

Two Tunnels Railway Races Event Information

Brickfields Park, Bath, BA2 1LX – 20th August 2017, from 08:30am



Important Notices

- There is no on street parking available for runners on the streets around Brickfields. Please park at Odd Down Park & Ride and catch the Two Tunnels (TT1) Bus Service. The postcode for the Park & Ride is BA2 8PA the cost of a return ticket is £2.50. **Journeys to the race site will run between 07:00 and 11:30. Journeys to the Park & Ride will start again from 12:00, with the final bus leaving at 16:27**
- 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 others 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, especially when running through the tunnels.
- The tunnels are 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 sun glasses in the tunnels.
- Please do not run with in ear headphones. Only bone conducting headphones are stipulated by UK Athletics rules and insurance requirements. We need runners to be able to hear the marshals instructions, other users within the tunnels (think cyclist's ringing their bells to come past you) and traffic on the road crossing points. **If you do run with in ear headphones then you will be disqualified.** Thank you for your understanding.
- The Half Marathon and Marathon are taking in some fantastic city centre sites. We are making use of public footpaths and not closing any roads. Therefore there are places where runners will have to cross potentially busy roads. All major crossing points have either Zebra or Pelican Crossings and will also be marshalled. 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 13.5 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.

Sustrans

Sustrans and Relish Running

Sustrans, the charity behind the National Cycle Network is our charity partner for the first ever Two Tunnels Railway Races. Without Sustrans we wouldn't have the Two Tunnels Greenway and the re-opened iconic tunnels, including Combe Down tunnel which hosts a unique sound and lighting installation for you to run through! Sustrans has to cover the costs of the maintenance of the tunnels, and so this event provides a brilliant opportunity to raise money to keep them in tip top condition. All funds raised from the event will go directly to Sustrans so they can continue to work on routes such as the Two Tunnels Greenway and keep the 15,000 mile National Cycle Network going and growing. Relish Running is donating £1 per runner to Sustrans but it would be great if you could help raise some money for them too!

How to get to the Two Tunnels Railway Races

By Car/Park & Ride - There is no on street parking available for runners on the streets around Brickfields Park. Please park at Odd Down Park & Ride and catch the bus down to Bear Flat. The postcode for the Park & Ride is BA2 8PA the cost of a return ticket is £2.50. We have arranged for a special Two Tunnels Services (TT1) which departs from Service 42/RUH bust stop and will drop runners off 50m from the race site. Please ensure you join the Two Tunnels Service (TT1) and not the number 41 Service which heads directly into Bath centre. Children under 16 travel free of charge. Dogs are welcome to use the service but please do not allow them on the seats.

By Train – Bath Spa Train Station is the main station in Bath and is in the town centre. Brickfields is approximately 1.5 mile away and the route to the event will not be signed. We would recommend taking an extra train out to Oldfield Park Train Station to bring you a little closer.

By Train – Oldfield Park Train Station is a local train station between Bath and Bristol. It is approximately 1/2 a mile away from Brickfields. This route will be signed with Orange Registration Arrows, Pink To The Start Arrows and Relish Running Races branded tape.

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 owners 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 – The Brickfields Park is just off the Two Tunnels Greenway path. If you are heading to the event by foot it is recommended you join the path in order to head to the park.

Site Map



	On the day registration		Caterers
	Number Collection		Retailers
	Baggage, Treats, Medals		Bike Racking
	Colourburst Race Area		50km Ultra Tent
	Toilets		Warm Up Area
	5km, 10km, 50km Route		Half/Marathon
	50km Lap Point		Marathon Lap 2

Race Registration

We are not posting out any numbers for this event, all numbers will be available to collect on the day. Number Collection and On the Day Registrations will open from 07:30 for Ultra Runners, from 08:30 for other events.

Number Collection will be based on the waves shown below, under the Event Wave column (not the race distance + wave column). For example, Event Wave 5 might be 10km wave 2.

Runners who register on the day will be assigned a wave according to their predicted finish time. Some waves will have sold out in advance and it will not be possible to fit additional runners into these waves.

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 your time will not appear on the results.

Bag Storage

There is a bag storage gazebo. Please fill out the luggage tag provided with your race number and event.

Toilets

There will be portaloos positioned in the Brickfields Park. Please see the map above. There will be 1 portaloos positioned for Ultra runners/Marathon runners starting their 2nd lap which will be in the top corner of the park where runners leave the park and join the Two Tunnels path.

