

# Relish Running Races

## Ebbor Gorge Trail Races - 10:45am, 19th March 2017

### Important Notices

- There is no on site car parking at the Ebbor Gorge car park as this is the area we are using for registration, start and finish.
- Please park at [Wookey Hole Caves](#) (BA5 1BB), on the grass area beyond the main tarmac. The cost is £3 per car, payable to the Wookey Hole Caves parking attendants
- Allow 30mins to walk to the start so you have time to catch your breath before the race!
- Runners can get 25% off all tickets (including family tickets) for the Wookey Hole Caves by showing your race number after the event.

### How to get there

The only parking available is at Wookey Hole Caves, BA5 1BB. Depending on your direction of travel, you may pass the race site at Ebbor Gorge car park on your travels. Please do not park here, it is a small space that we need to keep free for registration, the start/finish and runners run through the car park during the event so we need to keep it free from cars.



Follow the white and red Relish Running signs as you approach Wookey Hole caves, through the main car park, to our grass car park set beyond the tarmac car park. Parking attendants are coming on site early just for the race, but will only be working in the designated race car park, so please don't risk getting a ticket by parking on the tarmac area :-)

Once parked up, head for the main entrance to the caves and you will soon see these little policeman, manning the road crossing



From here you need to turn left and follow the road, not the footpath straight ahead shown in this picture, pick up the trail of Pink 'To The Start' signs, or Orange 'Registration' signs. You will be walking along a narrow country lane to get to the start, please be very careful on the corners.



The walk to the race HQ is the best part of a mile away so please allow a good 30mins to get parked up and to walk over to registration.

## Spectators

It is a two lap 10km course, which passes through the car park once each lap, as well at the end of each lap. There is also a busy junction where the runners pass by twice each lap which is about 600m from the start. A lot of trails are quite narrow so please keep an ear out for runners coming up behind you if you do go and explore the area.

## Race Registration

We are not posting out any numbers for this event, all numbers will be available to collect on the day. Number Collect and On the Day Registrations will open from 10:00 and close at 11:00.

## Bag Storage

There is a bag storage gazebo. Please fill out the luggage tag provided with your race number and colour.

## Toilets

There will be portaloos positioned in the event car park.

## Refreshments

Mmmm Coffee will be providing catering for the event with a selection of hot and cold drinks, as a few food options. The race will also be providing a selection of fresh fruit, jelly beans and jaffa cakes to name just a few.

## Race Start Times

To allow the runners spread out on the very narrow trails we will be starting the event in small groups of roughly 50 runners every 5mins

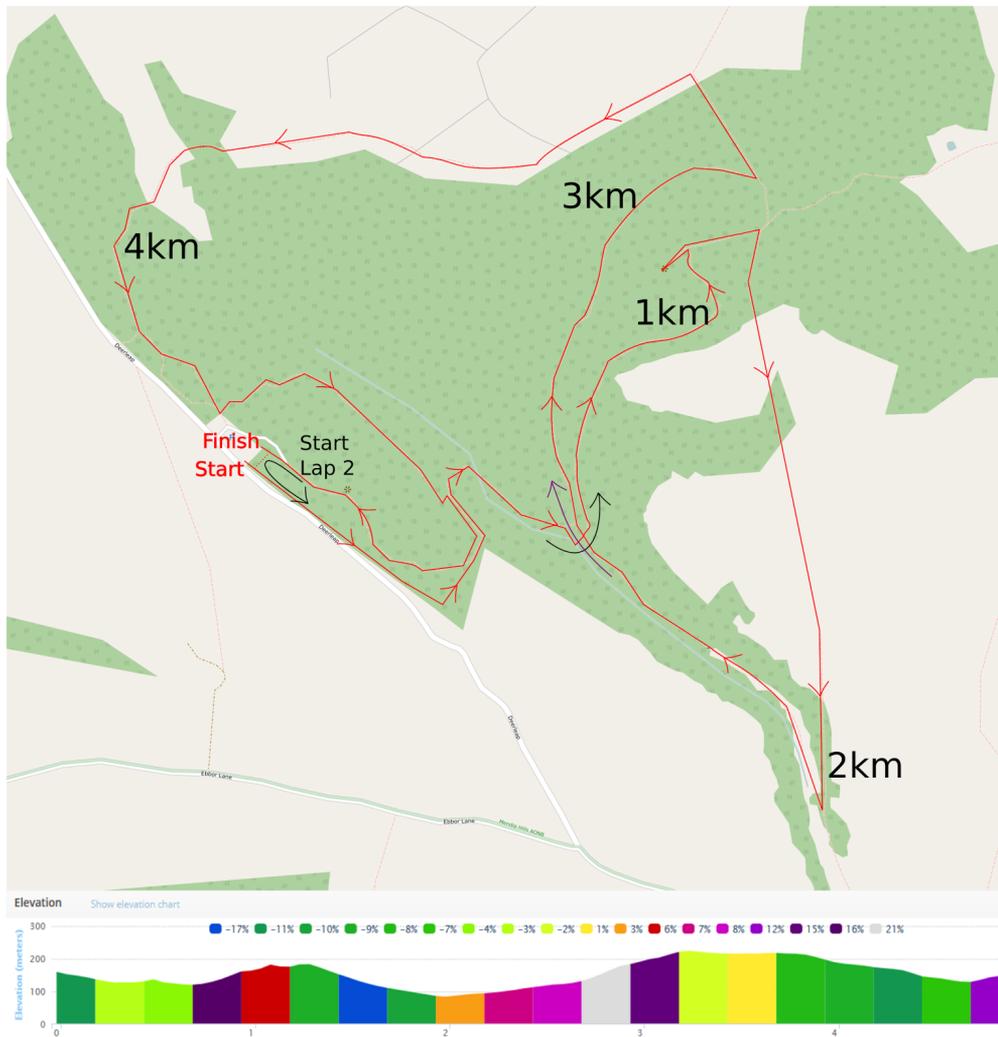
The arrival times are suggestions. You can in theory collect your race number right up until the start time for your particular wave. Your race number will be available to collect by the desk associated with your EVENT wave, not your race wave. Eg 10km wave 4 runners will collect their race number from the Wave 2 desk.

