

Relish Running Races

Two Tunnels Races - 1st June 2025

Provisional Schedule

Note shuttle buses run between 08:15 - 11:00, 11:45 - 14:00 only. 1 bus every 15mins approx.

Race Briefing

There will be a race briefing and warm up 10mins 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	Arrive P&R	Arrive Race HQ	Briefing	Start
Colour	500m Colourburst	n/a	08:15	08:45 - 09:00	09:10	09:20
Colour	2km Colourburst	n/a	08:15	08:45 - 09:00	09:10	09:20
Event Wave 1	Half - WAVE 1	Less than 2hrs	08:30	09:00 - 09:15	09:50	10:00
Event Wave 2	Half - WAVE 2	Open to all	08:40	09:10 - 09:25	10:00	10:10
Event Wave 3	Half - WAVE 3	More than 2hrs	08:50	09:20 - 09:35	10:10	10:20
Event Wave 4	5km - WAVE 1	Less than 35mins	09:00	09:30 - 09:45	10:20	10:30
Event Wave 5	5km - WAVE 2	Open to all	09:10	09:40 - 09:55	10:30	10:40
Event Wave 6	10km - WAVE 1	Less than 55mins	09:20	09:50 - 10:05	10:40	10:50
Event Wave 7	10km - WAVE 2	Less than 60mins	09:30	10:00 - 10:15	10:50	11:00
Event Wave 8	10km - WAVE 3	55 - 65mins	09:40	10:10 - 10:25	11:00	11:10
Event Wave 9	10km - WAVE 4	55 - 65mins	09:50	10:20 - 10:35	11:10	11:20
Event Wave 10	10km - WAVE 5	55 - 65mins	10:00	10:30 - 10:45	11:20	11:30
Event Wave 11	10km - WAVE 6	Open to all	10:10	10:40 - 10:55	11:30	11:40
Event Wave 12	10km - WAVE 7	More than 65mins	10:20	10:50 - 11:05	11:40	11:50

OTD = On The Day registrations? Usually only wave per distance is open to on the day registrations.

Notes

Event Waves refers to the order the individual race waves will set off.



There are likely multiple waves with the same colour race number, please pay close attention to the number range too on the final schedule. Arrival times are suggestions. Number collection will remain open for each wave right up to the start of each wave.

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 8, so will collect their numbers from desk 8, not desk 3. There is no on the day prize giving. Prize winners will be contacted the week of the race by email.

Prizes

There is no on the day prize giving because of the multi wave, multi start time format of the events. Prize winners will be contacted by the end of race week.

The final number of prizes awarded is determined by the number of finishers for each gender in a given race distance. If there are more than 100 finishers then the full range of awards are made (top 3 along with first in each age group). If there are between 50-100 finishers then the top 3 finishers overall will be awarded a prize. If there are less than 50 then only the winner will be awarded a prize. We do not have any winner's prizes for any of the children's events as we would like to keep this participation focused.