Changing Tents

Once registration is complete we will turn one of the registration tents into a changing tent, with male and female sections for use after the race. This should be up and running from 11:15

Spectators

As this is a relatively narrow course we recommend that spectators stay at the Race HQ site and cheer their runners in over the finish line. Marathon runners will also loop back into the park and this is a good opportunity to see them at the halfway point.

Race Start Times

To keep the runners spread out and to allow the tunnels to remain open to everyday users we are splitting up the events into the following waves. Below are suggested arrival times for the Park & Ride (P&R) service which will take 15mins to take you down to the race start. Please check the schedule for more information.

This is a FINAL schedule now updated and confirmed

Event Wave	Race Wave & Predicted Time	Arrive P&R	Arrive at Race HQ	Briefing	Start
	Ultra Solo and Relay	07:15	07:30 - 07:45	08:20	08:30
	1 Mile Cloudburst	08:00	08:30 - 08:45	09:15	09:20
	300m Cloudburst	08:00	08:30 - 08:45	09:35	09:40
1	Marathon - Waves 3 & 4	08:30	09:00 - 09:15	09:50	10:00
2	5km	08:40	09:10 - 09:25	10:00	10:10
3	10km - Wave 1	08:40	09:10 - 09:25	10:10	10:20

4	Marathon – Waves 1 & 2	08:50	09:20 - 09:35	10:20	10:30
5	10km - Wave 3	09:00	09:30 - 09:45	10:30	10:40
6	Half Marathon - Wave 1	09:10	09:40 - 09:55	10:40	10:50
7	10km – Wave 2	09:20	09:50 - 10:05	10:50	11:00
8	Half Marathon – Waves 2 & 4	09:30	10:00 - 10:15	11:00	11:10
9	10km - Wave 4	09:40	10:10 - 10:25	11:10	11:20
10	Half Marathon – Waves 3	09:50	10:20 - 10:35	11:20	11:30
11	10km - Wave 5	10:00	10:30 - 10:45	11:30	11:40
12	10km - Wave 6	10:10	10:40 - 10:55	11:40	11:50

