

**Les Croupiers Running Club**  
**28<sup>th</sup> Welsh Castles Relay 2010**

**12<sup>th</sup>/13<sup>th</sup> June**

[www.lescroupierswcr.org](http://www.lescroupierswcr.org)

Dear Fellow Runner,

**WELSH CASTLES RELAY 2010**

You are cordially invited to apply for the 2010 Castles Relay. The 28<sup>th</sup> running of the race will take place on the Saturday 12<sup>th</sup> and Sunday 13<sup>th</sup> June.

Please return the Application Form by Friday 5<sup>th</sup> March with the appropriate entry fee to the **Deputy Co-ordinator**. The entry fee has been raised by £50 per team, which will help to cover significant increases in some of the costs of organizing the race. We will accept 55 entries for the 2010 race and you will receive notification of whether your application has been successful or not by the middle of March. If unsuccessful your fee will be returned. All cheques to be crossed and made payable to: - '**Les Croupiers Running Club**'.

Once again there will be trophies for the first team overall and for the first team in each of the categories. The Kings, Queens and Monarchs of the Mountains Competitions will again be held this year over six tough hilly stages. There will be awards to each of the 20 stage winners and a finisher's memento for each competitor.

The qualifying age to take part in the Veterans Category will once again be 35 for both men and women. We hope that this will encourage some clubs to consider entering a Veterans team and thus making that category stronger and more competitive

There is no restriction on the composition of mixed teams in the Open Category. Entries **may** be accepted from combined teams provided this is to allow the necessary number of runners to be assembled rather than to field a strong or elitist team. **Only first claim runners may run for affiliated teams with no exceptions.** We will be asking all teams taking part to confirm their compliance with the above before the event date. To be eligible to compete for a Business House a runner must be a **direct employee** of the business concerned, **or a spouse, son, or daughter of such an employee.**

I anticipate that as usual we shall be over-subscribed; if this proves to be the case the organisers will attempt to run a well-balanced competition. Please note that both the Veterans and ladies Categories are generally undersubscribed. Should you be unsuccessful this year your chances of success next year is greatly improved.

Please note, selection is **not** on a first come first served principle, but also note, that if it arrives after the closing date it will be returned.

The entry fee covers very basic accommodation for a limited number of runners at Arfon Leisure Centre, Caernarfon, on the night of **Friday 11<sup>th</sup> June** and similar accommodation on the night of **Saturday 12<sup>th</sup> June** at Newtown. If bed and breakfast type facilities are required, then Clubs or individuals must arrange and pay for these themselves. Please note that owing to a rugby tournament accommodation in Caernarfon will be in very short supply, but please remember that only a few members of the team need be based close to the start and accommodation should be available within a reasonable distance of the first few stages of the race.

Please note that successful teams will receive race information by e-mail. Therefore, your nominated person to receive this data should have a suitable computer capable of downloading large files. Once again you will have to register your squad on-line directly with the Results Service.

If you require additional information, please do not hesitate to make contact.

Yours sincerely

Richard B.

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## Entry Rules

1. Each team will have 20 runners.
2. Each runner may run over one stage only, for one team only. He or she may run for a Business House, if eligible, as well as his or her affiliated team, but **not** on the same leg.
3. Mixed teams of male and female athletes are permitted.
4. Only **first claim** runners may run for affiliated teams, with **no exceptions**.
5. Runners for Business House teams must be a direct employee of the business concerned, or a spouse, son, or daughter of such an employee.
6. Masters/Veterans are males/females aged 35 or over on the day of their race.
7. Teams are accepted on the understanding that they will supply marshals as requested.

## Race Rules

1. Each stage has a cut off time. This cut-off time is the maximum time that will be applied to any runner who has been recorded by the 'Starter' and who participates with the intention of completing the stage. If a team fails to get a runner to run the stage at all, the cut-off time plus 15 minutes will apply.
2. Runners are timed over their stage, and the times for all stages are summed to give the total team time.
3. Runners will wear the identifying numbers on both the front and back. Veteran runners must ensure that the identifying 'V' on their front is visible. Lady runners must ensure that the identifying 'F' on their front is visible.
4. Pacing or protecting a runner from wind is not allowed.
5. It is the runner's responsibility to follow the correct route. Maps and instructions will be supplied to each team. No lead vehicle is supplied. Runners should keep to the left hand side of the road at all times, except when instructed otherwise. If a runner is observed by an official to have transgressed this rule they will receive an automatic **five** minute time penalty. **NB** this will be a cumulative penalty: the second incident will incur a ten minute penalty and a third report will result in disqualification.
6. The wearing of IPODs/MP3 players or other similar devices while competing will not be permitted on the grounds of health and safety. Severe penalties will be imposed on any runner/team seen to be using such equipment.
7. The use of water cannons and water pistols are not permitted.
8. The prize for the first veteran (male or female) on a leg is given to the first veteran after the first runner on the leg.
9. No training or cycling is allowed on the route of a stage during the running of that stage. These activities will result in a severe frown from the race officials, and in extreme cases will result in a fixed one-minute time penalty being applied to the team whose members offend.

## Points to Note

1. The organisers attach great importance to the spirit in which the event is run. Teams are relied on to conform to standards of good fellowship and sportsmanship to make the event enjoyable to all, without the necessity for rules to take account of every possible occurrence. If you are in doubt about a contemplated action, ask the Umpire.
2. All runners start each stage simultaneously, normally as the first runner from the previous stage finishes, although this may be varied at the organisers' discretion to suit local conditions. Thus each stage functions as a separate race.
3. Each team is responsible for getting runners to a changeover point on time and for picking up spent runners. Coaches are not allowed for this event because of narrow roads and parking.
4. Les Croupiers RC will supply the Race Umpires and their decisions will be final. For safety reasons, the race rules will be firmly enforced.

5. The race organisers will supply a vehicle to follow the last runner and warn traffic of runners ahead. They will also supply Timekeepers, Flying Marshals, and other necessary officials. Timekeepers are responsible at changeovers for the actual position of the starts and finishes and their relative times.

**APPLICATION FOR ENTRY**  
**THE WELSH CASTLES RELAY 2010**

I wish to enter the following team for the Welsh Castles Relay 2010: -

Name of Team.....

Category to be entered: - (Please tick one)

Open	Ladies	Masters/ Veterans	Business House

N.B. For masters'/veterans' teams, all male and female runners must be **35 or over** on the day of their race.

Is the team to be mixed (i.e. Men and Women)? .....

If a combined team is being entered, please indicate the reason, the proposed structure of the team, likely numbers and the Clubs involved.

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I enclose the sum of £                      with this application.

**Athletic Club entry fee £325. Business House entry fee £550.**

Cheques to be made payable to: LES CROUPIERS RUNNING CLUB and posted to:

Richard Brewer, Deputy Co-ordinator, 10 St James's Mews, Severn Grove, Pontcanna, Cardiff, CF11 9ET

Signed ..... Date .....

Name / Address for correspondence: -

(Please print details)

.....

.....Post Code .....

Home Tel. No. .... Daytime Tel. No. ....

Email.....

N.B. If you wish to make multiple entries, please copy this form for each category entered.

**CLOSING DATE Friday 5th March 2010**