Relish Running Races

Eastnor Castle Backyard & Relay Event Info
26th April 2026, from 08:00am

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

What3Words Address (more accurate) /// indulgent.octopus.crunching

Car Park opens 06:30. Registration / Number collection opens at 07:00am.

Event Starts at 08:00am.

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

8hr Backyard Solo	£70
8hr Backyard Relay Pair	£45 each
8hr Backyard 3-4 Runner Team	£40 each
8hr Backyard 5-6 Runner Team	£35 each
8hr Backyard 7-8 Runner Team	£35 each

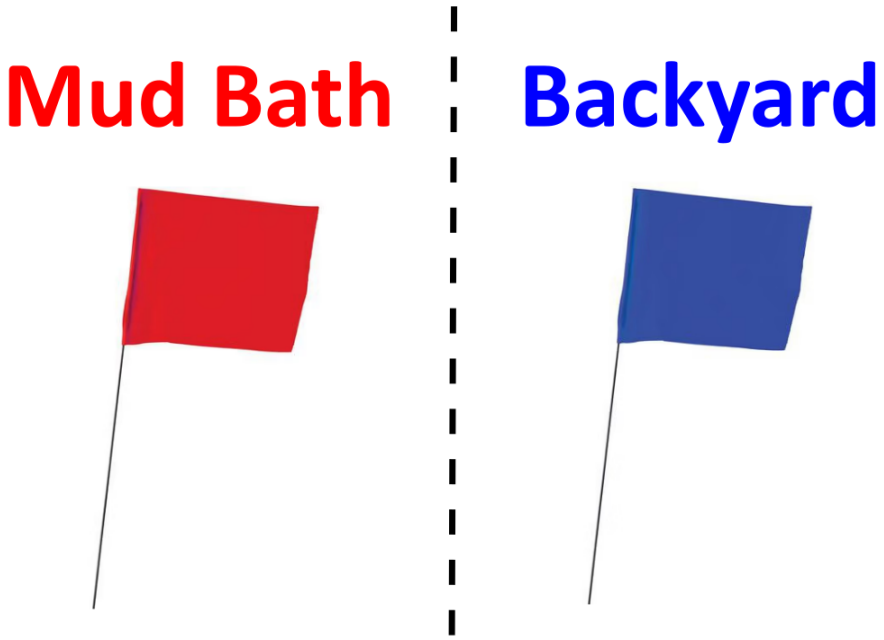
On the day payments can be made in cash only due to poor internet signal. Places on the day are subject to availability and will be confirmed in the Final Schedule document on the Wednesday of race week.

Cash

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

Important Notices

- Alongside the Backyard and Relay, we have a Mud Bath event taking place at the same time, but on a different course. The Mud Bath event runs 09:00 - 14:30. The two routes are very different, aside from the finish line approach, please see the course marking info below for details



- Spectators are very welcome, including four legged spectators.
- Parking is £5 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). Follow the signs around to the smaller Backyard & Relay car park, past the Mud Bath car park, so you can set up your own tents should you wish to bring them, closer to the lap point. We have a large shelter tent for all Backyard & Relay runners.
- The run is in private estate roads so there should be very little traffic on the roads but please be aware that there may be vehicles moving about during the run.

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 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 £5 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 is available from 16:00 on Friday until 18:00 on Sunday. The facilities for camping include fresh water and portaloos. 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

Spectators are very welcome to move about and cheer on their runners around the course. All runners will pass through the central start/finish point after completing each lap.

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 07:00 and closed at 07:50. The race briefing held at the start line / finish line / lap point is at 07:40, ready for the event start at 08:00. There is one number (same digits), with individual copies for each member of the Relay Teams.

Runner Shelter / Bag Storage

We will have a large shelter tents positioned around the start / finish / lap point. There will be an adjacent covered bag drop area but this will not be closely monitored – please leave your valuables in your vehicles.

You are welcome to bring your own kit; chairs, refreshments etc and make yourself comfortable for your pit stops between the laps. You can also bring your own tents if you wish, you will need to be responsible for securing them to the ground for the prevailing conditions of the day. We reserves the right to ask for any tents to be taken down in windy conditions.

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.

