




Sponsored by Tata Steel, Brecon Carreg, Mizuno and Run and Become Cardiff

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6<sup>th</sup> June 2011

Dear Team Manager/Captain,

## Final Instructions Pack

This document contains the following information:

1. Stop Press notes.
2. A short note about registration.
3. Some suggestions on alternative routes to avoid the race traffic, if you are in a rush.
4. Officials' mobile phone numbers.
5. The table of marshalling duties from the Castles Reference Book.  
For those teams who participated last year, your marshalling duties remain the same.

Above all else we want this to be a safe and enjoyable weekend for all concerned. Please ask all your team and all supporters to play their part by co-operating with the marshals and officials.

It is essential that everyone involved in the race familiarise themselves with the race documentation, which is available on the WCR website for all to read.<sup>1</sup> We appreciate there is a lot of information, but this is an unusually complex event the success of which is reliant on everyone being 'on board'.

There are two big issues we'd like everyone to focus on this year. Firstly, it is essential that we do not incur the wrath of the public at any stage, since we wish the race continue (next year will be the 30<sup>th</sup> running of the event) and need the approval from a large number of organisations across Wales to run the event.

Secondly, and even more importantly, everything must be done to ensure the safety of all who participate in or support the castles. Road safety remains the key issue, hence the time and effort to improve further the risk management of the race. Therefore, we will not hesitate to apply a penalty if any runner endangers their own life, or indeed the lives of others, by ignoring the race rules or instructions from marshals. We will also take a very dim view of teams who fail in their marshalling

<sup>1</sup> <http://www.lescroupierswcr.org/wcr-resources/>  
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duties (exclusion from the 2012 race the simplest sanction!). If you have any doubts here, please contact either myself or Tim.

That said we are so very grateful for the care taken by most teams in fulfilling their marshalling duties. Many of you are now very experienced here and take pride in 'going the extra mile'. Some of you regard the marshalling and other duties that we specify as the minimum requirement and thus field more marshals, water stations etc. than we specify in the Team Packs. This is great and we encourage such behaviour - more evidence of 'the spirit of the Castles'!

The presentation ceremony will take place promptly and we have even more prizes to present this year, so please put a fast runner on stage 20 so that teams are not kept hanging around.

To perform your marshalling duties you must wear 'Marshal' bibs. Basic plastic bibs will be issued at the briefing in the Arfon Leisure Centre which starts at 09:15 am on Saturday 11th June. Feel free to bring extra or better quality bibs of your own if required.

Everyone is invited to Llandaff Rugby Club (Western Avenue) after the event, where drinks, light refreshments and the results will be available.

Thanks for your co-operation, let's hope for good running weather, and have a great weekend.

*Richard & Tim*

Ps Don't forget that this year the **Jeff Wood Award** will be presented on Stage 19 – Navigation Park, Abercynon to Caerphilly. The Award is presented to the first veteran (male or female from any team category) over the age 50.

## Stop Press Notes

### Route Clarifications

There is only one small change to the course this year on Stage 8 Dinas Mawddwy to Foel. The race will finish in the lay-by on the left just before entering the village of Foel. The stage distance is now 10.8 miles.

The following road works were noted recently:

Stage 3 – Criccieth to Maentwrog. 4.2 miles from the start junction A498/A487. There is a new roundabout under construction – part of the new Porthmadog bypass – but it has not yet opened.

Stage 7 – Dolgellau to Dinas Mawddwy. Possible Road congestion south of Dolgellau. Problems on other roads have been forcing more cars onto A470 so please give yourself plenty of time.

Stage 17 – Beacons Reservoir to Cyfarthfa Castle. Cefn Coed y Cymmer, about 0.5 miles from the finish. Race traffic to continue to on A470 until next roundabout and follow signs to Cyfarthfa Castle.

The nature of some road works is that they are 'here today, gone tomorrow'; sadly there will be others that are 'gone today, here tomorrow'. We will update the situation on Saturday morning at the briefing.

