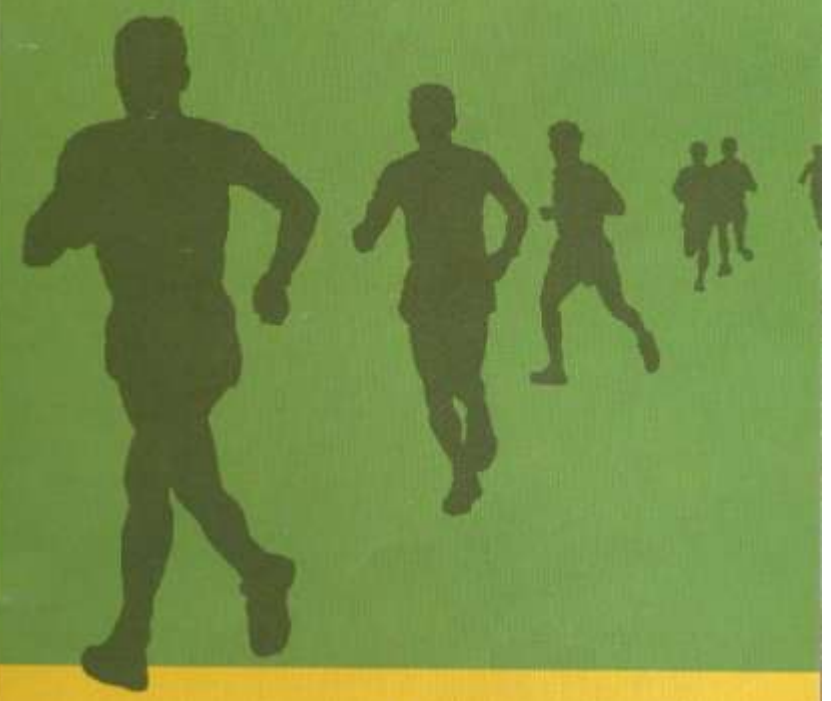
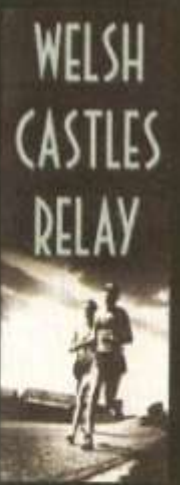


