

# Relish Running Races

## Two Tunnels Railway Races - 18th August 2019

**Note shuttle buses run between 07:00 - 18:00 ONLY. 1 bus every 15mins approx.**

### Race Briefing

There will be a race briefing 10min before each wave start held next to the start line.

### Warm Up

5mins before each wave start there will be a group warm up held next to the start line. GB Bob Skeleton Athlete [Kim Murray](#) will be taking you through the warm up which will be a light, easy going warm up. There is no warm up for the 50km events.

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

Event Wave	Race & Wave	P&R	Arrive at HQ	Briefing	Start	Bib Background	OTD
Ultra	50km Ultra and Relay	07:15	07:30 - 07:45	08:20	08:30	White	Yes
Colour	500m Colourburst	08:00	08:30 - 08:45	09:10	09:20	Colour Cloud	Yes
Colour	2km Colourburst	08:00	08:30 - 08:45	09:10	09:20	Colour Cloud	Yes
Event Wave 1	Marathon - Wave 2	08:30	09:00 - 09:15	09:50	10:00	Yellow (5,651-5,907)	Yes
Event Wave 2	Marathon - Wave 4, 5, 6	08:40	09:10 - 09:25	10:00	10:10	Gold (350-500)	No
Event Wave 3	Marathon - Wave 3	08:50	09:20 - 09:35	10:10	10:20	Yellow (5,001-5,150)	No
Event Wave 4	Marathon - Wave 1	09:00	09:30 - 09:45	10:20	10:30	Gold (150-326)	No
Event Wave 5	5km - Wave 1	09:10	09:40 - 09:55	10:30	10:40	Black (6,851-7,000)	No
Event Wave 6	5km - Wave 2	09:20	09:50 - 10:05	10:40	10:50	Black (9,006-9,260)	Yes
Event Wave 7	Half Marathon - Wave 1	09:30	10:00 - 10:15	10:50	11:00	D. Blue (3,501-3,680)	No
Event Wave 8	Half Marathon - Wave 2	09:40	10:10 - 10:25	11:00	11:10	L. Blue (2,175-2,364)	No
Event Wave 9	10km - Wave 1	09:50	10:20 - 10:35	11:10	11:20	Red (501-665)	No
Event Wave 10	10km - Wave 2	10:00	10:30 - 10:45	11:20	11:30	Grey (7,565-7,905)	No
Event Wave 11	Half Marathon - Wave 4	10:10	10:40 - 10:55	11:30	11:40	D. Blue (2,501-2,669)	No
Event Wave 12	10km - Wave 3	10:20	10:50 - 11:05	11:40	11:50	Green (6,218-6,360)	No
Event Wave 13	Half Marathon - Wave 3	10:30	11:00 - 11:15	11:50	12:00	L. Blue (3,001-3,150)	No
Event Wave 14	10km - Wave 4	10:40	11:10 - 11:25	12:00	12:10	Pink	No
Event Wave 15	Half Marathon - Wave 5	10:50	11:20 - 11:35	12:10	12:20	D. Blue (3,700-3,865)	No
Event Wave 16	10km - Wave 5	11:00	11:30 - 11:45	12:20	12:30	Red (700-950)	No
Event Wave 17	10km - Wave 6	11:10	11:40 - 11:55	12:30	12:40	Grey (7,001-7,140)	No
Event Wave 18	10km - Wave 7	11:20	11:50 - 12:05	12:40	12:50	Green (6,501-6,700)	Yes
Event Wave 19	Half Marathon - Wave 6	11:30	12:00 - 12:15	12:45	13:00	L. Blue (3,300-3,500)	Yes

OTD = On The Day registrations?

### Notes

There will be multiple waves with the same colour race number, please pay close attention to the number range too. 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 12, so will collect their numbers from desk 12, not desk 3. The briefing for each event will take place 5mins before the wave start and it will be held on the start line. There is no on the day prize giving. Prize winners will be contacted the week of the race.