

# Relish Running Races

## Two Tunnels Railway Races Event Information

Car Parking at Odd Down Park & Ride BA2 8PA. What3Words /// [frozen.alarm.cure](https://www.what3words.com/frozen.alarm.cure)

Start/Finish Brickfields Park, Bath, BA2 1LX – 18<sup>th</sup> Aug 2024, races from 08:30am

Start/Finish - More accurate, What3Words /// [joke.rock.banana](https://www.what3words.com/joke.rock.banana)

Registration / Number Collection opens at 07:30am for the 50km, from 08:40 for the colourburst and from 09:00 for the marathon, half, 10km and 5km.

### On the Day Registrations - please see Schedule document for start times

Ultra Pair	£75 affiliated	£77 unaffiliated
Ultra Solo	£60 affiliated	£62 unaffiliated
Marathon	£55 affiliated	£57 unaffiliated
Half Marathon	£42 affiliated	£44 unaffiliated
10km	£29 affiliated	£31 unaffiliated
5km	£24 affiliated	£26 unaffiliated
2km Colourburst	£12	
500m Colourburst	£10	

On the day payments can be made in cash, card or contactless payments.

### Safe Race

Best summarised as; please keep a respectful distance from other runners and the event team, apply hand wash/hand sanitiser, respect other users on the route and only pass other runners or members of the public when you can do so at a comfortable distance.

In more detail;

- It is expected that 5km/10km runners are self sufficient in terms of their water if possible as we are trying to minimise our environmental impact, though we have cups of water at every drinks station. We ask half, marathon and 50km runners to run with their own water and refill at our drinks stations so you are well hydrated for the longer distances. There will of course be water for everyone at the finish.
- The course is accessible to the public. As always, our definition of a successful event is one that our runners enjoy and one that the wider community enjoys. More so than ever, it is



vital you respect the space of other users, there are far more significant matters at play here than chasing a new PB. Please give way to other users if you can not pass safely.

## Important Reminders

- **There is zero on street parking available for runners on the streets around Brickfields.** There is a NEW Resident Only Parking zone around the park, so really, there is no parking, even where you might have gotten away with it in previous years. 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 £4.50 for an adult, it is free for U16s. There is no charge for parking at the Park & Ride, you only pay to park if you are NOT using a bus service. As this is a private bus service arranged specifically for the event there are no free / discounted rates for bus pass holders.
- Your bus ticket is now also valid on the number 41 service which can take you from the Park and Ride to the Bath city centre. Dogs may ride on the bus but not on the seats please. Buses run every 15mins approx at park times, 30mins in the middle of the day.
- **The bus journeys from the Park & Ride are between 07:00 and 18:00 ONLY**
- 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 other 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 sunglasses in the tunnels.
- Please do not run with in ear, or over ear headphones as this is not permitted under UK Athletics rules. Only bone conducting headphones are permitted. This is very important so you can 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 use in ear, or over ear headphones you will be disqualified.** Thank you for your understanding.
- We are no longer offering bottled water at our drinks stations or at the finish line in an effort to reduce plastic waste. There will of course be biodegradable cups on offer for you at the drinks stations as well as water containers to refill your own water bottle at each drinks station. If you are racing a long distance event, we would encourage you to bring your own water supply for after the race, after a cup or two at the finish line.
- 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 13.2 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!

Our races have directly contributed over £27,000 towards maintaining the Two Tunnels to date!

## How to get to the Two Tunnels Railway Races

By Car/Park & Ride - **There is zero 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 Brickfields. The postcode for the Park & Ride is BA2 8PA, cost of a return ticket is £4.50 for an adult and free for U16s. There is no charge for parking at the Park & Ride, you only pay to park if you are NOT using a bus service.

Your bus ticket is now also valid on the number 41 service which can take you from the Park and Ride to the Bath city centre after the race (separate journey). We have arranged for a special Two Tunnels Services (TT1) which departs from Service 42/RUH bust stop and will drop runners off 100m 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.

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 and Pink to the Start arrows.

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 owner's 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 that you join the path in order to head to the park.

## Spectators



As the routes themselves are either out and back or looped, and the path itself is relatively narrow, we recommend that spectators stay at the Race HQ site and cheer their runners in over the finish line as you need to be at least as quick as the runners themselves in order to see them out on the course and at the finish. Marathon runners will also loop back into the park and this is a good opportunity to see them at the halfway point. 50km runners lap back into the park every 10km.