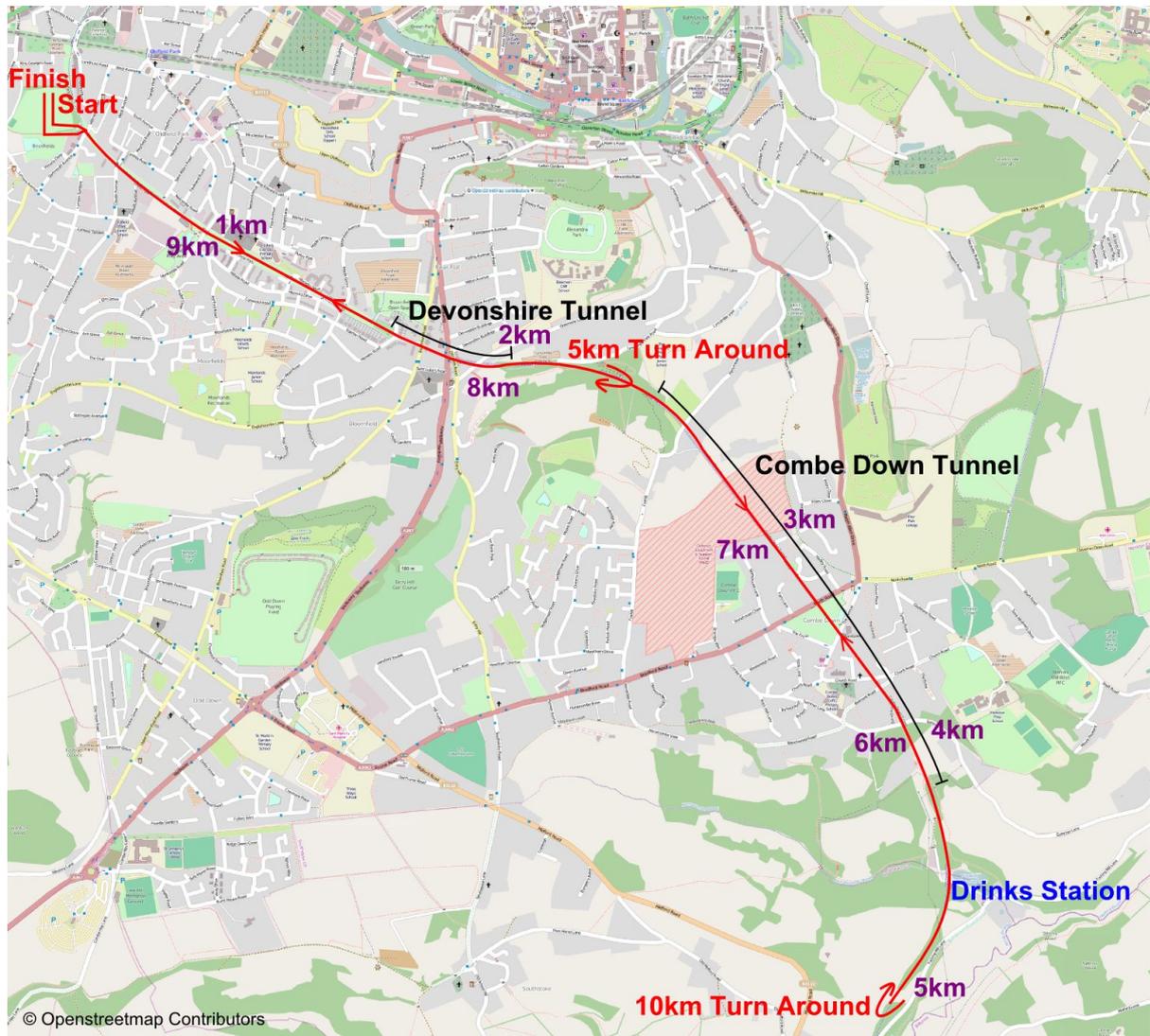
Race Warm Up

[Kim Murray](#), a GB Bob Skelton Athlete, will be holding a 10min warm up to get your body ready and mind motivated Race Briefing before the start of each wave

Race Briefing

There will be a 5min race briefing ahead of each wave start at the start line.

Course Map – 5km and 10km



Course Map – Half Marathon & Marathon

Relish Running Races



Route Descriptions

Cloudburst Route Description

The 1 Mile Cloudburst Route will be a 2 lap run around the Brickfield's Park. The 300m Cloudburst run will be on an out and back course in the Brickfield's Park.

5km Route Description

The 5km route will heads out of Brickfields Park and onto the Two Tunnels path. Once on the path there is $\frac{3}{4}$ or a mile of running to the Devonshire Tunnel which is a slight incline.

The first tunnel is 408m long and you exit it after 2km of runner. After another few 100m you will see a sign saying 'Split Ahead' which signals the turn around point is less than 100m away. You will

turn clockwise around a bright orange or yellow pole which will be positioned in the middle of the path before your return journey back toward the start. As you return you will pass runners going in the opposite direction so please stay in single file unless overtaking, especially in the Tunnels.

As you come to the finish you will need to branch off the path to the left hand to enter the park from a different side from where you left. This a short little drag before you head for the finish line

10km Route Description

As you leave the Park will cut across some scrubland that has been cleared for the race which may be slippery if it has been raining. Please also be careful of the vertical sections of fence that are still in place where you join the path (horizontal sections having been removed). The 10km route heads straight along the path of the Somerset & Dorset Railway through the suburbs of Bath. The first tunnel is just over 400m long and comes about $\frac{3}{4}$ or a mile into the race. The route has a slight climb up and through the tunnel before emerging out into beautiful woodland the other side.

A few 100m after the Devonshire Tunnel you will see a large sign saying 'Split Ahead', at this point the 5km runners will be getting ready to perform their U turn to head back to the start. 10km runners need to go straight on at this point.

After another couple of 100m you will enter the longer Combe Down Tunnel which is 1672m in length and loses 14m of height from this end to the far end so represents a great opportunity to get the legs turning fast.