Race Start Times

All runners; solo and relay runners, start together at 08:00

Backyard Rules

- The course is 4.167 miles in length and has been measured with a measuring wheel so don't worry if your GPS shows some small variation. Solo Runners must complete the full route marked lap within 60mins to proceed to the next lap.
- The Starting Corral for the Solo Runners will remain the same size throughout the event
- For the Solo Runners each lap starts precisely 1hr after the last. 3mins, 2mins and 1min warnings prior to the start will be given, though runners are solely responsible for being ready to start on time. All runners must start on time, no late stars.
- If a Solo runner does not complete a lap within an hour then they are withdrawn from the event and you will collect an #UnfinishedBusiness medal
- There are no winners for the 8hr Solo race, the full distance is either achieved or not. There are no prizes for the quickest cumulative time or fastest final lap.
- Relay runners have the choice to sync their laps with the Solo runners or they can run laps as frequently as they wish, as well as taking breaks between laps when there is no active runner on the course. As such Relay Runners can not be timed out.
- Only full laps completed by Relay Runners count towards their total, as such the latest a lap can be started is 15:30.
- There is a prize for the most laps completed in each of the relay categories; Pair, Small Team (3-4 runners), Medium Team (5-6 runners), Large Team (7-8 runners)

Backyard Course Markings

The Backyard course will be mainly marked with the Red arrows and **BLUE FLAGS** at the centre of the images below as these are also reflective signs which will bounce the light back from your headtorch during the later laps.

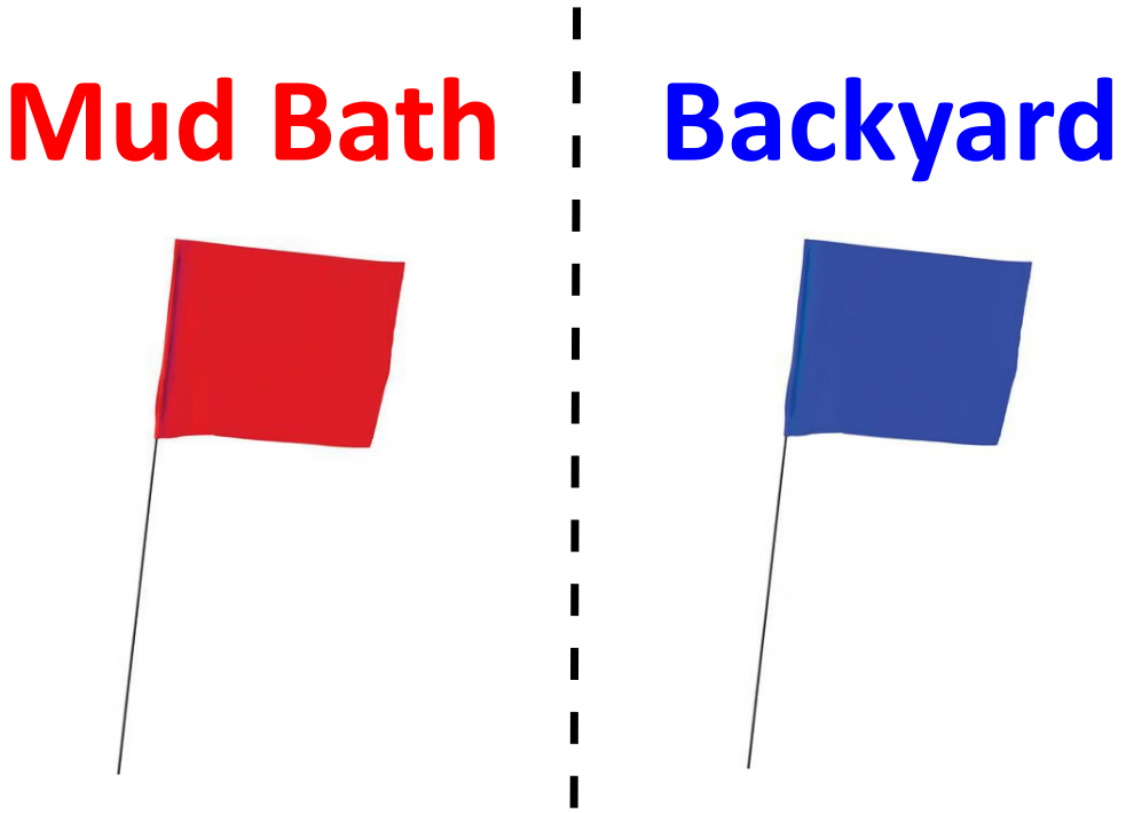
The yellow Run Route signs will be used on the Mud Bath route which is taking place the following day. The routes are very different, and largely separate, so you won't be able to go off track. If you find yourself waste deep in mud, then sadly you have picked up the wrong arrows 😉

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.

