

# Relish Running Races

## Skyline Day Run - Race Information

Sunday 26<sup>th</sup> March 2023, from 10:00am

University of Bath, Bath, BA2 7JY.

More accurate, What3Words /// [radio.boom.tooth](https://www.what3words.com/radio.boom.tooth)

### On the Day Registrations

500m - £5, start time 10:40

5km - £22, start time most likely 11:10

10km - £27, start time most likely 11:10

5km canicross - £22, start time from 10:10

10km canicross - £27, start time from 10:00

On the day payments can be made in cash or with card.

### Important Notices

**Location** - We are in West Car Park. Please note it is not accessed via the main entrance. Please refer to the map below and signs on the day to go direct to West Car Park - DO NOT enter at the main entrance to the University as there is no easy way round to us.

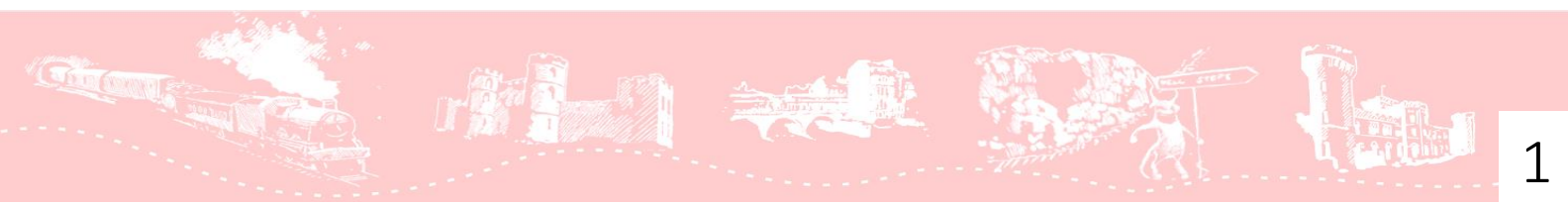
**Off-Road or Trail Shoes** – It will be muddy and slippery on the course. Off-road shoes will be a great asset!!!

**Music Players** – As set out UK Athletics rules, in ear, or over ear headphones are not permitted. Bone conducting headphones are permitted.

**Canicross** - We are very pleased to have a Canicross (runners with dogs) specific waves over the 5km and 10km distance. There is a separate set of rules for Canicross events, please read these as you will need to acknowledge and sign that these have been read prior to registration if you are signing up on the day. These will start at 10:00am.

### Car Parking - BA2 7AY (see directions pdf)

Follow the Relish Running signs to the car park from the What3Words address above. DO NOT drive in the main entrance of the University. The campus is a busy site, with lots of construction and one way roads, finding us will be tough if you access via the main campus road.





The car park is listed as Permit Only but we have hired this car park for this event so it does not apply. There is no charge for parking in the event car park. Normal parking charges apply at other car parks at the University. From the car park, follow the orange or pink event signs to the Race Registration area which is tucked around a corner.

From the car park, please follow the smaller orange or pink signs to get to registration. The What3Words for registration is /// [tips.puzzle.rings](https://www.what3words.com/#!/en/@@@tips.puzzle.rings) (Please don't use this for car parking, you will hit a dead end road – use the parking W3W first, then it is a short walk to registration)

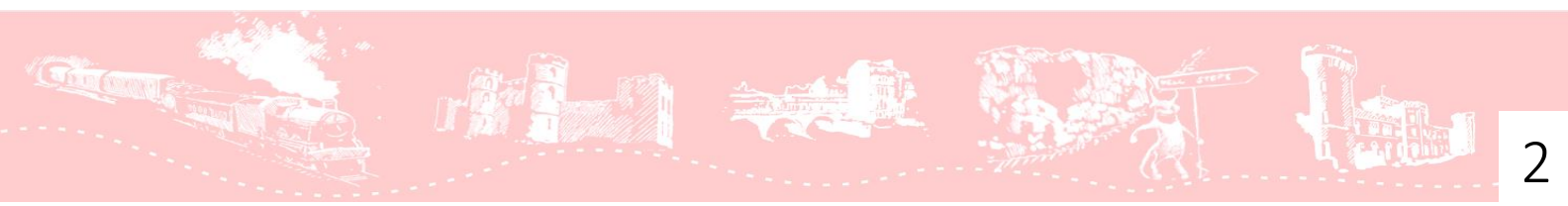


## Facilities

We will have portaloos on site, hot drinks and a bag drop area. This year the Sports Training Village have asked us not to direct runners to their toilet and changing room facilities.

## Are you posting out race numbers?

Nope. All numbers will be available to collect on the day.