Event Wave	Race Wave	Car Park	Race HQ	Briefing	Start	Bib	On the Day
	500m fun run	09:40	10:00 - 10:15	10:40	10:45	TBC	Yes
Event Wave 1	5km All waves	09:45	10:05 - 10:20	10:55	11:00	TBC	Yes
Event Wave 1	10km Wave 1	09:45	10:05 - 10:20	10:55	11:00	TBC	Sold Out
Event Wave 2	10km Wave 2-8	09:50	10:10 - 10:25	11:00	11:05	TBC	Yes

## Race Briefing

There will be a 5min race briefing ahead of each wave start at the start line.

## Course Map



The opening section is a narrow, gentle downhill which will be quite slippery and muddy underfoot. The first left hand bend bring you close to the road edge, please ease off the pace on this downhill to ensure you can make this corner. Next there is a little bit of running where runners will be travelling in both direction, please stick to the right hand side.



As you reach the bottom of the valley you will run along a little stream and see signs saying 'Crossing Ahead', 'Crossing Now' as runners follow the black arrow on the map above. **This line will be marked with Orange stakes,** just in case you get turned around at the junction, please just follow the orange stakes.



Some very big steps await on the climb up to the 1km



Once at the top turn left at the top to come out at the viewing area. You will see a sign saying DANGER CLIFF EDGE. In reality, you would have to have your eyes closed to wonder over the edge, but do just be mindful this is a U turn point as well as a great place to catch your breath, maybe take a picture and enjoy the view :-)



Retrace your steps from the U turn point and head along a flat woodland path before making a right hand turn to head down hill. The first part of the downhill is woodland, followed by some nice open fields. At the bottom of the fields make a sharp right turn (2km point) and you will be along the bottom of a lovely muddy track!



This is a slow gradual climb which will be quite sapping because of all the mud. Heading back into the wooded area, you will now be approaching the crossing point along the line of the purple arrow (map above), and once again you will see signs saying 'Crossing Ahead', 'Crossing Now' and in this instance you will be **following a line of Yellow Stakes.**

The next climb is up the mouth of the gorge itself, a really unique and interesting climb up the narrow gorge at the 3km point.



Once out the gorge, the route carries on climbing, past the next left turn, and on the second left turn, you will emerge in some open fields for some welcome flat running across some fields.



The route descends just before the 4km point and track will be quite muddy and slippery in places before you pick up a solid stone path. Some more flat running brings you into the event car park and past the drinks station, this just a tease as the lap is not quite complete yet.

Runners descend back into the valley, and pick up the path with two way runners (stick to the right hand side) before climbing up to the finish line. 5km runners head straight for the finish, and 10km runners branch left to start their second lap.

## **First Aid**

There is a First Aider at the Drinks Station as well as the Finish.

## **Finish**

After the race all runners will be awarded a top quality finishers medal. All runners will also be provided with a buffet of fresh fruit and sweet tasty treats as provided at all our feed stations.

## **Results**

Results will be posted live to our website; please navigate to the Two Tunnels pages > Results page. We will be posting PROVISIONAL results live to the page and will tidy them up by 18:00 If you have any queries AFTER this point then please email [tom@relishrunningraces.com](mailto:tom@relishrunningraces.com)

## **Prizes**

There will be prizes for the 10km in the following categories for men and women; top 3 overall, 1<sup>st</sup> U20, 1<sup>st</sup> 40-49, 1<sup>st</sup> 50-50, 1<sup>st</sup> 60+. There are no winner's prizes for the 5km or 500m.

The prize giving times will be approximately 11:45 by the registration tent.