

Relish Running Races

Two Tunnels Races - 12th March 2023

Final Schedule

Note shuttle buses run between 08:15 - 11:00, 11:45 - 14:30 only. 1 bus every 15mins approx.

Race Briefing

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

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

Event Wave	Race Wave	Arrive P&R	Arrive at Park	Briefing	Start Time	OTD?	Bib
Colour	500m Colourburst	08:15	08:45 - 09:00	09:15	09:20	Yes	Cloud
Colour	2km Colourburst	08:15	08:45 - 09:00	09:15	09:20	Yes	Cloud
Event Wave 1	Return Half - WAVE 1	08:30	09:00 - 09:10	09:50	10:00	No	Pink > 2000
Event Wave 2	Hilly Half (ALL)	08:40	09:10 - 09:20	10:00	10:10	Yes	Black
Event Wave 3	Return Half - WAVE 2	08:50	09:20 - 09:30	10:10	10:20	Yes	Pink < 2000
Event Wave 4	5km - WAVE 1	09:00	09:35 - 09:45	10:20	10:30	Yes	Purple < 2000
Event Wave 5	Hilly 10km (ALL)	09:10	09:45 - 09:55	10:30	10:40	Yes	Green
Event Wave 5	5km - WAVE 2	09:10	09:45 - 09:55	10:30	10:40	No	Purple > 4000
Event Wave 6	Return 10km - WAVE 1	09:20	09:55 - 10:05	10:40	10:50	No	Blue 8000-8200
Event Wave 7	Return 10km - WAVE 2	09:30	10:05 - 10:15	10:50	11:00	No	Yellow
Event Wave 8	Return 10km - WAVE 3	09:40	10:15 - 10:15	11:00	11:10	No	Blue < 4000
Event Wave 9	Return 10km - WAVE 4	09:50	10:25 - 10:35	11:10	11:20	Yes	Bronze
Event Wave 10	Return 10km - WAVE 5,6	10:00	10:35 - 10:45	11:20	11:30	No	Blue >8500

OTD = On The Day registrations?

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 8, so will collect their numbers from desk 8, not desk 3. The briefing for each event will take place 10 minutes before each wave starts, on the start line. There is no on the day prize giving. Prize winners will be contacted the week of the race by email.