

# Relish Running Races

## Two Tunnels Railway Races - 20th August 2017

### Warm Ups

[Kim Murray](#) (aspiring Olympic medalist in Bob Skeleton) will be providing a 5min warm up before the start of each wave. This is optional, but a great way to limber up and get yourself ready for the race ahead. The warm up will take place adjacent to the start line.

### Race Briefing

There will be a race briefing 5min 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 (predicted time)	P&R	Arrive at HQ	Briefing	Start	Bib	OTD?
	50km Ultra Marathon	07:15	07:30 - 07:45	08:25	08:30	White	Yes
	1 Mile Colourburst	08:00	08:30 - 08:45	09:15	09:20	Cloud	Yes
	300m Colourburst	08:00	08:30 - 08:45	09:35	09:40	Cloud	Yes
1	Marathon - Waves 3 & 4	08:30	09:00 - 09:15	09:50	10:00	Light Blue	Yes
2	5km	08:40	09:10 - 09:25	10:00	10:10	Orange	Yes
3	10km - Wave 1	08:40	09:10 - 09:25	10:10	10:20	Purple *	Yes
4	Marathon - Waves 1 & 2	08:50	09:20 - 09:35	10:20	10:30	Dark Blue	Yes
5	10km - Wave 3	09:00	09:30 - 09:45	10:30	10:40	Red *	No
6	Half Marathon - Wave 1	09:10	09:40 - 09:55	10:40	10:50	Lime Green	No
7	10km - Wave 2	09:20	09:50 - 10:05	10:50	11:00	Pink *	No
8	Half Marathon - Waves 2 & 4	09:30	10:00 - 10:15	11:00	11:10	Dark Green	Yes
9	10km - Wave 4	09:40	10:10 - 10:25	11:10	11:20	Purple **	Yes
10	Half Marathon - Waves 3	09:50	10:20 - 10:35	11:20	11:30	Grey	No
11	10km - Wave 5	10:00	10:30 - 10:45	11:30	11:40	Red **	No
12	10km - Wave 6	10:10	10:40 - 10:55	11:40	11:50	Pink **	Yes

OTD? = on the day sign ups possible?

\* 10km Wave 1, Wave 2, Wave 3 = race numbers smaller than 500

\*\* 10km Wave 4, Wave 5, Wave 6 = race numbers bigger than 500

### Notes

Shuttle buses run between the Park and Ride and the race site between 07:00 - 11:30, 12:00 - 16:27 ONLY. The final bus back to the Park & Ride leaves at 16:27, please make sure you are on it!

It will not be possible to swap race waves due to the number of runners involved. If you start in the wrong wave you will be disqualified. It is possible to swap distances at the On the Day Registration desk.

The Prize Giving will take place by the Relish tepee tent at the following times; 10km - 12:00, Half Marathon - 13:00, Marathon - 14:30, Ultra - 14:00