

# Relish Running Races

## Wye Valley Tunnel Run Information – 16<sup>th</sup> July

Parking opens from 08:00. Registration / Number collection from 08:30am.  
Races start from 09:20am.

Parking: Offa's Mead Academy, Beachley Rd, Sedbury, NP16 7DT. W3W /// [thudding.word.hairspray](https://www.thudding.word.hairspray)

OR Parking: Wyedean School, Beachley Rd, Sedbury, NP16 7AA. W3W /// [theory.book.wager](https://www.theory.book.wager)

Start/Finish: Wyedean School, Beachley Rd, Sedbury, NP16 7AA. W3W /// [gullible.sank.suitcase](https://www.gullible.sank.suitcase)

### On the Day Registrations - please see Schedule document for start times

Marathon	SOLD OUT
Half Marathon	SOLD OUT
10km	SOLD OUT
6km	SOLD OUT
2km Colourbust	£12
500m Colourburst	£10

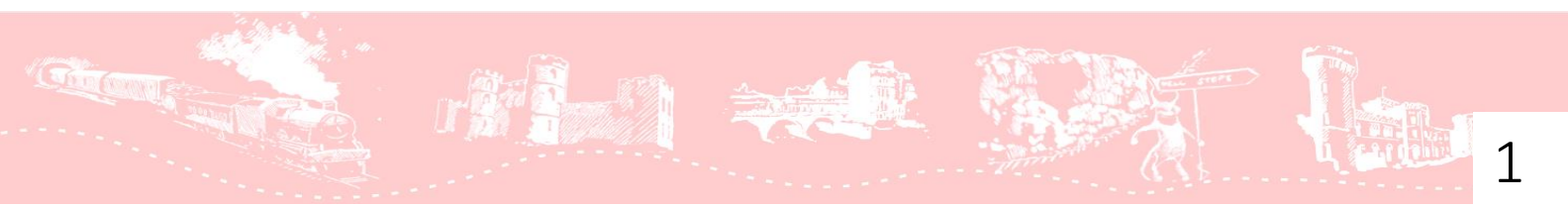
On the day payments can be made in cash, card or contactless payments.

### Safe Race

Best summarised as; please keep a respectful distance from other runners and the event team, apply hand wash/hand sanitiser, respect other users on the route and only pass other runners or members of the public when you can do so at a comfortable distance.

In more detail;

- Please do not attend the event if you have a positive covid test. You can complete your race as a virtual, on any course and at a time of your choosing within 4 weeks of the race and we will post out your medal and goodies.
- It is expected that 6km/10km runners are self sufficient in terms of their water if possible as we are trying to minimise our environmental impact, though we have cups of water at every drinks station. We ask half and full marathon runners to run with their own water and refill at our drinks stations so you are well hydrated for the longer distances. There will of course be water for everyone at the finish.



- The course is accessible to the public. As always, our definition of a successful event is one that our runners enjoy and one that the wider community enjoys. More so than ever, it is vital you respect the space of other users, there are far more significant matters at play here than chasing a new PB. Please give way to other users if you can not pass safely.

## Important Notices

- Parking opens at 08:00 is at two schools opposite each other;
  - > Offa's Mead Academy, Beachley Road, Sedbury, Chepstow, NP16 7DT
  - > Wydean School, Beachley Road, Sedbury, Chepstow, NP16 7AA

**Parking is £2/car payable to the schools. Please have the exact cash ready. We don't have the ability to take card payments for parking.**