## Registration 09:00am -10:45am

There will also be desks for Number Collection with signs Wave 1, Wave 2 and Wave 3 etc. Please check the start lists (published on Thursday before the race) to find your event wave. Number Collection is linked to the Event Wave, please refer to the start lists.

## Waves

It will not be possible to swap wave in advance of, or on the race day itself. Please do not email in :-). If you did not select a wave when you registered then we selected the first available wave for you. All waves are open to all runners of all abilities, this is to help runners spread out over the course and ensure there are no bottlenecks in the narrow sections.

All waves are colour coded, you must start in your colour wave. Our timing system relies on people starting in the correct colour wave. If you start in the incorrect wave you will throw out the results and the prizes, and therefore be removed from the results entirely (DQ).

## Provisional Schedule

10:00 – Canicross 10km (time trial start)  
10:10 – Canicross 5km (time trial start)  
10:40 - Kids 500m race  
11:00 - 10km Wave 1  
11:05 - 10km Wave 2  
11:10 - 10km Wave 3 & 4  
11:10 - All 5km.

The final schedule will be published on the Weds of race week, once we have all registrations in, and can confirm the intervals between the waves. On the Day registrations usually join the latest wave start for any particular distance.

## Race Briefing

The race briefing will take place at 09:30 for the Canicross event, please do not bring your dogs to the briefing. The race briefing for all other waves will be at the start line 5mins before each wave start. The start will be between the two start flags. Here are the key points.

The race briefing for all other events will take place 5mins before the start of each wave. The briefing will be held at the start line.

**Laps:** - 5km runners complete 1 lap of the looped section of the course, 10km runners complete 2 laps of the looped section of the course. Note that all waves will get mixed together, so don't just follow the feet in front of you, look out for the signs!

**Terrain:-** It is a muddy and in places technical course! Be careful on the descents as leaves will obscure tree roots and rocks. Take your time on the technical parts of the course and save



your energy for the more open parts. Off-Road or trail shoes are highly recommended. Visit Running Bath (shop in Bath), or Running Home (online store) to get your off road shoes.

**Other Users:-** There will be members of the public on the course as it makes use of the National Trust Skyline route, please be mindful of them and politely let them know of your approach. It is vitally important that the race is seen in a positive light not only by those taking part, but those who see it passes by too.

## Course Description - 500m

The 500m is a looped course, shown as blue on the route maps. They will Start and Finish under the same gantry as the 5km and 10km events.

## Course Descriptions - 5km & 10km

Runners head from West Car park and over the footbridge over Quarry Road and start a gradual climb along the footpath around the back of the University accommodation. Mainly flat, the terrain shifts from a solid stone path to a wood chip path as it goes, after approximately 1km.

Runners will join the footpath which skirts around the edge of the golf course. After a few hundred metres runners will descend into Bathampton Woods where the technical terrain begins.

As you drop down into the woods it will be slippery so please take care. Follow the path meandering through some beautiful old woodlands. After meandering through the woods you will emerge into Bathampton fields with great views over the valley below and over to Solsbury Hill. It is nice and open, slightly downhill to begin with a great place to pick up speed.

After the 3km sign the track turns from grass to mud, lots of mud. At the far end of this track you will enter the golf course car park which is open to their membership during the course of the event. Please follow the marshals instructions and stick to the right hand side as you skirt the perimeter of the car park.

You will now head down the access road to the car park, once again, please stick tight to the right hand side, UNTIL you reach the crossing point at the bottom of the slope. Please do not spill out in the middle of the road as we need to maintain normal access for the golf course users who have been big supporters of this event.

A short scramble from the road sides brings runners out at Sham Castle, a great little folly which is a prominent feature of the Bath skyline. With the castle on your left, there are great views night time over the city of Bath to your right.

Follow the edge of the field before bringing you to the stone stile. Rather than going straight back over the bridge, you need to turn right the descent some steps. At the bottom of the steps turn left and run along the footpath by the road side, before looping back once again towards the start/finish.



Remember is a 2 lap 10km, 1 lap 5km course so please do not just follow the feet in front of you!

## Race Photos

Professional race photos are available to purchase from [Blowfish 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 24hrs of the event and there is a 10% discount automatically applied on all purchases made with the first 24hrs of the photos going on sale.

## Results

To enable us to record fast and accurate results please make sure your number is clearly visible when you cross the line. Results will be posted online by 6pm; Skyline > Results. If you have any queries after 6pm, please email [tom@relishrunningraces.com](mailto:tom@relishrunningraces.com) and we will take a look for you on Monday.

## Finish – As soon as you can!

The finish is in the same place as the start. You can then collect your medal and help yourself to our refreshments; jelly beans, jaffa cakes, oranges, water and other treats.

