

**Les Croupiers Running Club**  
**30<sup>th</sup> Welsh Castles Relay 2012**  
**9<sup>th</sup>/10<sup>th</sup> June**

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

Dear fellow runner

It is already time to look forward to the summer and in doing so you are invited to enter a team for the 2012 Welsh Castles Relay (WCR). The race will take place on Saturday 9th and Sunday 10th June. Remarkably, this will be the 30th running of the event. We hope that you will make this a very special year in memory of Alan Thomas – ‘Mr Castles’ – who had been involved in the organisation of the WCR since 1988.

Please return the application form by Friday 9th March, with the appropriate entry fee, to Amanda Thompson, WCR Race Registrar (189 Mackintosh Place, Roath, Cardiff CF24 4RP; tel: 07929001048; email: [amjanette@virginmedia.com](mailto:amjanette@virginmedia.com)) who will be responsible for registration and liaison with teams this year. Amanda is a new and most welcome member of the WCR team. Please make Amanda’s life easier by cooperating with her at every stage of the race registration process.

The entry fee has been increased by £25 to help cover the additional cost of fuel and accommodation (both rose significantly in 2011). 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 the six tough hilly stages. There will be awards to each of the 20 stage winners and a finisher’s memento for each competitor.

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.

We can accommodate a maximum of only 59 teams in 2012, because we are limited by race traffic and other health and safety agreements. I anticipate that, as usual, we will be over-subscribed. Therefore, please note that selection is not on a first come first served principle. The organisers will attempt to run a well-balanced race and teams entering the Ladies,

Veterans or Business House categories may stand a better chance of selection because they are generally undersubscribed. The qualifying age to take part in the Veterans Category is 35 for both men and women. Entries arriving after the closing date will also be rejected outright. Should you be unsuccessful in 2012 your chance of success next year is greatly improved.

The entry fee covers very basic accommodation for a limited number of runners at Arfon Leisure Centre, Caernarfon, on the night of Friday 8th June and similar accommodation on the night of Saturday 9th 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 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. If your application to enter a team is successful, you will then be required to register your squad online directly with the Results Service (details to follow).

If you require additional information about race entry, please do not hesitate to contact Amanda.

Yours sincerely

*Richard Brewer*

Richard Brewer

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## Entry Rules

1. Each team must 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 must 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. If the V / F do not apply to a runner they should be removed from the race number.
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. There is no lead vehicle on any stage of the race.
6. Runners must 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. **Note:** This will be a cumulative penalty: the second incident will incur a ten minute penalty and a third report will result in disqualification.
7. The wearing of IPODs/MP3 players or other similar devices while competing will not be permitted on the grounds of health and safety. Severe time penalties will be imposed on any runner/team seen to be using such equipment. 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. If the stage winner is a veteran, the prize will therefore go to the next veteran to cross the finish line.
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 Race Coordinator or 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. No runner should re-cross the finish line after they have finished their run. When this has happened it has caused the Timekeepers confusion and delayed results.
4. Team captains are responsible for making appropriate arrangements 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.
5. Les Croupiers RC will supply the Race Umpire and his/her decision will be final. For safety reasons, the race rules will be firmly enforced.
6. The race organisers will supply a back-up vehicle to follow the last runner and warn traffic of runners ahead.

# APPLICATION FOR ENTRY

## THE 30<sup>th</sup> WELSH CASTLES RELAY 2012

I wish to enter the following team for the Welsh Castles Relay 2012:

Name of Team.....

Category to be entered: - (Please tick one)

Open	Ladies	Veterans	Business House

N.B. For 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 £350. Business House entry fee £575.**

Cheques to be made payable to: LES CROUPIERS RUNNING CLUB and posted to:  
Amanda Thompson, 189 Mackintosh Place, Roath, Cardiff CF24 4RP

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 9th March 2012**