Mud Bath Course Markings

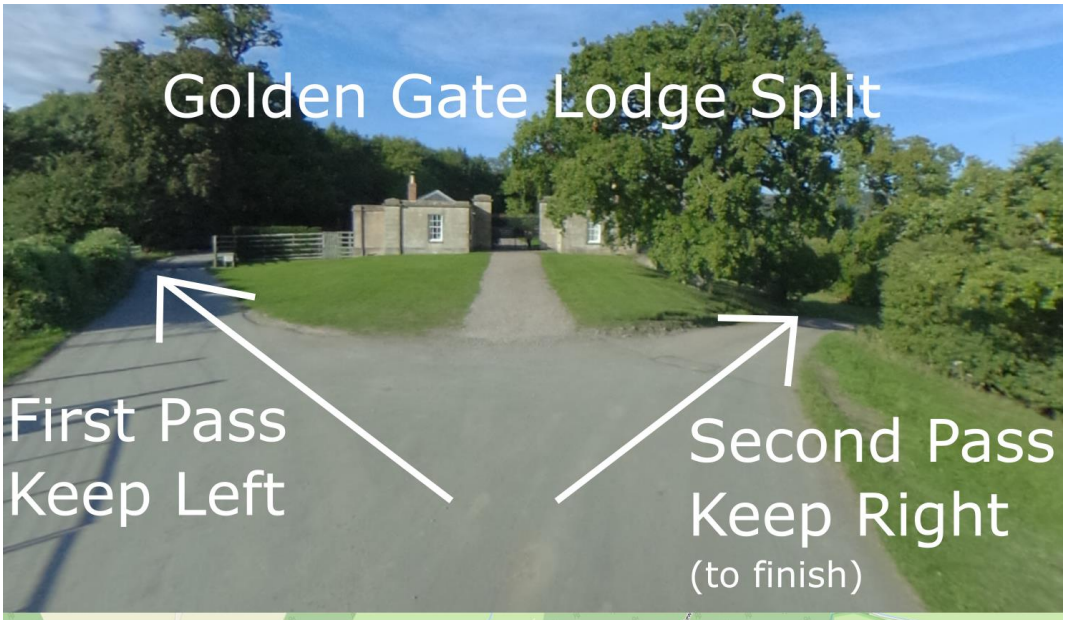
Alongside the Backyard event we are organising a Mud Bath event. This includes a 3km, 6km and 10k route. This event starts at 10:00 and finishes at 14:30 so you will get your first lap in before the Mud Bath runners join the event. Note the courses are very different, though you share a common approach too the finish area, the different running likes will be split with barrier tape and;

- Backyard Runners will be following Blue way marking flags
- Mud Bath runners will be following the Red way marking flags



Route

The course is a figure of 8, or if you prefer, turn your head and squint your eyes a little, it is the shape of an infinity sign ∞ 😜 😜


Golden Gate Lodge Split
First Pass
Keep Left
Second Pass
Keep Right
(to finish)

Split At
Golden Gate Lodge
Keep Left
1st Pass
Keep Right
2nd Pass
4 Miles
2 Miles
1 Mile
3 Miles
Finish
Start

The opening section is on grass and then you will make a tight right turn and move onto the central road which is on upward drag towards the Gold Gate Lodge.

- For the first pass of the Golden Gate Lodge, stick left. This will be well signed.

Once you pass the lodge you will go into the woods and make a left turn down a steep gravel track, please take care. You are now down at the valley bottom, the other side of the central hill. This section is farm track, solid underfoot, but a little less even.

The route cuts the corner across a field (bottom left of the map) and rejoin the route central road. As you approach the Golden Gate again

