

Relish Running Races

Two Tunnels Races - 12th March 2023

Provisional 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 Race HQ	Briefing	Warm Up	Start
Colour	500m Colourburst	08:15	08:45 - 09:00	09:10	09:15	09:20
Colour	2km Colourburst	08:15	08:45 - 09:00	09:10	09:15	09:20
Event Wave 1	Return Half - WAVE 1	08:30	09:00 - 09:10	09:50	09:55	10:00
Event Wave 2	Hilly Half (ALL)	08:40	09:10 - 09:20	10:00	10:05	10:10
Event Wave 3	Return Half - WAVE 2	08:50	09:20 - 09:30	10:10	10:15	10:20
Event Wave 4	Hilly 10km (ALL)	09:00	09:35 - 09:45	10:20	10:25	10:30
Event Wave 5	5km - (ALL)	09:00	09:35 - 09:45	10:20	10:25	10:30
Event Wave 6	Return 10km - WAVE 1	09:10	09:45 - 09:55	10:30	10:35	10:40
Event Wave 7	Return 10km - WAVE 2	09:20	09:55 - 10:05	10:40	10:45	10:50
Event Wave 8	Return 10km - WAVE 3	09:30	10:05 - 10:15	10:50	10:55	11:00
Event Wave 9	Return 10km - WAVE 4	09:40	10:15 - 10:25	11:00	11:05	11:10
Event Wave 10	Return 10km - WAVE 5	09:50	10:25 - 10:35	11:10	11:15	11:20
Event Wave 11	Return 10km - WAVE 6	10:00	10:35 - 10:45	11:20	11:25	11:30

OTD = On The Day registrations? Usually only wave per distance is open to on the day registrations. This will be confirmed on the final schedule which will be published on the Tuesday or Wednesday of event week on the Event Info page.

Notes

There are likely 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.