Please note that all arrows to direct runners at crucial points have been painted in **yellow** this year. A '1 Mile' to go sign will be placed on each stage, where possible.

### Race rules:

Recently introduced rules:

- Entry Rule 4: Only first claim runners may run for affiliated teams, with no exceptions.
- Race Rule 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. 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. NB this will be a cumulative penalty: the second incident will incur a ten minute penalty and a third report will result in disqualification.
- Race Rule 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.
- Race Rule 7: The use of water cannons and water pistols are not permitted.

### Race Numbers

You should be in receipt of these because they were posted four weeks ago (except for Haarlem Globetrotters, Of De Rood and Runnersworld Haarlem).

The race numbers have been kindly sponsored by Tata Steel. By default, they show each runner to be a **F**emale / **V**eteran. Please advise all runners fold back the **F** and/or **V** marker if inapplicable. Each runner must have two numbers affixed (front and back) and the remainder are to be displayed prominently on the team support vehicles. This serves two purposes;

1. To help the Marshals help you.
2. To comply with a UK Athletics requirement that race vehicles are clearly identified.

### Hydration

As you all know, the weather for the weekend of our event is often rather warm for the runners. Support crews do a magnificent job in supplying water to all runners, but you are reminded that on the 'off road' stages access can be very difficult, so ensure that on these stages your runner self caters.

Runners will be supplied with water at the finish of each stage. Two water stations will be provided on Stage 6, the first at 3 miles will supply a bottle and the second at 8.5 miles will be in a cup (CA Aberystwyth AC). Three water stations will be available on Stage 8 at 1.75 miles (Environment Agency Harriers), 4.8 and 7.9 miles (Burgess Salmon LLP), using cups. Teams and/or supporters **must not** provide fluids for or feed runners on this Stage 8. A penalty of at least the cut off time will be applied to the team responsible for feeding or providing any runner with fluids, whether their own or from another team, on this stage.

If you provide fluids for or feed any runners, please ensure that you collect any rubbish (cups and bottles etc) before leaving. We have had some complaints from residents regarding litter.

### **Red Cross/First Aid**

If a runner requires medical assistance and the Red Cross team has been contacted, please remain at the scene and do not transport the runner to any other point. Make sure that the Red Cross will be able to find you quickly by being visible; do not place the casualty in a vehicle. If the incident is more serious and an ambulance has been called, please ensure you inform the Red Cross team of this when they arrive.

Please ensure that you carry a basic first aid box for minor injuries (cuts and grazes).

Also make sure that your team has sun lotion available for runners, for it is usually hot and sunny.

**Red Cross mobile numbers: Team 1 – 07711 854192; Team 2 – 07711 854193. If you cannot contact the teams, try Mark Joseph (Event First Aid, based at headquarters) – 0772 003 8610.**

### **Marshalling Duties**

Please ensure that you are in place well in time to perform your marshalling duties as described in the Castles Reference Book. As already stressed, the safety of runners and supporters could be dependent on you. Make sure that all marshals deployed are familiar with the procedure for notifying us and summoning help in the event of a medical or other incident. We recommend that all marshals carry mobile phones and contact numbers to enable this. Also ensure that you collect your marshals' bibs at the briefing held at Arfon Leisure Centre at Caernarfon at 9.15 am on Saturday 11<sup>th</sup> June.

### **Insurance Liability**

Although we carry public liability insurance through the UK Athletics please remind all runners, spectators and officials that they take part in this event entirely at their own risk and neither Les Croupiers Running Club nor the organisers bear any liability for any loss, damage or injury to anyone taking part or supporting.

### **Arfon Leisure Centre, Caernarfon**

There will be no access to the Leisure Centre before 21.00 pm and after midnight on Friday 10<sup>th</sup> June. There is a tea/coffee and other vending machines on site for the evening and the café will open for breakfast on Saturday morning from 7 am.

