

# Relish Running Races

## Wye Valley Tunnel Run – 20<sup>th</sup> July 2025

### Provisional Schedule

#### Parking

The event car parks open at 08:00

#### Number Collection

Number collection opens at 08:30 for the Colourburst and at 08:45 for the longer distance races.

#### 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 finish time)	Arrive Race HQ	Briefing	Start
Colour	500m Colourburst	08:25 - 08:40	08:50	09:00
Colour	2km Colourburst	08:25 - 08:40	08:50	09:00
Event Wave 1	Station Half - WAVE 1 (less than 2hrs 15mins)	09:00 - 09:10	09:50	10:00
Event Wave 2	Marathon (all)	09:05 – 09:15	10:00	10:05
Event Wave 3	Valley Half - WAVE 1,2 (all)	09:20 - 09:30	10:10	10:20
Event Wave 4	Station Half - WAVE 2 (more than 2hrs 15mins)	09:30 - 09:40	10:20	10:30
Event Wave 5	Valley 10km - WAVE 1 (less than 55mins)	09:45 – 09:55	10:35	10:45
Event Wave 6	Valley 10km - WAVE 2 (less than 60mins)	09:55 – 10:05	10:45	10:55
Event Wave 7	Valley 10km - WAVE 3 (between 55-65mins)	10:05 – 10:15	10:55	11:05
Event Wave 8	Valley 10km - WAVE 4 (between 55-65mins)	10:15 – 10:25	11:05	11:15
Event Wave 9	Valley 10km - WAVE 5 (all)	10:25 – 10:35	11:15	11:25
Event Wave 10	Valley 10km - WAVE 6 (more than 65mins)	10:35 – 10:45	11:25	11:35

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

#### Notes



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 7, so will collect their numbers from desk 7, 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 colourburst events as we would like to keep this participation focused.