Welsh Castles Relay

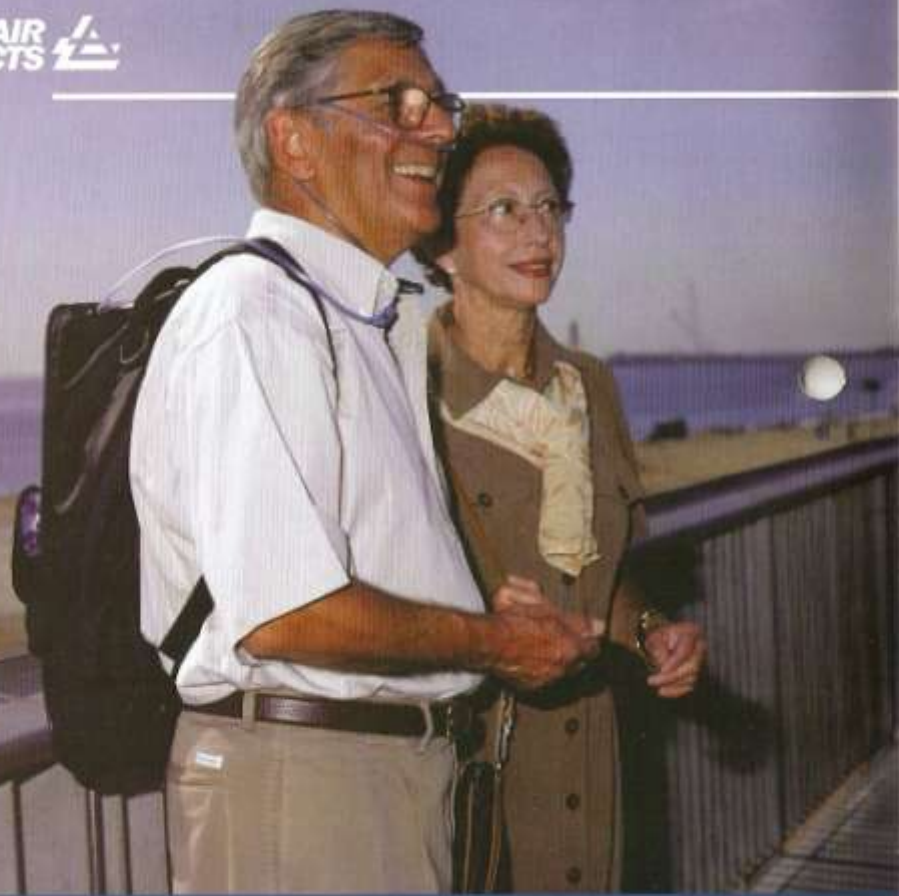


2002

Programme



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Design - Esther KilBride



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Prologue

In this year's programme you will find details of the race, as you expect. This is previewed by an enthusiastic contribution by the unique Mick McGeoch. Mick is both a Castles ever present as well as a London ever present, a unique position in a society where the word unique is much abused.

We are all aware of the increasing amount of traffic that there is on the roads these days. It is in the light of this that UK Athletics are putting together a code of practice for road running. This race has adhered to the code of practice, and this has meant the provision of many more marshals and many more road signs. In the past, the Castles has not guaranteed to marshal the route and runners have been expected to find their own way. Indeed one year a team took a significant wrong turn, but such was the nature of the event the marshals were not permitted to let them know! Such a situation is not allowed today as the whole route must be marshalled and signed.

I have asked all of the teams to play a major role in this undertaking by supplying a set of marshals for one stage each. In this way we are able to run an event that would otherwise be impossible.

So a very big thank you to all the teams for helping to make the event work. Let's all work together so that the race can continue the tradition of being the most friendly racing experience.

Have a nice weekend
- renew old acquaintances
- make new friends.

Geoff Cram

Race Organiser

2002 Castles Relay Race Preview

Can it really be twenty years since the first Castles Relay? Maybe the years do seem to slip by quicker and quicker, but that first pilot run to test the feasibility of the event seems like yesterday. When we started it felt like a journey into the unknown, but none of the 21 guinea pigs who took to the roads of Wales that weekend could possibly have imagined the impact the relay would have. The first three races, held in 1983-85, followed the traditional relay format, with the event starting on the Saturday evening, running through the night and finishing early on the Sunday afternoon. However, the demand from teams to take part led to the inevitable decision to change the format to twenty individually staged races - the disparity between anticipated finishing times would have made the relay unmanageable otherwise.

The race has changed in many ways over those 20 years. From six teams in 1983, we now entertain a massive 55 teams - that's 1100 runners in all. Add to that all the drivers, support crew, marshals, timekeepers etc. - probably 1500 people are involved in this amazing running circus which takes to the roads each year. The actual stages have had to be changed also, to make the event as safe as possible. Given the narrow nature of many of the roads, we would ask everyone to abide by the advice given by race stewards - we are quite keen to hold the race next year too!

Given the ever-increasing size of the race, new sub-sections have been created to enhance the competition for everyone. 1986 saw the introduction of the first Ladies Team event, plus the first Business House race. I think it particularly important to mention all the Business Houses who have taken part, for it has been their financial backing which has ensured the race's viability. Then in 1989, in due deference to the aging nature of our clientele, a Veterans team competition was introduced, together with a Kings of the Mountains sub-section. In 1994 a Queens of the Mountains section was added. And when I say Mountains, I mean mountains, these aren't just bumps in the road. One of the things about this amazing event is that it always seems tougher than how I last remembered it. There are two types of stage, hard and very hard!

The most important factor of all, which any runner will tell you, is the camaraderie. It doesn't matter who you are, or which team you're running for - here, everyone cheers for everyone else. World beaters run with absolute novices, that's what makes our sport so great. Lots of the runners and teams participating will have been here many times before. However, we are delighted to welcome eight new teams this year - we feel sure that like us, you'll be Castles devotees by the time the weekend is over. We've played hosts to international teams before, but this year we're especially pleased to welcome teams from Amsterdam and Los Angeles. We hope you find the Welsh hospitality to be every bit as good as you expected!

