



## Two Tunnels Races - 4th July 2021

### Final Schedule

#### Shuttle Bus

Buses run between 08:00 - 11:00 every 15mins from the Park and Ride to Lymore Avenue (race location), there will then be a drop in frequency of services, returning to one bus every 15mins leaving Lymore Avenue returning to the Park and Ride from 12:00.

#### Number Collection

Self serve with numbers laid out on desks under paper weights. Please take your number, leave the paperweight and collect your safety pins from the end of the tent.

#### Race Format

30 runners will be called to the start area using the waves and predicted time ranges noted below. These are guides, it may not be possible to fit everyone into the wave as shown below, in which case you will join the following wave. The wave you start in has no impact at all on your finish times so there is no rush, and no need to crowd the start line.

Race Wave	Predicted Time	Arrive Park & Ride	Arrive on foot	Starts Time
500m Colourburst	All	75mins before race	30-45mins before race	09:20
2km Colourburst	All	75mins before race	30-45mins before race	09:20
Half Marathon Waves 1, 2 & 3	< 1hr45mins	75mins+ before race	30-45mins before race	10:00
Half Marathon Waves 1, 2 & 3	1hr40mins - 1hr50mins	75mins+ before race	30-45mins before race	10:05
Half Marathon Waves 1, 2 & 3	1hr50mins - 2hrs	75mins+ before race	30-45mins before race	10:10
Half Marathon Waves 1, 2 & 3	2hrs - 2hrs10mins	75mins+ before race	30-45mins before race	10:15
Half Marathon Waves 1, 2 & 3	2hrs 10mins - 2hrs 35mins	75mins+ before race	30-45mins before race	10:20
Half Marathon Waves 1, 2 & 3	> 2hrs 30mins	75mins+ before race	30-45mins before race	10:25
5km Waves 1, 2 & 3	< 30mins	75mins+ before race	30-45mins before race	10:30
5km Waves 1, 2 & 3	25mins - 30mins	75mins+ before race	30-45mins before race	10:35
5km Waves 1, 2 & 3	> 30mins	75mins+ before race	30-45mins before race	10:40
10km Wave 1	< 45mins	75mins+ before race	30-45mins before race	11:00
10km Wave 1	45min - 55mins	75mins+ before race	30-45mins before race	11:05
10km Wave 1	45mins - 55mins	75mins+ before race	30-45mins before race	11:10
10km Wave 2	All	75mins+ before race	30-45mins before race	11:15
10km Wave 3, 4 & 5	<55mins	75mins+ before race	30-45mins before race	11:20
10km Wave 3, 4 & 5	55-65mins	75mins+ before race	30-45mins before race	11:25
10km Wave 3, 4 & 5	55-65mins	75mins+ before race	30-45mins before race	11:30

10km Wave 6, 7	< 65mins	75mins+ before race	30-45mins before race	11:35
10km Wave 6, 7	> 65mins	75mins+ before race	30-45mins before race	11:40
10km Wave 8 + OTD	Open to all	75mins+ before race	30-45mins before race	11:45
10km OTD	Open to all	75mins+ before race	30-45mins before race	11:50

OTD - On the Day sign ups. Half Marathon, 5km and Colourburst can join any start wave based on predicted time. 10km on the days join the final two waves as all earlier waves are full.

**Notes**

Arrival times are suggestions. Number collection will remain open for each wave right up to the start of each wave.

Please start to make your way from the race ~30mins after your finish if you are not waiting for other runners