Please note there is no camping available here. We do not have permission to use the adjacent school pitches, so please make use of the indoor facilities.

### **Maldwyn Leisure Centre, Newtown**

There will be no access to the Leisure Centre before 18.00. If you wish to camp please report to the reception in the Leisure Centre first. It goes without saying that those camping should be respectful of both the local residents and fellow campers, especially those who've yet to run and need their sleep. If you wish to barbecue, please ask at the reception of the Leisure Centre and you will be directed to the designated area. Please do not barbecue anywhere else. Tea, coffee and toast will be available on the Sunday morning from reception area.

### **Spot Prizes**

Mizuno has given us a number of spot prizes. These will be handed out on each stage (1 per stage) to the lucky finishers. The Mizuno spot prize will include a £30.00 voucher for Mizuno products available from Run and Become Cardiff, for use in their shop or mail order.

### **Foel Caravan Site**

NB: The toilets **are not** available to runners or supporters. This is private property so please do not enter the caravan park.

### **Sunday Breakfast and Toilets**

The New Inn, Llanbadarn Fynydd, will again be offering breakfast refreshments.

### **Cardiff Castle Presentation**

Prizes and Awards will be presented by Tim Rutter, Head of Communications, Tata Steel, our sponsor and Nick Palit, BBC Reporter, who would also like to interview runners with diabetes. If you have a runner with diabetes please let us know by contacting Sasha Macken (email: [sasham@cken.org.uk](mailto:sasham@cken.org.uk)) of the Organizing Committee.

Entry to the grounds of Cardiff Castle is free to supporters of the Welsh Castles Relay who are attending the Presentation Ceremony, but you must enter through the North Gate from Coopers Field. Please **do not** use the Main Entrance on Castle Street. The Interpretation Centre Café will be open until 17.30 for light refreshments. Please make use of it.

## Registration

1. You have provided us with a list of **all** your potential runners on the Squad Declaration form. On this form each runner's name was written on a line against a four figure number. This is known as the **squad number**.
2. Please make sure your runner gets to their stage in good time - you know it makes sense.
3. The race start official will call out the team names, your runner will need to tell him the team number and their individual squad number within the team. Please ensure that your runners know team and squad numbers! Write it on the back of their race numbers.
4. In some cases the runner will have to point out that they have been registered with a different team. This happens when clubs supply more than one team and runners swap at the last moment. It can also happen if runners compete for a business house.

NOTE You may find it useful to keep a copy of your Squad Declaration form in each of your vehicles. This will help your runners to check their squad number before they come to register. You could write it on the back of the number as a reminder.

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### Some alternative routes that may help you to get there quicker

Stage	Some short cuts
1	A487 direct to Penygroes
2/3	At Goat Inn, stay on A487 for Tremadog/Garreg
3/ 4	Stay on A497 for Porthmadog, then A487 to Maentwrog
3/4/5	Turn right at Penrhyndeudraeth and cross Toll Bridge to join A496 for Harlech. The turn is at a cross roads where left is A4085.
6	A496 direct to Dolgellau
7/8	Avoid Dinas Mawddwy village
8/9/10	At Brigands Inn, stay on A470 then A489 to go directly to Newtown
10	A458 to Welshpool, then A483 to to Newtown is further, but likely to be quicker.
14/15	A470/A40 goes direct to Brecon
14/15	B4520 direct from Builth avoids Drovers, <u>but</u> likely to get stuck at Upper Chapel
17/18/19/20	Use A470 at any time to get there quicker

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## Telephone Numbers

Name	Phone	Name	Phone
<b>Race Coordinators</b>		<b>Race Referees</b>	
Richard Brewer	07905 502366	Alan Thomas	07886 590431
Tim O'Sullivan	07970 973625	Jeff Aston	07814 879927
<b>Red Cross</b>			
Team 1	07711 854192		
Team 2	07711 854193		
Mark Joseph	07720 038610		
<b>Start Umpire</b>			
Paul Stillman	07970 755362		

When to contact the above officials:

### **Race co-ordinator or Deputy Co-ordinator**

- If there is a serious incident of any kind (e.g. accident) involving a runner, supporter or member of the public.
- If there is an incident or obstruction that may prevent a stage from beginning or being completed (e.g. traffic accident, road works).
- If marshals are not present at any point on a stage and the arrival of runners is imminent.