- The 6km start is about 1.3km from the school. 6km runners will be walked out to their start point by the Relish Team so please stay at the school until it is announced that runners are leaving for the start.
- All paths used by the race are open to the general public, many of whom use the routes as their regular walking routes. Please make the event a success by being polite and courteous to the other users of these paths so that the race has a positive impact on everyone involved. Please stick to the left hand side at all times, stay in single file unless overtaking, especially when running through the tunnel.
- The tunnel is lit but it still takes a few seconds for your eyes to adjust to the lower light levels. We would therefore recommend runners do not wear sunglasses in the tunnel. If it is a sunny day, then wearing sunglasses before you enter the tunnel will help you as the difference in light levels will not be as great.
- There is a bollard about 1m from the edge of the tunnel wall on each exit of the tunnel on the left hand side. We will be marking these with traffic cones and a marshal, but please be aware the route narrows slightly at these points.
- Please do not run with in ear, or over ear headphones as this is not permitted under UK Athletics rules. Only bone conducting headphones are permitted. This is very important so you can hear the marshals instructions, other users within the tunnel (think cyclist's ringing their bells to come past you) and traffic on the road crossing points. **If you do use in ear, or over ear headphones you will be disqualified.** Thank you for your understanding.
- We are no longer offering bottled water at our drinks stations or at the finish line in an effort to reduce plastic waste. There will of course be biodegradable cups on offer for you at the drinks stations as well as water containers to refill your own water bottle at each drinks station. If you are racing a long distance event, we would encourage you to bring your own water supply for after the race, after a cup or two at the finish line.
- There are sections on roads, very early on and late on during all races. The half marathon and marathon also have road sections at the far end of the courses. These roads are open to traffic as usual. The marshals do not have the power to stop the traffic. You must wait and make your own decision as to when to cross the road. You may have to wait a few seconds for a light to change so please be patient and take the opportunity to catch your breath. Anyone deemed to make an unsafe road crossing by one of our marshals will be disqualified. Whilst this is a race, your safety is our highest priority and the same rules of the road apply – do not put yourself or others runners at risk for the sake of a few seconds.



- There is a cut off of 3hrs for Marathon runners to reach the half marathon/marathon split. This is at approximately 13.1 miles, be careful not to rely on your GPS for this measurement as the tunnels will throw off their readings! If runners have not crossed this line after 3hrs from the start of the marathon event you will be asked to complete the Half Marathon course and you can collect a Half Marathon medal. Due to the multi wave format, we will not be able to provide a finish time.

## Greenways and Cyclerroutes

Greenways and Cyclerroutes is a charitable organisation that works with local community groups projects to fund and manage projects which lead to the opening of new greenways and cyclerroutes. They are responsible, along with the work of the local volunteers, for opening this new route that we are fortunate to be running on which is called the [Wye Valley Greenway](#).

Relish Running is donating £1 per runner to Greenways and Cyclerroutes to support this project.

## How to get to the Wye Valley Tunnel Run

By Car - Parking is at two schools opposite each other, even though the postcodes look quite different;

> Offa's Mead Academy, Beachley Road, Sedbury, Chepstow, NP16 7DT

> Wyedean School, Beachley Road, Sedbury, Chepstow, NP16 7AA

Parking is £2/car payable to the schools. Please have the exact cash ready. We don't have the ability to take card payments for parking.

By Train – Chepstow Train Station is a 1.5mile taxi ride away from Wyedean School

By Bike – We will provide racking for bikes next to the registration gazebos – please bring your own lock as this is not a secure bike compound. All bikes are left at the owner's own risk, the event accepts no responsibility for any loss or damage to bikes or any other property left on the race site.

By Foot – Please pick up the Wye Valley Greenway in Sedbury by heading to the schools addressed above.

## Spectators

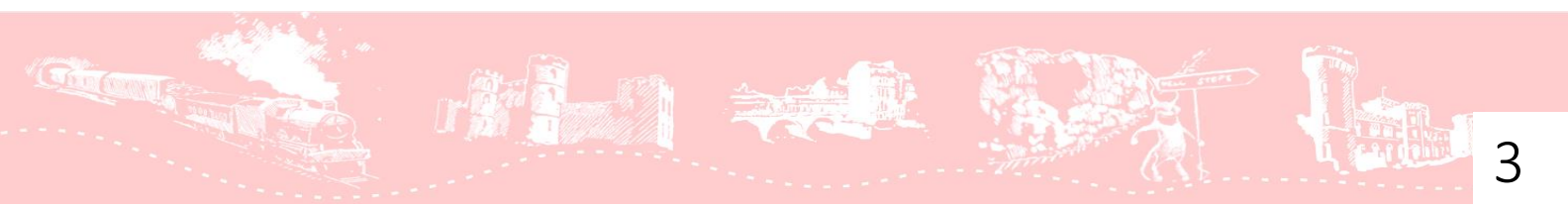
Due to the out and back nature of the routes and very limited parking / access available on the routes we encourage spectators to stay in the start/finish area.

