

Relish Running Races

Eastnor Mud Bath – 11th May 2025

Final Schedule

Number collection

Number collection opens at 08:45. Please allow 5mins to walk from the car park to the event village to collect your number. From here there is 15-20min walk from the event village 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.

Race Briefing

There will be a race briefing and warm up 10mins before each wave start which is held on the start line.

PLEASE COLLECT YOUR RACE NUMBER FROM THE DESK WITH YOUR EVENT WAVE NUMBER

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

OTD = On The Day registrations / Transfers for pre registered runners to change their distance

Notes

There are multiple waves with the same colour race number, please pay close attention to the number range too on the final schedule. Arrival times are suggestions. Number collection will remain open for each wave right up to the start of each wave. Event Waves refers to the order the individual race waves will set off. You can collect your number from the desks which respond to the Event Wave, not your race wave. For



example, 10km wave 3 runners are in Event Wave 7, so will collect their numbers from desk 7, not desk 3. There is no on the day prize giving. Prize winners will be contacted the week of the race by email.

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 the 3km Mini event as we would like to keep this participation focused.