As everyone will be aware, we have held the race every year since 1982, except last year, when the outbreak of foot and mouth disease led to inevitable cancellation. Although we were, of course, very sorry not to be able to run, the disease did put things into context. Sometimes we take the splendour of our countryside for granted. Maybe the passing of a year will help us respect the countryside and its inhabitants a little more.

So welcome to the Castles Relay.
Have a great run and enjoy yourselves - safely.

See you on the road.

Mick McGeogh Programme Editor and Castles Relay Ever-Present

Race Line-up

OPEN (37 Teams)

No.	Club
1	3M Gorseinon R.R.
2	Amsterdam Phanos
3	Brackla Harriers
4	Bridgend A.C.
5	Bromsgrove & Redditch A.C.
6	Cheltenham & County Harriers
	City of Bath A.C.
8	Clevedon A.C.
9	Dulwich Runners A.C.
10	East Cheshire Harriers & Tameside A.C.
11	Great Western Runners
12	Les Croupiers R.C.
13	Llisbury Runners
14	Middleton Harriers
15	Neath Harriers
16	North Fylde A.C.
17	Penarth & Dinas Runners
18	Peugeot UK A.C.
19	Pontypridd A.C. "A"
20	Pontypridd A.C. "B"
21	Poole Runners
22	Prestatyn R.C.
23	San Domingo/Club 69
4	Serpentine R.C. (S.M.)
25	St. Babs Strollers
26	Starfish "A"
27	Starfish "B"
28	Stragglers
29	Stroud & District A.C.
30	Swansea Harriers A.C.
31	T.R.O.T.S.
32	Thames Hare & Hounds Club
33	Thornbury R.C.
34	Trent Park R.C.
35	Wrexham Triathlon Club
36	Wrexham A.C.
55	Salford Harriers

VETS (7 Teams)

No.	Club
37	Bristol A.C.
38	City of Bath A.C.
39	Les Croupiers R.C.
40	Police Athletic Association
41	Telford Harriers
42	Thames Hare & Hounds Club
43	Wirral A.C.

LADIES (5 Teams)

No.	Club
44	Cardiff A.A.C.
45	Les Croupiers R.C.
46	Mercia Ladies
47	Middleton Harriers
48	Serpentine R.C.

BUSINESS HOUSES (6 Teams)

No.	Club
49	Air Products PLC
50	Corus Strip Products
51	L.A.P.D.
52	NCM Nomads
53	Netregs
54	South Wales Police A.A.C.

Milages - Cut-off Times & Timetable

Friday 7th June

Overnight accommodation at Arfon Leisure Centre.

Saturday 8th June

11.00 AM Race Start Caernarfon Castle
8.00 - 9.00 PM Stage 10 Finish in Newtown

Overnight Accommodation at Maldwyn Leisure Centre

Sunday 9th June

7.00 AM Race Re-Start Stage 11 from Newtown
4.00 - 4.30 PM Race Finish in Cardiff Castle
4.30 PM Race Presentation in Cardiff Castle
4.30 - 6.30 PM Post Race Reception at Llandaff Rugby Club

Stage	Start	Mileage	Route	Cut-off (Mins)
1	11.00	9.1	Caernarfon Castle - Penygroes	91
2	12.00	10.7	Penygroes - Criccieth Castle	107
3	12.55	12.1	Criccieth Castle - Maentwrog	121
4	14.00	9.4	Maentwrog - Harlech Castle	94
5	14.50	9.4	Harlech Castle - Barmouth	94
6	15.40	11.0	Barmouth - Dolgellau	110
7	16.35	9.8	Dolgellau - Dinas Mawddwy	98
8	17.25	10.9	Dinas Mawddwy - Foel	109
9	18.10	8.6	Foel - Llanfair Caereinion	86
10	18.50	13.3	Llanfair Caereinion - Newtown	133
11	7.00	12.3	Newtown - Llanbadarn Fynydd	123
12	8.05	10.9	Llanbadarn Fynydd - Crossgates	109
13	9.00	10.3	Crossgates - Builth Wells	103
14	9.55	10.6	Builth Wells - Drovers Arms	106
15	10.55	12.4	Drovers Arms - Brecon	124
16	11.55	8.8	Brecon - Beacons Reservoir	88
17	12.40	10.6	Beacons Reservoir - Rhydycar	106
18	13.40	9.1	Rhydycar - Navigation Park	91
19	14.25	10.4	Navigation Park - Caerphilly Castle	104
20	15.10	11.95	Caerphilly Castle - Cardiff	120

Total Relay Distance = 211.65 miles

Welcome to new teams.....