## 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 08:40 for the colourburst and from 09:00 for other events. Registration closes 5mins before the start of the final wave Runners who register on the day will be assigned to the one wave per distance which will be open to on the day sign ups.

**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 you will be disqualified.**

## Bag Storage

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

For the 50km runners (solo, pair, 5x10km Relay), will have a section of the Ultra tent where you can leave food and changes of clothes. Please note this is not manned and all belongings are left at your own risk.

## Toilets

There will be portaloos positioned in the Brickfields Park for runners at the start and finish of their events.

There are two other sets of loos on the half marathon/marathon course at 4 and 11.5 miles into each lap. As well as at the lap point in Brickfield Park for the marathon runners and ultra marathon runners.

## Changing Tents

There are no changing tents at this race. Please come changed ready for the run. The bag drop area can look after your additional clothes and bags.

## 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 the Final schedule below;



Numbers are collected and races are called to the start by **EVENT WAVE**

Event Wave	Race Wave	P&R	Arrive at Race	Briefing	Start	Colour	OTD?
Ultra	50km Ultra, Relay	07:15	07:30 - 07:45	08:15	08:30	White	Yes
Colour	500m, 2km Colour	08:15	08:45 - 09:00	09:10	09:20	Cloud	Yes
E. Wave 1	Marathon - Wave 1	08:30	09:00 - 09:15	09:50	10:00	Black 4,000s	No
E. Wave 2	Marathon - Wave 2	08:40	09:10 - 09:25	10:00	10:10	D. Blue	No
E. Wave 3	Marathon - Wave 4	08:50	09:20 - 09:35	10:10	10:20	L. Blue	Yes
E. Wave 4	Marathon - Wave 3	09:00	09:30 - 09:45	10:25	10:30	Black 9,000s	No
E. Wave 5	5km - Wave 1 & 2	09:10	09:40 - 09:55	10:30	10:40	Green	Yes
E. Wave 6	City Half - Wave 1	09:20	09:50 - 10:05	10:40	10:50	Grey 8,000s	No
E. Wave 7	10km - Wave 1	09:30	10:00 - 10:15	10:50	11:00	Red < 1,000	No
E. Wave 8	City Half - Wave 2	09:40	10:10 - 10:25	11:00	11:10	Yellow < 1000	No
E. Wave 9	10km - Wave 2	09:50	10:20 - 10:35	11:10	11:20	Pink 5,000s	No
E. Wave 10	City Half - Wave 3	10:00	10:30 - 10:45	11:20	11:30	Grey 3,000s	No
E. Wave 11	10km - Wave 3	10:10	10:40 - 10:55	11:30	11:40	Purple 1,000+	No
E. Wave 12	City Half - Wave 4	10:20	10:50 - 11:05	11:40	11:50	Yellow 7,000s	No
E. Wave 13	10km - Wave 4	10:30	11:00 - 11:15	11:50	12:00	Orange	No
E. Wave 14	City Half - Wave 5	10:40	11:10 - 11:25	12:00	12:10	Grey 7,000s	No
E. Wave 15	10km - Wave 5	10:50	11:20 - 11:35	12:10	12:20	Red 5,000s	Yes (1)
E. Wave 16	City Half - Wave 6	11:00	11:30 - 11:45	12:20	12:30	Yellow 2,000s	Yes
E. Wave 17	10km - Wave 6	11:10	11:40 - 11:55	12:30	12:40	Pink < 1,000	No
E. Wave 18	10km - Wave 7	11:20	11:50 - 12:05	12:40	12:50	Purple 6,000s	Yes (2)

## Notes

P&R = arrive at Park & Ride

OTD = On The Day registrations / Open to transfers if changing distance

1. Predicted time less than 60mins
2. Predicted time more than 60mins

## Race Briefing

There will be a 10min race briefing ahead of each wave start at the start line.

## Distance Markers and GPS Route Measurements

GPS watches struggle to deal with underground running, many switch off, others route your run over the top of the hills and there is an inevitable drop in signal and time delay whilst it reconnects to the satellites. All our routes are measured with a measuring wheel and will be accurate to the distances quoted below, though you toys and gadgets may try and tell you otherwise ☺



## Course Markers

All our race routes are marked with the same fairly standard Run Route arrows, our Red and White run arrows, and white and red Relish Running branded tape hanging from trees as well as red flags about 50cm off the ground.



Large signs, and our marshal team, will direct the runners around the different courses based on your race number colour so please make sure that is visible and pinned to your front and keep an eye out for the giant signs!