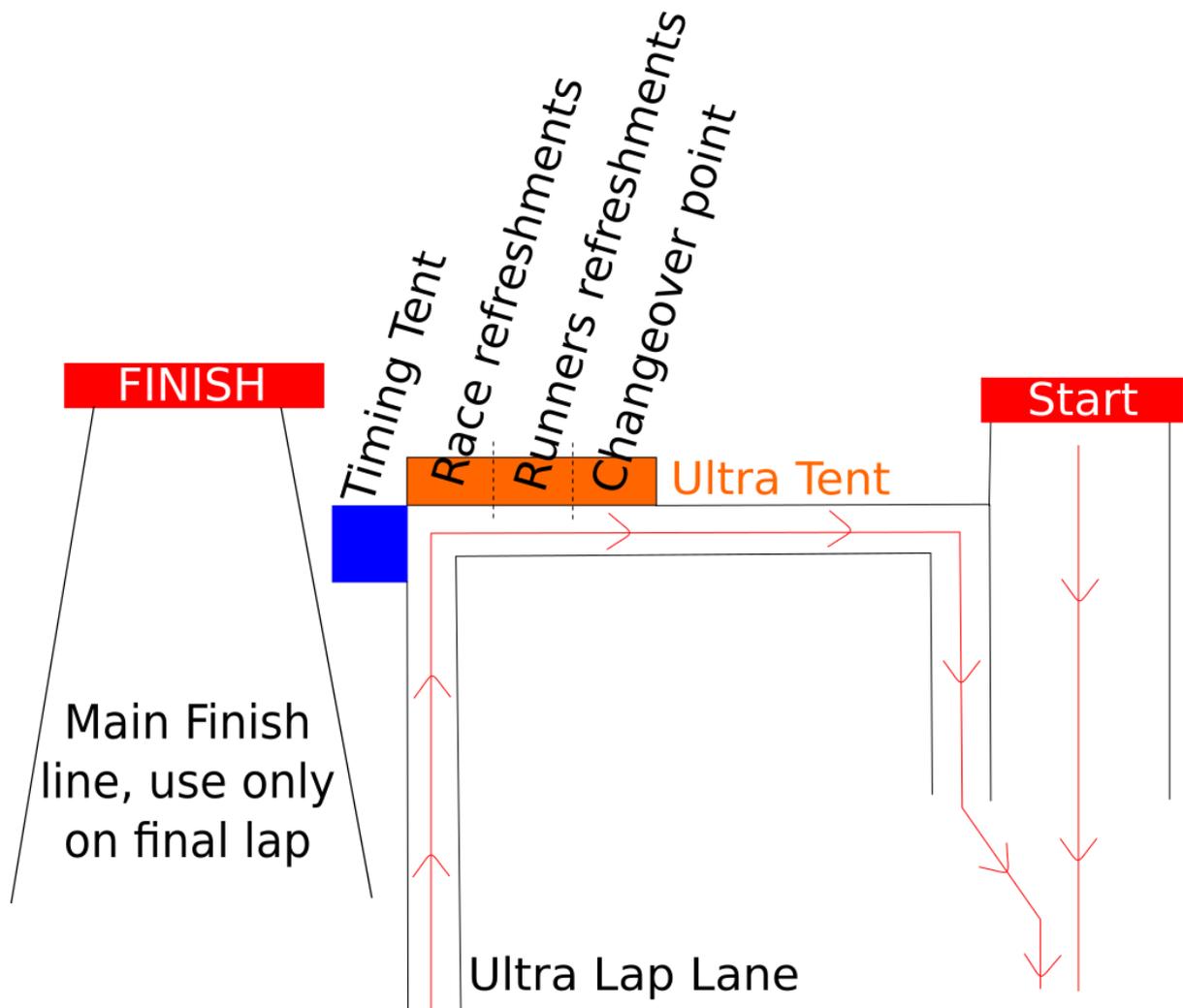
Emerging into the light again the other side and you will feel many miles from the nearest city! 500m after you exit the tunnel there is a drinks station on the left hand side, atop the Tucking Mill viaduct. 300m after this you will see a 10km U turn sign and a bright yellow or orange pole on the path which acts as your turn around point. Please turn around the flag in a clockwise direction and follow the course back towards the finish.

As you near finish you will need to branch off the path to the left hand to enter the park from a different side from where you left. This a short little drag before you head for the finish line

50km Route Description

The 50km race is multiple laps of the 10km course, please see above. It can be run as a solo runner or in a relay pair. Pair runners will each be issued with the same race number so they just need to tag in the next runner at each changeover. The lap and handover point (for pairs) is adjacent to the finish line. Runners will need to head towards the finish line but join a filter lane to the right of the finish gantry signed for Ultra Runners, see below.

As you go down the filter lane, on your left hand side will be the Ultra timing tent which will record your lap times. You will need to slow down, possibly pause for a second, to make sure your number is clearly visible for this timing team, particularly on the early laps when runners will be more bunched together.



In the Ultra Tent there be a drinks station serving our usual refreshments, another section where you can leave our own supplies. The final section of the tent is where runners taking part as a pair can changeover.

Runners will then loop back round, and start running parallel to the start line, before merging with runners from other events as they head out of the park onto the Two Tunnels path. You will be mixed in with runners doing all the different distances during the day so please don't follow them thinking they are all doing the 10km loop! On the final lap please do not use the filter lane and head direct for the finish line.