No. 1 3M Gorseinon Road Runners

They are a small mixed club with about 35-40 members, with ages ranging from 27 to 69 and all sizes and abilities. The club started back in 1989 when a group of runners from the 3Ms plant in Gorseinon, Swansea started training for the 3M inter-location road races, in order to obtain some small funding from the company a committee had to be formed and from this the club started. They meet on Wednesdays in the Penyrheol Leisure Centre, and after a short warm up in the gym do mainly speed work in and around the area.

They had seven members competing in this year's London Marathon, with one member getting under three hours for the second year running, the others all easily beat the man in the diving suit! Several of the members participate in cycling, triathlons, and duathlons and this year three members completed the Lanzarote Ironman. They are a very social club, organising many quizzes, camping/cycling weekends etc. and like to raise money for charity whenever they can, last year the club raised £2000 for Macmillan Cancer by running from St David's to Gorseinon, Swansea. In November of this year 30 members of the club are going to Benidorm for a week to compete in the Benidorm Marathon and Half Marathon (anyone who wants to join them, they are raffling two free places).

No. 2 Amsterdam Phanos

The club was formed in 1999 after the merger of two clubs, who both wanted to use the refurbished Olympic stadium in Amsterdam. Phanos now has its headquarters at the stadium, with impressive facilities for the 1000+ members. Phanos members compete in track and field, road racing and cross country events throughout the whole range of age groups. There is also a large contingent of health conscious socially motivated runners, who help create a very friendly atmosphere at the club. Many foreigners are attracted to the club, the senior group of middle and long distance athletes for example, boasts Moroccans, Ethiopians, Kenyans, Egyptians and a couple of Brits amongst their number. The most famous member of Phanos is probably Lorna Kiplegat, although older runners will certainly know of Fanny Blankers-Koen, who is still a member of the club (winner of four gold medals at the 1948 Olympics in London). Phanos organises many running events in the Amsterdam area, probably the most important is the Amsterdam Marathon, which takes place each year during October. More than 300 volunteers from Phanos help to make this event a success.

The name Phanos derives from the Greek word for torch, which is, of course, associated with running and the Olympic Games.

No. 3 Brackla Harriers

Brackla Harriers started in 1997 with around twenty members so they are still in their infancy compared to clubs like Les Croupiers. In 1996 a few like-minded members of a local gym decided to meet up on Sunday mornings for a regular run, they enjoyed the experience and decided to set up a running club from the gym. However, after a bit of a tiff with the gym owner the runners decided to leave the gym and find new headquarters. The old club was disbanded and BRACKLA HARRIERS was born - the Phoenix logo was adopted to symbolise the new club born from the ashes of the old.

They now have approximately 40 members ranging from sub six minute milers to the very sedate 10+ minute milers, so finding 20 runners capable of running the distances required for the Castles proved very difficult, but the chance of a social weekend away was too good to miss.

Nos. 26 & 27 Starfish

Starfish is a charitable organisation that was formed in 2001 by a group of South Africans living in London. Starfish is seeking to build a community of people in London and around the world, heightened in its awareness of the problems created by AIDS and passionate in its determination to overcome them.

Starfish dares to believe that everyone can be part of the solution, positively impacting the lives and prospects of the million AIDS orphans living in South Africa. Since its first event in June 2001, Starfish has raised over £45,000 and enrolled almost 1000 people in making a difference.

Whilst they wait for their charitable status to be approved, Starfish is operating in association with HopeHIV, a registered charity in the UK, who have defined their mission as being responsible for the financial adoption of the AIDS orphans in Africa - "the greatest adoption in history".

