



Wye Valley Tunnel Run - 16th July 2023

Provisional Schedule

Race Start Times

To keep the runners spread out and to allow the tunnel to remain open to everyday users we are splitting up the events into the following waves. Below are suggested arrival times.

Event Wave	Race Wave	Arrive Race HQ	Briefing	Warm Up	Start
Colour	500m Colourburst	08:45 - 09:00	09:10	09:15	09:20
Colour	2km Colourburst	08:45 - 09:00	09:10	09:15	09:20
Event Wave 1	Marathon - WAVE 1	09:00 - 09:10	09:50	09:55	10:00
Event Wave 2	Marathon - WAVE 2	09:10 - 09:20	10:00	10:05	10:10
Event Wave 3	6km - WAVE 1	09:20 - 09:30	10:10	10:15	10:20
Event Wave 4	6km - WAVE 2	09:30 - 09:40	10:20	10:25	10:30
Event Wave 5	Half Marathon - WAVE 1	09:40 - 09:50	10:30	10:35	10:40
Event Wave 6	10km - WAVE 1	09:50 - 10:00	10:40	10:45	10:50
Event Wave 7	Half Marathon - WAVE 2	10:00 - 10:10	10:50	10:55	11:00
Event Wave 8	10km - WAVE 2	10:10 - 10:20	11:00	11:05	11:10
Event Wave 9	Half Marathon - WAVE 3	10:20 - 10:30	11:10	11:15	11:20
Event Wave 10	10km - WAVE 3	10:30 - 10:40	11:20	11:25	11:30
Event Wave 11	Half Marathon - WAVE 4	10:40 - 10:50	11:30	11:35	11:40
Event Wave 12	10km - Wave 4	10:50 - 11:00	11:40	11:45	11:50
Event Wave 13	10km - Wave 5	11:00 - 11:10	11:50	11:55	12:00
Event Wave 14	10km - Wave 6	11:10 - 11:20	12:00	12:05	12:10

Notes

Any waves open to on the day registrations will be confirmed in the final schedule, published on Weds of race week