Runners can run multiple 10km laps before handing over to the next runner the format is entirely at your discretion, however a lap can not be less than 10km. Runners may run the final 10km together, but this would only count as 1 x 10km legs worth of running towards the 50km total.

You can leave your bag in this tent if you would like to have access to it during the run, but we will not be able to monitor these bags so they are left at your own risk. Alternatively you can leave your bag in the main bag drop tent by number collection.

Half Marathon & Marathon Route Description

The Half Marathon and Marathon follow the same course, with the Marathon being 2 laps.

Both races start by going through the Two Tunnels, firstly the shorter Devonshire Tunnel at 408m long followed by the longer Combe Down Tunnel at 1672m. Shortly after exiting the Combe Down Tunnel there will be a feed station on top of the Tucking Mill viaduct. Immediately after the feed station runners need to turn left through a kissing gate and down the embankment in the shadow the viaduct (2.5 Miles).

Once down from the viaduct runners will need turn right and right again to run along the footpath to the side of the lake. Here you will out onto Tucking Mill Lane. Please keep to the left hand side along this section of road and follow the instructions of the marshals. This road is not closed to traffic so please be careful.

The roads wind through the picturesque village of Monkton Combe following the National Cycle Network Signs. The route runs alongside Monkton Combe School (please stick to the correct public footpaths) and onto a lane which was a track bed of the Bristol and North Somerset Railway (3.75 miles) which met the Somerset and Dorset Line (the line through the Two Tunnels) in Midford with the Bristol and North Somerset Railway line passing beneath the Somerset and Dorset Line and each line having it's own station.

The route now crosses into the car park for the Dundas and Canal Company and it is here where we are positioning our second Feed Station (4 miles). This car park will be in use by visitors to the canal and National Cycle Network routes so please be careful and follow the instruction of the marshals. The footpath from here runs alongside the sole remaining spur of the Somerset Coal Canal. This canal served Bath with coal from nearby North Somerset Collieries before it was bought out by the Great Western Railway Company who built the aforementioned Bristol and North Somerset Railway over the line of the canal as a speedier way of transporting coal into Bath.

The Somerset Coal Canal quickly merges with the Kennet & Avon Canal at the beautiful Dundas Aquaduct which is over 200 years old. If you look to your right after the second Feed Station you will be able to see the Aquaduct through the trees. Once on the Kennet & Avon canal the route contours around the hills of Bath through the beautiful Limpley Stoke valley. Keep an eye for great sites along the way; Warleigh Weir and Warleigh Manor and Brown's Folly up on the hill top on the right hand side.

The 3rd Feed Station is on the approach to Bathampton just after the stone hump back bridge at 7.5 miles into the race (exactly on the turning point of the Long Half Marathon and Marathon of the Bath Running Festival routes for those of you who have taken part in that event). The race runs back into Bath through Sydney Gardens with ornate bridges running over the canal. The canal passes underneath Cleveland House, where canal boats used to pass their toll payment through a hole in the roof of the tunnel.

There are a couple of road crossings as the canal descends into Bath to merge with the river Avon so please take care at these points. Shortly before the canal and river meet and the runners head right along the river bank into the heart of Bath for the 4th Feed Station at 10 miles. The feed station is right on the river, by the world famous Pulteney Bridge and Weir. With Bath Abbey overlooking this spot, it may be tough for runners to leave this prettiest of Feet Station stops.

Make sure you grab a colour elastic band at this feed station – this is to ensure all runners complete this out and back section of the course. Half Marathon runners should cross the finish line with 1 band, Marathon runners should cross the finish line with 2 bands – 1 from each lap.

The next few miles are along the river Avon heading past old warehouses with original crane houses still intact. The route goes under the original railway line of Green Park Station (11.2 miles), the terminus of the railway line, which now hosts a variety of small businesses. As the route heads out of Bath there is one final river crossing to complete the loop back into Linear Park and rejoin the route of the Somerset and Dorset Railway. There is a crossing of a potentially busy road. Please use the zebra crossing and follow the instructions of the marshals. You may have to wait for a moment for the lights to change – please be patient and take this time to catch your breath. Through a couple of streets and the route rejoins the Two Tunnels route in Linear Park.

Half Marathon and Marathon runners will turn off the Two Tunnels path after just another 100m of running and turn onto some residential streets before looping back into Brickfield's Park. Once into the park, Half Marathon runners will need to head straight to the finish line marked out by the two large FINISH flags and our overhead gantry. Marathon runners need to turn immediately right and will pass the Feed Station before rejoining the Two Tunnels path for Lap 2.