No. 51 Los Angeles Police Department (LAPD)

The LAPD has been involved in long distance relay running for decades, commencing in 1968 with a race against the Los Angeles County Sheriffs Department, the second largest law enforcement agency in Los Angeles County. This was the start of an enduring friendly rivalry between the agencies.

Long before running became popular, LAPD sought extreme challenges to find new hardcore competition in the long distance running arena. For example, in 1970 a group of ten officers



ran 450 miles from Los Angeles to San Francisco against the San Francisco Police Department. The race adventures kept intensifying and in 1976 a book was published about fourteen crazy LAPD officers who ran across the United States (over 3500 miles). Chuck Foote, LAPD's retired Athletic Director has been instrumental in paving the way for members of the LAPD running team to

compete in varied and challenging runs. As part of the evolution of this effort, women have become an integral component of the team, often enabling the team to enter a mixed category resulting in higher placed finishes. LAPD has received invitations to compete in races both nationally and internationally.

Some notable events that the team has participated in include the Jasper to Banff Canada, Colorado Outward Bound, Hawaii Perimeter, Oregon's Hood to Coast, and Washington's Mount Rainer Relay.

The long distance running team has become one of the long-standing traditions of the LAPD. The Welsh Castles Relay will be another chapter in the building of this tradition and will once again provide their runners with the opportunity to showcase and represent the standards, professionalism, and commitment of the men and women of the LAPD.

No. 52 NCM Nomads

NCM Nomads represent Gerling NCM, an international trade credit management company, formed by the recent merger of NCM Credit Insurance and Gerling Credit Insurance Group. Their Cologne based company has 75 offices in 41 countries worldwide, including its UK Headquarters in Cardiff Bay. Gerling NCM protects about £50b of UK trade annually.

The team is made of runners from their Amsterdam and Cardiff offices, the main locations of the old NCM company - but in future years they'll try to come back with a truly international team, drawn from all their European locations!

We don't foresee their team posing too great a threat to the main contenders, but hopefully they'll manage to complete the race, and give their members and supporters a chance to sample the delights of Wales!

No. 53 Netregs

The Netregs Team is drawn from employees of the Environment Agency plus a fine addition to the team from the Scottish Environment Protection Agency (SEPA). Drawn on operational, technical, policy and legal backgrounds, the team work directly or indirectly on the exciting Netregs project.

The project has delivered and will continue to expand a new website (www.environment-agency.gov.uk/netregs) to help small businesses understand how to comply with environmental legislation. It aims to do this by presenting the essentials of environmental legislation as practical advice, written in plain language.

Although the team is new, there are experienced distance runners who have previous experience of the Castles and who are keen to introduce colleagues to the event. Training for a majority of the team is during lunchtime through the scenic Blaise Castle Estate in Bristol. The group also train with Environment Agency colleagues in the evening from a variety of locations in and around Bristol.

Castles Stages Records

Stage	Holder	Club	Time	Year
1		NEW STAGE		
2	Paul Dyson	Swansea Harriers	59:56	2000
3	Martin Rees	British Steel	62:23	1996
4	Tom Naylor	Reebok Runners	54:56	2000
5	Geoff Hill	Reebok Runners	52:05	2000
6	Mark Morgan	Swansea Harriers	55:37	2000
7	Darren Hiscox	Bridgend AC	51:47	1999
8	Justin Hobbs	Cardiff AAC	55:14	1992
9	Richard Gardiner	South Wales Police	41:47	2000
10	Steve Braoe	Bridgend AC	67:21	1995
11	Darren Hiscox	Bridgend AC	63:40	1996
12	Gareth Davies	Bridgend AC	53:33	1993
13	Greg Newhams	Bridgend AC	52:19	1998
14	Nigel Adams	Swansea Harriers	58:35	1997
15	Jeff Secker	Swansea Harriers	61:15	1994
16	Nigel Adams	Swansea Harriers	44:35	1988
17		NEW STAGE		
18		NEW STAGE		
19		NEW STAGE		
20		NEW STAGE		

The Growing Face of the Castles

Year	Number of Teams
1983	6
1984	10
1985	12
1986	20
1987	27
1988	33
1989	35
1990	34
1991	36
1992	36
1993	37
1994	40
1995	45
1996	45
1997	44
1998	50
1999	51
2000	54
2002	55

