, with warm clothes on top, and then get changed into them again after the event. We have a swamp near the end of the course to help wash the mud off. There are no showers, just the swamp.



Race Start Times

To allow the runners to spread out we are splitting up the events into the following waves. This is important for safety, to ensure runners are well spread out on the tricky sections of the course. It is also very important for our results that you do start in the correct wave so we can post accurate results.

Below are suggested times to register, the race briefing and start times.

Registration/Number Collection for a particular wave remains open until it starts, these are just suggestions to allow time to drop off a bag, go to the loo, etc in good time.

This is the Provisional Schedule. It will be updated on race week. When we have the final number of runners for each wave tallied up, we can confirm the schedule on the Event Info page on the website.

Event Wave	Race Wave	Register (suggested)	Briefing	Start	Colour	OTD?
Event Wave 1	3km Wave 1	08:45 - 09:00	09:50	10:00	Yellow	N
Event Wave 2	3km Wave 2 & 3	08:55 - 09:10	10:00	10:10	Orange	Y
Event Wave 3	10km Wave 1	09:45 - 10:00	10:50	11:00	Red	N
Event Wave 4	6km Wave 1	09:55 - 10:10	11:00	11:10	Green	N
Event Wave 5	10km Wave 2	10:05 - 10:20	11:10	11:20	Pink	N
Event Wave 6	6km Wave 2	10:15 - 10:30	11:20	11:30	Grey	N
Event Wave 7	10km Wave 3, 4 & 5	10:25 - 10:40	11:30	11:40	Purple	Y
Event Wave 8	6km Wave 3, 4 & 5	10:35 - 10:50	11:40	11:50	Black	Y

Event Timing

Our timing system relies on two things; runners starting in the correct waves (as each runner's bib number is pre programmed with a wave adjustment time) and for us to see your bib number as you cross the line.

If you start in the incorrect wave your finish time will be incorrect and we will need to remove you from the results. And if you can keep your number clean, that would be amazing 😊

Course Markings

Our courses are marked with the usual bright run route multi directional arrows. They are used for turns and periodically along straight ahead sections. We will also be putting down orange temporary marking paint, but given the mud on the course I would not rely on too much of this being around once the first wave of runners has gone through.

The vast majority of our courses are marked with Red flags and Relish Running Races branded tape which will be hanging from trees overhead and along the side of fences. It has a white background and a red print of the Relish Running Races logo.





We will be using this almost entirely for the wooded section so please keep a lookout for this tape, you should be able to see one course marking pretty much continuously as you move around the course.



If you see a sign with a Relish X, then you have overshot a turn and need to retrace your steps to get back on the correct route.

Refreshments

There will be a wide range of hot food and drinks offering for runners and spectators;

- Eat Greek
- Hungry Monkey BBQ
- Hedonist Bakery
- Symmond Bar
- Ice Cream van

Event Finish

The event finishes at approximately 14:30

Race Photos

Professional race photos are available to purchase from [Image Works Photography](#), 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

As we are in an internet black spot and will not be leaving the race site until 10pm when everything is packed away, we will [post results](#) around midday on Monday.

Prizes

There is no on the day prize giving because of the multi wave, multi start time format of the events. Prize winners will be contacted by the end of race week.

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 made (top 3 along with 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. We do not have any winner's prizes for any of the children's events as would like to keep this participation focused.

Save The Date!

We are planning to return for our next Eastnor Mud Bath on 26th April 2026!