### **Race Co-ordinators or Race Referees**

- If you have evidence that one or more runners has infringed a race regulation.

### **Start umpire**

- If a runner in your team is unable to begin a stage or may be a few minutes late.

### **Red Cross**

- In the event of an incident that requires medical support that is not sufficiently serious to require the emergency services (i.e. an ambulance).

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## Team Marshalling Points

### TEAM MARSHALLING DUTIES

Team No	Competing club	stage	No of marshals	stage	No of marshals	Team No	Competing club	stage	No of marshals	stage	No of marshals
1	Abergele Harriers	1	5	18	2	44	Bitton Road Runners (Ladies)	16	6		
2	Athletau Aberystwyth AC	6	6	Includes Water Station duties at 8.6m		45	Les Croupiers RC (Ladies)	20	7		
3	Altrincham & District AC	3	6			46	Sale Harriers (Ladies)	13	6		
4	Bitton Road Runners (Open team)	2	3	17	3	47	Serpentine RC (Ladies)	5	6		
5	Blackpool, Wyre & Fylde AC	15	5			48	South West Road Runners (Ladies)	15	7		
6	Brackla Harriers	7	7			49	3M Gorseinon RR.	16	5		
7	Bridgend AC	18	6			50	Denbigh Harriers	3	4	7	4
8	Bromsgrove & Redditch AC	1	6			51	Les Croupiers (Vets)	20	7		
9	Chepstow Harriers	15	5			52	Serpentine (Vets)	16	3	17	3
10	Clevedon AC	3	7			53	Swansea Harriers (Vets)	19	6		
11	Dulwich Runners	8	5			54	Thames H. & H.(Vets)	14	4		
12	Eastleigh RC	10	8			55	Burges Salmon LLP	8	6	Water station duties at 4.8m and 7.9m	
13	Ellesmere Port Runners	9	5			56	Environment Agency Harriers	8	3	Water station duties at 1.75m	
14	Great Western Runners	18	7			56	Environmental Agency Harriers	18	4		
15	Haarlem Globetrotters	10	7			57	Runners World Haarlem	3	4		
16	Les Croupiers RC (S Men)	20	6			58	South Wales Police AC	7	4	15	2
17	Liswerry Runners	13	6			58	South Wales Police AC	17	2	19	2
18	Lytham St Annes R.R.	2	7			59	Tata Steel	10	4	19	4
19	Manchester YMCA Harriers	6	7								
20	Middleton Harriers	4	6								
21	Mornington Chasers	4	2	9	4						
22	Neath Harriers AC	12	5								
23	Of de Rood	15	4								
24	Penarth & Dinas Runners	20	8								
25	Poole Runners	16	5								
26	Port Talbot Harriers AC	8	2	19	6						
27	Sale Harriers (Men)	5	7								
28	Salford Harriers AC	1	7								
29	San Domenico RC	19	5								
30	Sarn Helen Club	19	6								
31	Serpentine RC (Men)	6	3	13	4						
32	Stragglers	11	5								
33	Stroud & District AC	14	6								
34	Tattenhall Runners	17	5								
35	Team Bath AC	10	7								
36	Thames H. & H.(Open Team)	4	3	5	4						
37	TROT's	1	6								
38	Vale Royal AC.	2	7								
39	Village Vipers	19	6								
40	Wesham Road Runners	7	5								
41	Wigan Phoenix	14	5								
42	Winchester & District RC.	3	4	12	4						
43	Wirral AC	4	6								