Roll of Honour

Senior Men

1982		1984		1985	
1 Les Croupiers	20:38:06 (Pilot)			1 Les Croupiers	18:46:07
1983		1986		1987	
1 Les Croupiers	18:59:33	1 Les Croupiers	18:57:53	1 Les Croupiers	19:50:28
2 Cardiff AAC	19:30:22	2 Cardiff AAC	19:50:48	2 Bridgend AC	20:44:29
3 Wales TA	21:17:30	3 San Don./Club 68	20:30:12	3 Barry & Vale	18:26:38
1988		1989		1991	
1 Newport Harriers	17:43:19	1 Newport Harriers	18:05:25	1 Swansea Harriers	17:51:18
2 Horwich RMI	18:19:02	2 Horwich RMI	18:46:52	2 Newport Harriers	18:22:25
3 Cardiff AAC	18:21:48	3 Swansea Harriers	18:47:57	3 Horwich RMI	19:12:23
1989		1990		1992	
1 Les Croupiers	18:46:08	1 Les Croupiers	18:59:23	1 Les Croupiers	19:12:23
2 Cardiff AAC	19:00:41	2 Horwich RMI	19:21:02	2 UK Land Forces	19:13:05
3 Land Army UK	19:08:18	3 Newport Harriers	19:24:50	3 City of Bath AC	19:30:59
1992		1993		1994	
1 Cardiff AAC	19:52:41	1 Cardiff AAC	19:30:42	1 Swansea Harriers	20:26:20
2 Newport Harriers	20:10:55	2 Les Croupiers	20:45:53	2 UK Land Forces	20:35:35
3 Les Croupiers	20:32:28	3 Bridgend AC	20:46:31	3 Cardiff AAC 20:48:19	
1995		1996		1997	
1 Bridgend AC	19:16:16	1 TA Land Command	19:37:58	1 Bridgend AC	19:42:38
2 Swansea Harriers	19:51:37	2 Bridgend AC	20:10:55	2 Police Athletic Association	19:52:43
3 Les Croupiers	20:05:38	3 Middleton Harriers	20:17:50	3 Middleton Harriers	19:54:08
1998		1999		2000	
1 Swansea Harriers	19:52:23	1 Les Croupiers	20:01:27	1 Swansea Harriers	20:57:30
2 Bridgend AC	19:52:26	2 Swansea Harriers	20:19:31	2 Salford Harriers	20:44:05
3 Middleton Harriers	20:37:44	3 Middleton Harriers	20:23:17	3 Les Croupiers	21:00:05

Senior Ladies

1986 Les Croupiers	26:27:57
1987 Serpentine/Stragglers	25:44:55
1988 City of Bath AC	24:26:34
1989 Les Croupiers	25:52:34
1990 City of Bath AC	24:50:08
1991 Les Croupiers	24:59:12
1992 Les Croupiers	26:55:43
1993 Les Croupiers	26:11:30
1994 City of Swansea	25:55:53
1995 Les Croupiers	26:05:54
1996 Cardiff AAC	26:25:36
1997 City of Swansea	25:25:23
1998 Cardiff AAC	25:25:30
1999 Police Athletic Association	24:52:23
2000 Police Athletic Association	25:11:10

Business Houses

1986 Western Mail & Echo	24:18:36
1987 Rockwool	23:49:44
1988 Norwich Union	23:39:38
1989 Rockwool	23:41:32
1990 Rockwool	23:58:41
1991 PowerGen	22:38:20
1992 British Steel	21:47:23
1993 British Steel	20:55:46
1994 PowerGen	21:53:06
1995 British Steel	20:45:14
1996 British Steel	20:27:49
1997 British Steel	20:47:47
1998 Police AA	21:03:52
1999 British Airways AC	22:31:10
2000 Conus Group PLC	22:44:59

Veterans

1989 Les Croupiers	21:30:25
1990 City of Bath AC	21:00:18
1991 Newport Harriers	21:42:35
1992 Newport Harriers	23:37:36
1993 City of Bath AC	22:48:36
1994 Bristol AC	23:33:02
1995 Poole Runners	21:54:54
1996 Wimal AC	21:44:30
1997 Wimal AC	21:18:58
1998 Wimal AC	21:57:26
1999 Wimal AC	21:43:11
2000 Wimal AC	21:40:47