The only place where there are no course markings is within the tunnels themselves...no one has managed to get lost in the tunnels so far, this is not a challenge to be the first ;-)

There is a large amount of overlap with the various routes, and while the direction route markers are the same for each race and we have different colour distance markers for each distance to help runners keep track of their progress.



## Half Marathon and Marathon Distance Markers

The Half Marathon and Marathon are traditionally measured in Miles, so we chose distance markers in Miles to represent the Half Marathon races.



The **Yellow Mile Distance Markers** are for the **City Ticket Half Marathon and Marathon**. You should expect to see markers for all miles, aside from mile 2 which is within the tunnel. We are putting out mile markers 1-13, there are no mile markers 14-26 as it is a two lap race for the marathon.

## 10km and 5km Distance Markers

As these events are metric, so are their distance markers.



The **Yellow KM Distance Markers** are for the **Return Ticket 10km**. You should expect to see markers at 1km, 2km, 5km, 8km and 9km, the other markers falling within the tunnels so they are not used.



The **Blue KM Distance Markers** are for the **5km**. You should expect to see 1km, 2km, 3km and 4km markers out on the course.

## Route Descriptions

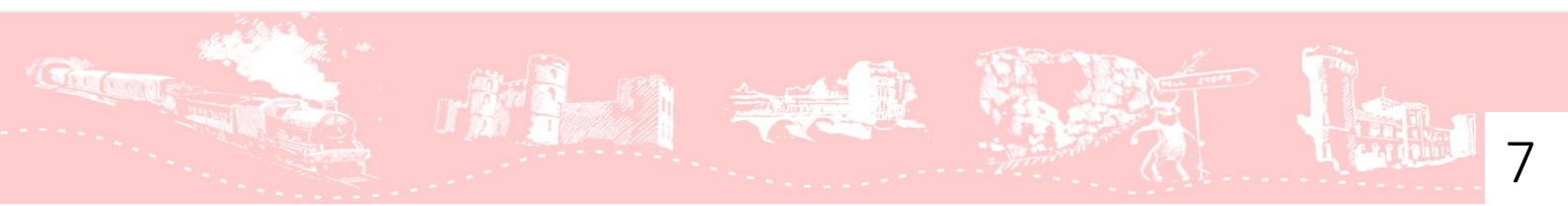
### Cloudburst Route Description

Both race routes remain in Brickfields Park and will run around the football pitches with numerous colour stations on the way.

### 5km Route Description – Final distance 5.0km

> 1 out and back lap, accurately measured

There is an opening section on grass followed by a short downhill to join the two tunnels path. A gentle drag for the first mile to the entrance of Devonshire Tunnel which is 408m long. After another 400m you will reach the 5km U turn point, just at the mouth of the second tunnel. Turn here, where other routes will go straight ahead.



Retrace your route, taking advantage of a slight downhill as you return to Brickfields Park. A cheeky little rise awaits you about 250m from the finish, before a final 200m grass on the sprint to the finish line.

### Course Map – 5km, 10km and 50km course (5 x 10km)



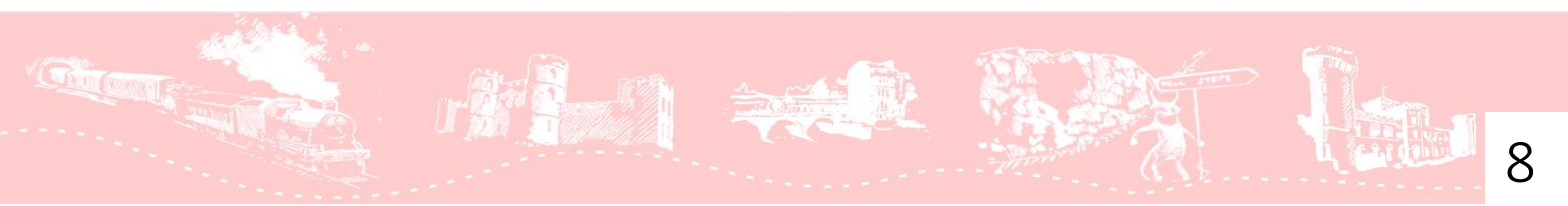
### Return Ticket 10km Route Description – Final distance 10.0km

> 1 out and back lap, accurately measured

There is an opening section on grass followed by a short downhill to join the two tunnels path. A gentle drag for the first mile to the entrance of Devonshire Tunnel which is 408m long. Between the tunnels is a lovely green and sheltered section and you will head into the long tunnel which is just over 1 mile in length.