## Race Registration

Number collection and race registrations opens at 08:30. Number collection will be a self serve number collection, please look up your race number online along with your Event Wave Number. Your event wave number represents where your number will be collected from. If you are Event Wave 4, then you will collect your number from desk 4 and you are the 4<sup>th</sup> wave of the day to start.

**Please note it will not be possible to swap waves or to fit any runners into a wave once it is full or under any circumstances on the day. If you start in the incorrect wave you will be disqualified.**

## Bag Storage



There is a supervised bag storage gazebo which is self serve and collect. The event car park is very close so we recommend leaving belongings in your car too if this is possible. Please fill out the luggage tag provided with your race number and event.

## Toilets

There are toilets in the start/finish area which will also be accessible to marathon runners on the start of lap 2.

## Catering

There is catering serving hot food and drinks as well as an incredibly looking cake stall!

## Massage

There is massage available on a first come, first served basis at a price of £15 for 15mins.

## Changing Tents

There are no changing tents at this race. Please come changed ready for the run. The bag drop area can look after your additional clothes and bags or you can leave them in your car if that is your mode of transport.

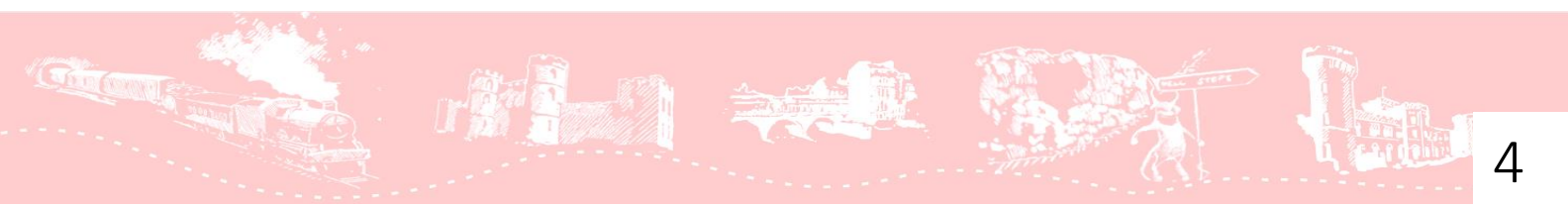
## Race Start Times – PROVISIONAL Schedule

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	Start	Colour
Colour	500m Colourburst	08:35 - 08:50	09:00	09:10	Cloud
Colour	2km Colourburst	08:35 - 08:50	09:00	09:10	Cloud
Event Wave 1	Marathon - WAVE 1 & 2	09:00 - 09:10	09:50	10:00	Black
Event Wave 2	6km - WAVE 1 & 2 **	09:10 - 09:20	10:00	~10:15	Green
Event Wave 3	Half Marathon - WAVE 1	09:30 - 09:40	10:20	10:30	L. Blue STRIPE
Event Wave 4	10km - WAVE 1	09:45 - 09:55	10:35	10:45	Yellow
Event Wave 5	Half Marathon - WAVE 2	10:00 - 10:10	10:50	11:00	D. Blue
Event Wave 6	10km - WAVE 2	10:15 - 10:25	11:05	11:15	Orange
Event Wave 7	Half Marathon - WAVE 3 & 4	10:30 - 10:40	11:20	11:30	L. Blue SOLID
Event Wave 8	10km - WAVE 3	10:45 - 10:55	11:35	11:45	Pink
Event Wave 9	10km - WAVE 4, 5, & 6	11:00 - 11:15	11:50	12:00	Grey

## Notes

\*The 6km runners will have a briefing at the event start line before walking to their start line with a member of the relish team, approx 1.7km from the main start line. Runners will walk together at the pace of the slowest runners.





