

# Relish Running Races

Two Tunnels Races - 23rd Feb 2025

## Provisional Schedule

**Note shuttle buses run between 08:15 - 11:00, 11:45 - 14:30 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 at Park	Briefing	Start Time
Colour	500m Colourbust	n/a	08:15	08:45 - 09:00	09:15	09:20
Colour	2km Colourburst	n/a	08:15	08:45 - 09:00	09:15	09:20
Event Wave 1	Return Half - WAVE 1	Less than 2hrs	08:30	09:00 - 09:15	09:50	10:00
Event Wave 2	Hilly Half (ALL)	Open to all	08:40	09:10 - 09:25	10:00	10:10
Event Wave 3	Return Half - WAVE 2	Open to all	08:50	09:20 - 09:35	10:10	10:20
Event Wave 4	Return Half - WAVE 3	More than 2hrs	09:00	09:30 - 09:45	10:20	10:30
Event Wave 5	5km - WAVE 1	Less than 35mins	09:10	09:40 - 09:55	10:30	10:40
Event Wave 5	Hilly 10km (ALL)	Open to all	09:10	09:40 - 09:55	10:30	10:40
Event Wave 6	5km - WAVE 2	Open to all	09:20	09:50 - 10:05	10:40	10:50
Event Wave 7	Return 10km - WAVE 1	Less than 55mins	09:30	10:00 - 10:15	10:50	11:00
Event Wave 8	Return 10km - WAVE 2	Less than 60mins	09:40	10:10 - 10:15	11:00	11:10
Event Wave 9	Return 10km - WAVE 3	55 - 65mins	09:50	10:20 - 10:35	11:10	11:20
Event Wave 10	Return 10km - WAVE 4	55 - 65mins	10:00	10:30 - 10:45	11:20	11:30
Event Wave 11	Return 10km - WAVE 5	55 - 65mins	10:10	10:40 - 10:55	11:30	11:40
Event Wave 12	Return 10km - WAVE 6	Open to all	10:20	10:50 - 11:05	11:40	11:50
Event Wave 13	Return 10km - WAVE 7	More than 65mins	10:30	11:00 - 11:15	11:50	12:00

OTD = On The Day registrations? Will be confirmed on the Wednesday of race week

### Notes



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

There are 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. 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 9, so will collect their numbers from desk 9, 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.