400m after the exit of the long tunnel there will be a drink station on your left hand side. After another 400m you will see the 10km U turn point, turn in a clockwise direction and retrace your route back to the park, making the most of the slightly downhill for the final mile.

A cheeky little rise awaits you about 250m from the finish, before a final 200m grass on the sprint to the finish line.







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 which is manned.

## **City Ticket Half Marathon – Final distance 13.2 miles**

### **> 1 lap looped course**

There is an opening section on grass followed by a short downhill to join the two tunnels path. A gentle drag for the first mile to the entrance of Devonshire Tunnel which is 408m long. Between the tunnels is a lovely green and sheltered section and you will head into the long tunnel which is just over 1 mile in length.

400m after the exit of the long tunnel there will be a drink station on your left hand side. Immediately after the drinks station you need to take the gate off the main tunnels path to pick up the half marathon course. There is a road section from here up until 4 miles, these are quiet country lanes but you need to take care.

At 4 miles you will pass the second drinks station and pick up a lovely green canal section which will take you through to mile 7.5 and the third drinks station. You are now heading towards Bath and the path will get progressively busier, please remember to give way to other users as we are not closing any paths and don't have any priority.

There is an out and back section which goes right into the heart of the city with beautiful views of Bath Abbey and Pulteney Bridge. The fourth drinks station awaits you here, the most picturesque of all feed stations. You will need to collect an elastic band at this point to show you have completed this out and back section.

After leaving the drinks station you will join the river path, before picking up the old railway path for the final section of the race before you come back into Brickfields Park. A cheeky little rise awaits you about 250m from the finish, before a final 200m grass on the sprint to the finish line.

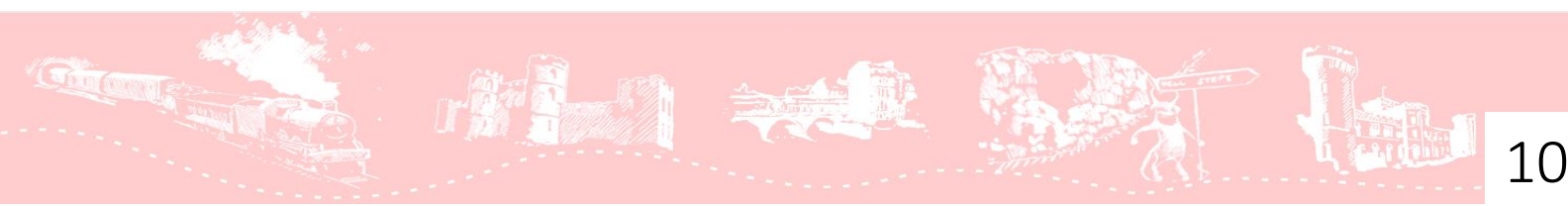
## **Marathon – Final distance 26.5 miles**

### **> 2 lap looped course**

The marathon course is two laps of the above. You will come up the cheeky little rise mentioned in the final paragraph and then make a hard right turn to go straight back out for the second lap. You do not approach or go through the finish line to start your second lap.

### **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. This is at approx 13.2 miles but please do not rely 100% on your GPS as the tunnels will throw it out. 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 a fast Marathon finisher.



# Relish Running Races



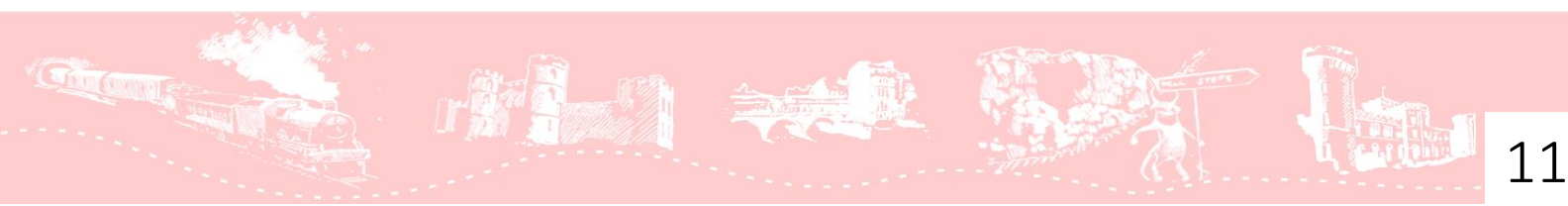
## Feed Stations

There is no drinks station for the 5km run.