## Race Briefing

There will be a briefing ahead of each wave start at the start line.

## Distance Markers and GPS Route Measurements

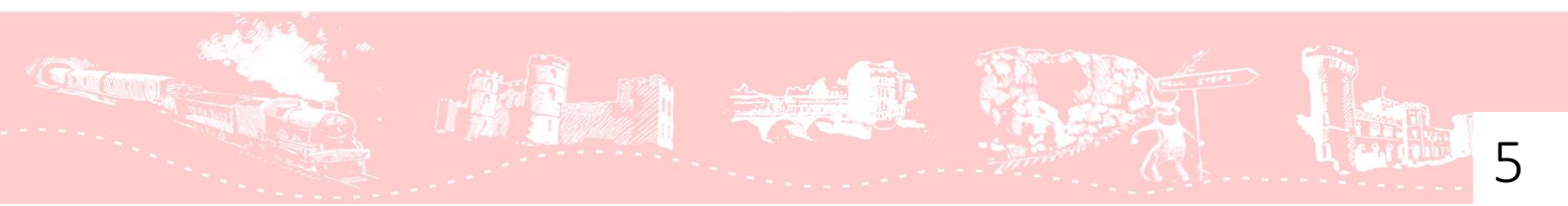
GPS watches struggle to deal with underground running, many switch off, others route your run over the top of the hills and there is an inevitable drop in signal and time delay whilst it reconnects to the satellites. All our routes are measured with a measuring wheel and will be accurate to the distances quoted below, though your toys and gadgets may try and tell you otherwise ☺

## Course Markers

All our race routes are marked with the same fairly standard Run Route arrows, our Red and White run arrows, and white and red Relish Running branded tape hanging from trees. You will also see red flags dotted along the ground.



Large signs, and our marshal team, will direct the runners around the different courses based on your race number colour so please make sure that is visible and pinned to your front and keep an eye out for the giant signs!



The only place where there are no course markings is within the tunnel itself...no one has managed to get lost in the tunnel so far, this is not a challenge to be the first ;-)

There is a large amount of overlap with the various routes, and while the direction route markers are the same for each race and we have different colour distance markers for each distance to help runners keep track of their progress.

### Half Marathon Distance Markers

The Half Marathon is traditionally measured in Miles, so we chose distance markers in Miles to represent the Half Marathon races.



The **Yellow Mile Distance Markers** are for the **Half Marathon and Marathon**. You should expect to see all distance markers aside from mile 2 which falls in the tunnel. We are only putting out 1-13 miles as it is a two lap course.

### 10km

As this is a metric event, so are their distance markers.

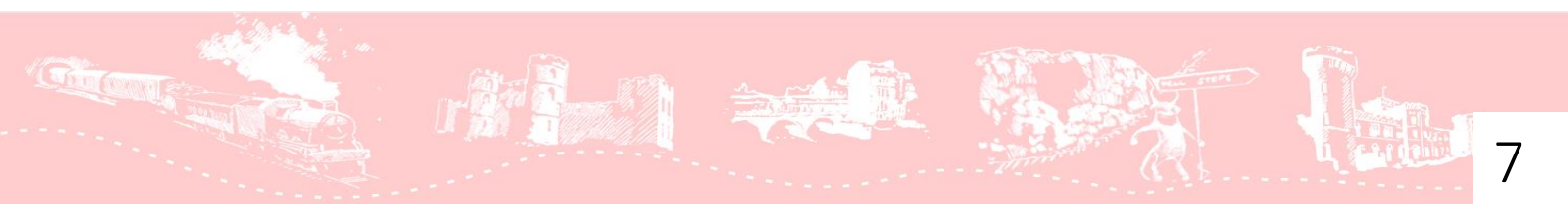


The **Yellow KM Distance Markers** are for the **Return Ticket 10km**. You should expect to see markers at 1km, 2km, 5km, 8km and 9km, the other markers falling within the tunnels so they are not used.