Marathon Cut Off – 3hrs

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. 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 fast Marathon finisher.

Drinks Stations

There are no drinks stations out on the course for the 5km race. There is 1 Drinks Station on the out and back 10km course. There are 4 Feed Stations on the Half Marathon course and there are 9 Feed Stations on the Marathon course.

Each Feed Station will offer water in cups or bottles (please only take a bottle if you will drink the whole bottle). There will also be water with the electrolyte Nuun tabs added (this is electrolyte only, there are no calories provided). There will also be a selection of food including; jelly beans, jaffa cakes, flapjack, chocolate, salted crisps, malt loaf, orange slices and bananas.

There will also be flat (full fat) coke available for the marathon runners on Lap 2 of their race. The first Feed Station offering flat coke will be the Feed Station in Brickfield Park after the split off the other routes (the 5th Feed Station on the course).

Refreshments

We have a range of caterers on site including Bath Organic Farms selling sausage and bacon rolls, PanCrepe will be there with pancakes and crepes on offer and Mmm Coffee will be selling hot drinks.

Massage

Massage therapists will be available after the race offering massage services at the rate of £5 for 10mins

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 Registration area at Brickfields Park.

Finish

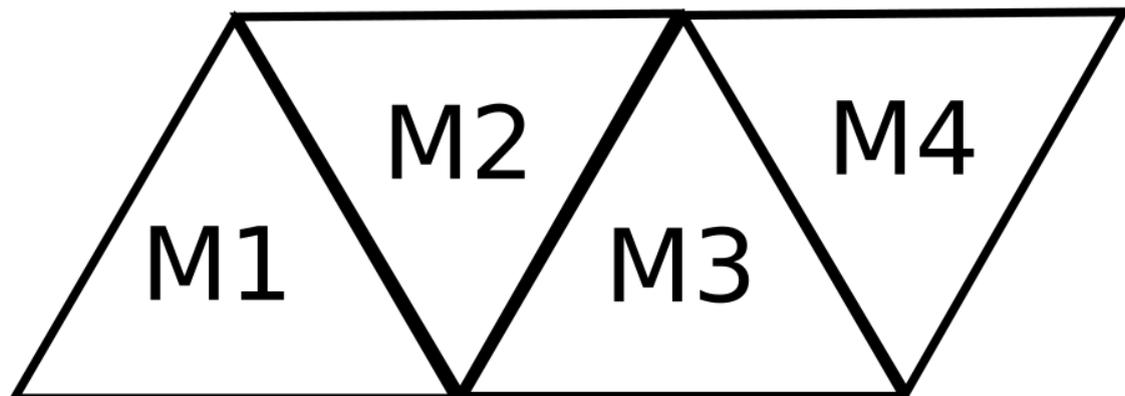
After the race all runners will be awarded a medal and will be provided with a buffet of fresh fruit and sweet tasty treats as provided at all our feed stations.

Medals

This year we have 4 medals so runners who complete 4 runs with us can have 4 different medals. We only have a certain amount of each medal and we may try and steer you to one medal or another depending on what event you are taking part in. Rest assured all the medals are equally excellent :-)

All our medals (not just from the Two Tunnels) are the same outline shape, which means any 4 medals can join together to make a 3D pyramid medal by looping a small band over the corners. Or you can link an infinite number of medals together to make a giant medal lattice!

If this is your first race with us then you collect Medal 1, second race Medal 2 and so on. If you are completing the 50km Solo or Relay Ultra then you collect all 4 medals! If you are completing the Mini Challenge (5km + 10km + Half Marathon) or Challenge (10km + Half Marathon + Marathon) series of events on the Two Tunnels please let the medal team know and they will sort you out with your trophy!



Results

Results will be posted live to our website, refreshing every 10mins or so. We record your finish time as you cross the finish line and your race number at the other end of the funnel. It is therefore important that you travel the full length of the funnel and in the order that you cross the finish line. 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 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 are winner's prizes for the 10km, Half Marathon, Marathon and Ultra events. There are no winner's prizes for the 5km or the kids colourburst runs.

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

Two Tunnels 2018

We look forward to opening registration for 2018 shortly after this year's race. Provisional dates are;

Saturday 17th Feb - night race, 5km & 10km

Sunday 18th Feb - 5km & 10km

Sunday 6th May - 5km, 10km & Half

Sunday 8th July - 5km, 10km, Half

Final race date TBC - 5km, 10km, Half, Marathon, 50km