There is one drinks station on the Return Ticket 10km route which is positioned approx. 4.5km away from the start, 300m after the exit from the Combe Down Tunnel. There will be drinks on offer on the way out at 2 drinks tables set 20m apart so please spread yourselves out when picking up your drinks.

For the City Ticket Half Marathon there are 4 Feed Station opportunities; at 2.5 miles, 4 miles, 7.5 miles and 10m miles.

The Marathon has 5 Feed Station opportunities; at 2.5 miles, 4 miles, 7.5 miles, 10 mile, 13.2 miles and 15.7 miles, 17.2 miles, 20.7 miles and 23.2miles.



The 50km has 2 feed stations per 10km lap, an amazing 9 feed stations over the 50km. The feed stations come 4.5km into the lap and again at the lap point.

The Feed Stations will have water and electrolyte drink if the temperature is above 25 degrees. There will be haribo, oranges, bananas, chocolate bars, tribe bars (GF, DF, vegan) on offer at the feed stations. There will be flat coke available on lap of the marathon and at the 10km lap point of the 50km.

## Refreshments

We have a coffee van, cake van and a caterer with a wide range of offerings in attendance in the race village area.



## Massage

Top to Toe Physiotherapy will be attending offering pre and post race massage on a donation basis.



**TOP TO TOE**  
PHYSIOTHERAPY



## 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

All our medals have a universal join on the sides so you can interlock medals from any of our races together to make your own unique giant medal! Our medals are large two sided interlocking medals, 10cm x 10cm, with the two full colour images on, specific to each venue and year.

## Event Finish

The event finishes at 17:00, though as the event takes place in a public park you are very welcome to stay and enjoy the park for as long as you wish.

## Race Photos

Professional race photos are available to purchase from [Image Works Photography](#), you can search quickly using your race number or by uploading a selfie. You can register now to hear when your photos are up!

Photos are added to their site within 48hrs of the event and there is a 10% discount automatically applied on all purchases made with the first 48hrs of the photos going on sale.

## Results

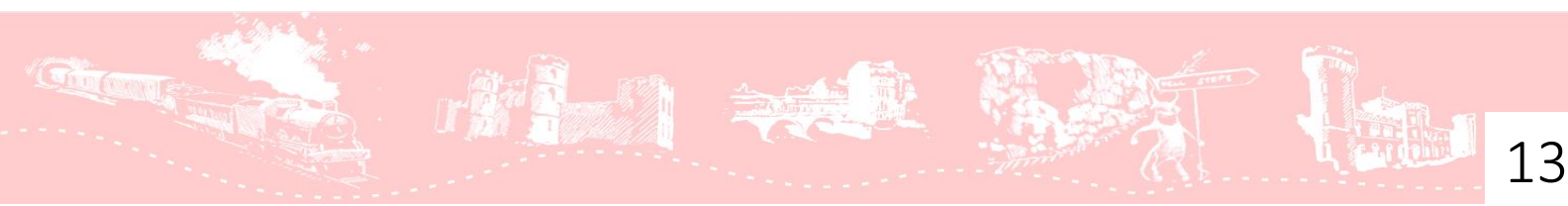
[PROVISIONAL Results](#) will be posted to our website at roughly 18:00 on race day. We will make any amends / updates from Tuesday. We record your finish time under the finish gantry and bib (race number) at the end of the finish funnel. If you escape the finish funnel then we can not record a finish 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 far 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! Thank you.

## Prizes

There will be prizes for the 5km, 10km and Half Marathon and Marathon in the following categories for men and women; top 3 overall, 1<sup>st</sup> U20, 1<sup>st</sup> 40-49, 1<sup>st</sup> 50-59, 1<sup>st</sup> 60+. There will also be prizes in the Ultra and 5x10km Relay. All prizes are subject to a minimum number of runners taking part, as set out on the main event page. There are no winner's prizes for the Kids colourburst events. There are no on the day prize givings due to the large number of waves and the time intervals between waves. Prize winners will be contacted the week after the race by email.



## Two Tunnels 2025

We look forward to opening registration for 2024 shortly after this year's race. Provisional dates are;

Sunday 23<sup>rd</sup> February - Colourburst, 5km, 10km & Half

Sunday 1<sup>st</sup> June - Colourburst, 5km, 10km & Half

Sunday 17<sup>th</sup> August - Colourburst, 5km, 10km, Half, Marathon, 50km