## Course Map



## Route Descriptions

### Colourburst Course Descriptions

Both race routes remain on the school playing fields and will run around the football pitches with plenty of colour stations on the way

#### 6km Route Description

##### > 1 out and back lap

The 6km has a different start point to the other events. There is a walk of just over 1 mile to get runners to the start point. The different start point is needed so we can get the 6km runners out and back through the tunnel.

The 6km has 1km of running before the route reaches the Tidenham Tunnel. The tunnel is 1km long and it has lights only on the right hand side (when you run out). It will take your eyes a moment to adjust so you definitely don't want to be wearing sunglasses in the tunnel, though if you wear them on your approach, your eyes will already be adjusted to lower light levels.

As you exit the tunnel, the route narrows slightly as there is a bollard set in from the tunnel edge which we are marking with traffic cones and a marshal.

The tunnel is 1080m long, so when you emerge from the tunnel you will be just over 2km into your run. The 6km turn point is 20m after the exit of the tunnel, as the 10km and Half Marathon go straight on. Your drinks station is immediately after your turn point.

On the return leg you will be running on the lit side of the tunnel. Remember there is another bollard set into the path on this leg of the run too. When you come out of the tunnel there is 2km to go to the finish, partly on the Wye Valley Greenway, with the final stretch on the road, with a gentle rise, leading you back into Wyedean School. The road is open to traffic, you need to use your own judgment when crossing the road.

#### 10km Route Description

##### > 1 out and back lap, accurately measured

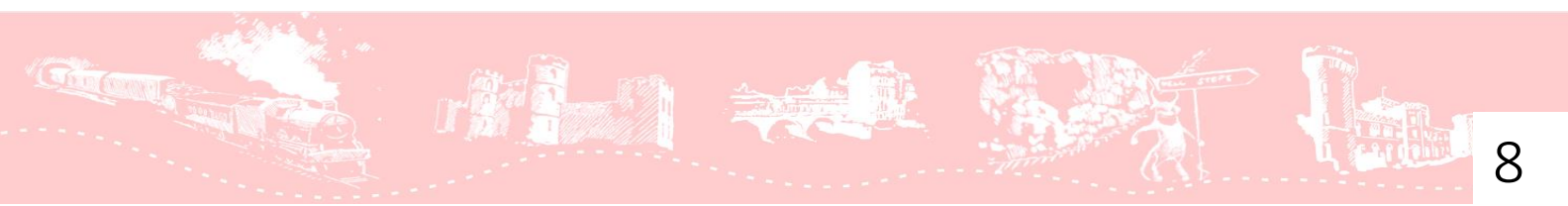
The opening section of the route brings you out onto the Wye Valley Greenway, a section on a cycle path, before a section on the road. Please stick to the left hand side until you reach the point to cross the road and join the old railway route. The road is open to traffic, you need to use your own judgment when crossing the road.

The drinks stations on the 10km are at 2km, 4.5km and 8km, you will pass the drinks station on your left hand side on your way to the tunnel.

The tunnel entrance is ~3km into your run. The tunnel is 1km long and it has lights only on the right hand side (when you run out). It will take your eyes a moment to adjust so you definitely don't want to be wearing sunglasses in the tunnel, though if you wear them on your approach, your eyes will already be adjusted to lower light levels.

As you exit the tunnel, the route narrows slightly as there is a bollard set in from the tunnel edge which we are marking with traffic cones and a marshal.

The tunnel is 1080m long, so when you emerge from the tunnel you will be almost 4km into your run, with another 1.2km to go to the 10km U turn point. Half Marathon and Marathon runners will go straight on at this point.