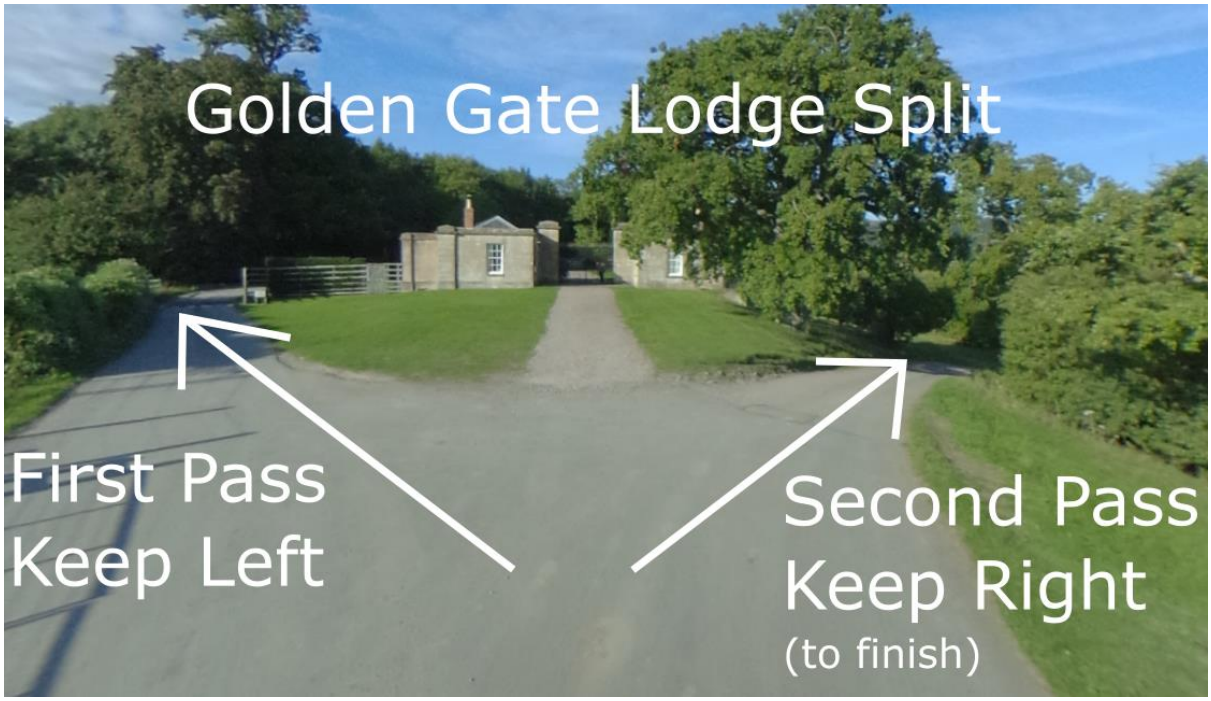
- For the 2nd pass of the Golden Gate Lodge, stick right. This will be well signed.

Another downhill, this time on tarmac, brings you down to the right hand side of central hill. As you head to the top right of the map, you will come off the solid tarmac surface and have a short distance on grass before rejoining the tarmac road and then taking a downhill towards the lap point, passing the 4 mile marker on the bridge over the lakes.

As you turn off the road to cross the lap point / finish line, please make sure your race number is clearly visible for the timers.

Route – The Golden Gate Lodge Split

This is a key part of the route and it looks potentially confusing, but it is actually quite straight forward for the solo runners at least. The first pass comes at 1.5miles and the second pass comes at 3.4 miles, so we anticipate that everyone will be through the first pass before the lead runners come up for the second pass.



The wildcard is the Relay Runners who will be running laps out of time with the solo runners, so as always, don't just follow the feet in front of you. If you are in doubt, check your watch for your lap distance;

- If you are less 2 miles into your lap (~less than 20mins), you should be keeping left.
- If you are over 3 miles into your lap (~30mins or more), you should be keeping right.

Marshals are on the course to assist you, but runners have sole responsibility for taking the correct path during the different parts of the loop.

Event Timing

Please have your race number clearly visible on your outer layer at all times. Our timing system is manual and we need to be able to clearly see your race number when you cross the lap timing point so we can record your completion of the lap and be ready for the start of the following lap.

Lap Snacks

The race will provide our usual buffet of treats for runner to grab between laps. There will be water, hi5 energy drink and coke towards the end of the run. There will be savoury snacks; sausage rolls, crisps, twiglets (vegan), falafel (vegan). There will also be a range of sweet snacks; haribo, tribe bars and flapjacks (vegan, GF), oranges and bananas.

Refreshments

There will be a range of hot food and drinks offering for runners and spectators to purchase during the core hours of the day; 09:00 - 14:30 approx.

Event Finish

The 8hr Solo Runners will be awarded their finishers medals upon completing their final laps at 16:00. The relay prizes will be awarded shortly after the last lap of the solo runners concluded at 16:00.

If you are a Solo Runner and you don't complete the 8 laps, then you collect an #UnfinishedBusiness medal.

Results

We will aim to post final results around 21:00 on the event day, though it may be the next day as signal can be patchy.

Prizes

There are no winners for the 8hr Solo Backyard races, the full distance is either achieved or not. Everyone who completes the challenge will take home a massive finisher's medal.

There is a prize for the most laps completed in each of the relay categories; Pair, Small Team (3-4 runners), Medium Team (5-6 runners), Large Team (7-8 runners)

Save The Date!

We are planning to return for our next Eastnor Backyard Race on 25th April 2027!