Kings of the Mountains

1989 Land Army UK	3:41:29
1990 Newport Harriers	3:33:56
1991 City of Bath	4:40:40
1992 Newport Harriers	4:59:04
1993 Bridgend AC	5:49:40
1994 Swansea Harriers	6:05:14
1995 Bridgend AC	6:08:19
1996 British Steel	6:18:57
1997 Bridgend AC	6:10:25
1998 Bridgend AC	6:18:51
1999 Swansea Harriers	8:25:18
2000 Salford Harriers	8:22:11

Queens of the Mountains

1994 Serpentine Ladies	7:28:05
1995 Les Croupiers Ladies	8:08:50
1996 Cardiff AAC Ladies	7:59:18
1997 City of Swansea	7:56:36
1998 Les Croupiers Ladies	7:51:26
1999 Police AA	7:43:18
2000 Police AA	7:48:48



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any environmental
legislation that
applies to them

But some form
of environmental
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wishes the best of luck to all the runners in the Welsh Castles Relay

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Acknowledgements

A race of this duration and complexity cannot function properly without a number of significant contributors. Thanks, therefore, to the following:

To Air Products PLC for their generous and enthusiastic support. They are sponsors for a third time, and this year have increased their contribution by supplying some of the supporting items. As usual they will be presenting an award to the leading veteran (both male and female) on each stage, a special award on each of the Mountain stages (unless a Stage Winner), and a team prize for the "Monarchs of the Mountains" which goes to the team of veteran athletes who attain the lowest aggregate time over the six designated mountain stages. To Corus PLC for their generous sponsorship of the "Kings and Queens of the Mountains". As always, this competition will comprise of the lowest aggregate time over the six designated mountain stages, as detailed in the competition pack.

The runners, without whom there would be no race.

The Les Croupiers Castles Relay Sub-Committee.

The timekeepers, marshals, umpires and supporters, for all their hard work in ensuring a smooth-running event.

To John Upstone and Jeff Aston for their continuing invaluable communication backup and professional expertise in computerising results.

To the British Red Cross for supplying the race ambulances.

To Arfon Leisure Centre (Caernarfon) and Maldwyn Leisure Centre (Newtown) for providing overnight facilities for the runners and officials.

The Llandaff Rugby Club for their hospitality and provision of general post-race facilities.

Entry rules

Each team will have 20 runners.

Each runner may run over one stage only, for one team only. He/She may also run for a Business House, if eligible, as well as his/her affiliated team but NOT on the same leg.

Mixed teams of male and female athletes are permitted.

Only first claim runners may run for affiliated teams.

Runners for Business House teams must be a direct employee of the business concerned or a spouse, son, or daughter of such an employee.

Veterans are males aged 40 or over, and females aged 35 or over.

Race rules

Each stage has a cut-off time. The cut-off time is the maximum time that will be applied to any runner who starts 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.

Runners are timed over their stage and the times for all stages are summed to give the total team time.

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.

Pacing or protecting a runner from wind is not allowed.

It is the runner's responsibility to follow the correct route. Maps and instructions are 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 seen by an official to be running contrary to the race instructions then a fixed 1 minute time penalty will apply.

The prize for the first veteran on a leg (male and female) is given to the first veteran on the leg, after the first man or lady on the leg.

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 race officials, and in extreme cases will result in a fixed 1 minute time penalty being applied to the team whose members offend.

Points to note

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 of encompassing it with rules to take account of every possible occurrence. If you are in doubt about a contemplated action, ask the Umpire.

All runners start each stage simultaneously, normally as the first runner from the preceding stage finishes, although this may be varied at the organiser's discretion to suit local conditions. Thus each stage functions as a separate race.

Each team is responsible for getting runners to a changeover point on time (see timetable) and for picking up spent runners.

Coaches are not allowed for this event because of narrow roads and parking.

Les Croupiers R.C. will supply the Race Umpires and their decisions will be final. For safety reasons, the race rules will be firmly enforced.

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