On the return leg you will be running on the lit side of the tunnel. Remember there is another bollard set into the path on this leg of the run too. You will then pass the first drinks station once again, this time at 8km into your run. The final stretch of the run is back on the road, with a gentle rise, please stick to the left hand side again and cross when it is safe to do so.

### **Half Marathon / Marathon Route Description**

> **Half Marathon; 1 x lollipop shaped course – long out and back with small loop at the far end**

> **Marathon; 2 x lollipop shaped course – long out and back with small loop at the far end**

The opening section of the route brings you out onto the Wye Valley Greenway, a section on a cycle path, before a section on the road. Please stick to the left hand side until you reach the point to cross the road and join the old railway route. The road is open to traffic, you need to use your own judgment when crossing the road.

You will go past the first drinks station at 2km.

The tunnel entrance is 3km into your run. The tunnel is 1km long and it has lights only on the right hand side (when you run out). It will take your eyes a moment to adjust so you definitely don't want to be wearing sunglasses in the tunnel, though if you wear them on your approach, your eyes will already be adjusted to lower light levels.

As you exit the tunnel, the route narrows slightly as there is a bollard set in from the tunnel edge which we are marking with traffic cones and a marshal.

The tunnel is 1080m long, so when you emerge from the tunnel you will be 4km into your run. You are on a nice long straight railway track past the 10km turn point (5km into the run) all the way to the 5 mile marker. There is a little out and back, with a U turn point on the bridge sitting above the river Wye with lovely views of Tintern Abbey over your left shoulder.

A little 100m climb takes you over a hillside and you are heading to the small village of Brockweir. You will be joining quiet, but open roads at this point. There will be marshals to assist you but they do not have the power to stop the traffic, you must make your own decision as to when it is safe to cross or join a road.

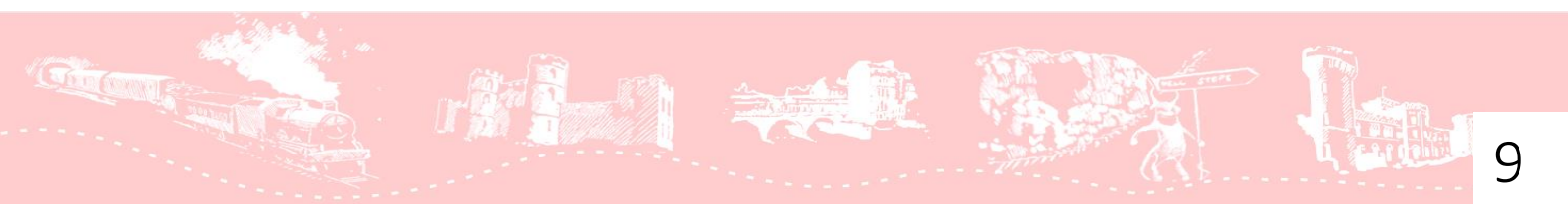
The small looped section of the lollipop is on the grounds of Tintern Old Station where you will have a drinks stop on the old station platform in the shadow of a brightly restored signal box.

You now retrace your steps back towards the start finish, past another drinks station at 9.8 miles and 11.8 miles. On the return leg you will be running on the lit side of the tunnel. Remember there is another bollard set into the path on this leg of the run too. The final stretch of the run is back on the road, with a gentle rise, please stick to the left hand side again and cross when it is safe to do so.

### **Marathon Cut off – 3hrs**

Once in the start/finish field you will head towards the finish gantry, but take a right hand filter lane to loop around adjacent to the finish gantry, before heading out the second repeat lap, passing a drinks station in the start/finish field as you go out again.

It is at the point that the cut off for the marathon is applied – marathon runners must have reached this point (the right turn to start Lap 2) within 3 hours of the start of their wave. This is at approx 13.1 miles but please do not rely 100% on your GPS as the tunnel will throw it out. If you do not reach this point you will be asked to complete the Half Marathon course. Please let our timing team know if this situation arises so they can make sure you are not down as a fast Marathon finisher.



Upon completing your second lap, you head directly for the finish line.

## **Feast Stations - UPDATED**

The Feed Stations will have water and electrolyte drink if the temperature is above 25 degrees. There will be haribo, oranges, bananas, chocolate bars, tribe bars (GF, DF, vegan) on offer at the feed stations. There will be flat coke available on lap of the marathon.

There are 1 Drinks stations on the 6km at 2km into your run

There are 2 Drinks Station on the 10km at 4km and 6km

There are 3 Drinks Stations on the Half Marathon at 2.5 miles, 7.5miles and 10.5 miles

There are 7 Drinks Stations on the Marathon at 2.5 miles, 7.5 miles, 10.5 miles, 13.1 miles, 15.6 miles, 20.6 miles, 23.7miles.

## **First Aid**

There is a First Aider at each Feed Station as well as the Finish. If you do not feel able to complete the course or if you feel unwell please stop at your nearest Feed Station and we will arrange for you to be returned to the Start/Finish area.

## **Finish**

After the race all runners will be awarded a medal and will be provided with a buffet of sweet tasty treats as provided at all our feed stations.

## **Medals**

Our 2 sided interlocking jigsaw medals link together with medals from all our other 2023 races so you can build to it and create your own giant medal.

## **Race Photos**

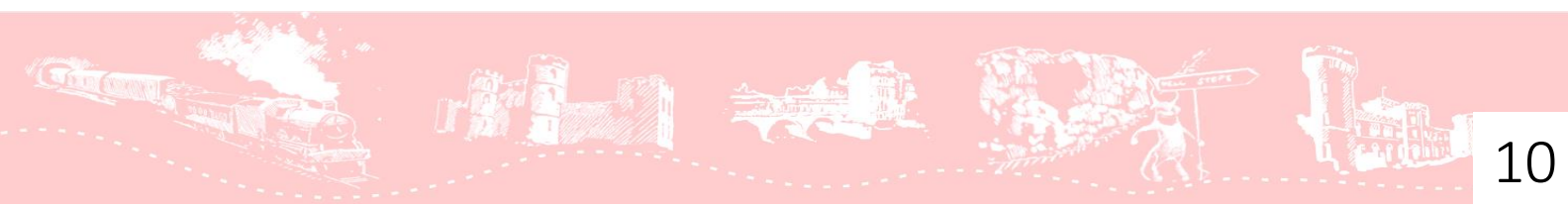
Professional race photos are available to purchase from [Blowfish Photography](#), you can search quickly using your race number or by uploading a selfie. You can register now to hear when your photos are up!

Photos are added to their site within 48hrs of the event and there is a 10% discount automatically applied on all purchases made with the first 48hrs of the photos going on sale.

## **Results**

[PROVISIONAL Results](#) will be posted to our website at roughly 18:00 on race day. We record your finish time under the finish gantry and bib (race number) at the end of the finish funnel. If you escape the finish funnel then we can not record a finish time for you.

If you are unable to complete the distance for your event, you do not need to cross the finish line. However if you do, please let the timing team at the far end of the funnel know that you have dropped out.



Please only cross the finish line once. If you cross the finish line twice, with friends or family in later waves, it creates lots of confusion as we end up with two results for you!

## Prizes

There will be prizes for the 6km, 10km, Half Marathon and Marathon. The number of prizes awarded will depend on the number of finishers. There are no winner's prizes for the Colourburst as this is a fun run event and is not timed.

There are no on the day prize giving due to the large number of waves and the time intervals between waves. Prize winners will be contacted the week after the race by email.

## Two Tunnels Races

If you enjoyed this tunnel race, take a look at our [Bath Two Tunnels](#) events, the next one is on Sunday 20th August and has an officially measured 50km, 10km and 5km which are out and back routes along the Two Tunnels path, along with a marathon and half marathon that run right into Bath city centre. There is also a 500m and 2km colourburst run for little runners in the start/finish area.

## Save the Date!

We are planning to return to Wye Valley on Sunday 21<sup>st</sup> July 2024

