

29th WELSH CASTLES RELAY 11th and 12th JUNE 2011

TATA STEEL



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

ADVICE AND INFORMATION

Pre-Race Briefing

It is essential that team officials meet for the race briefing at Arfon Leisure Centre, Caernarfon at 9:15 am on Saturday morning. It is here that we issue your teams marshalling bibs and inform you of any last minute race changes.

You are strongly advised to send your first three runners and 'officials' ahead by private car, or avail yourselves of the basic accommodation that has been arranged at Arfon Leisure Centre from 10.00 pm Friday, until 8.00 am Saturday.

The start time at the gates of Caernarfon Castle is 10:30 am on Saturday.

On each leg

The Starter will call out the team names; each runner must make themselves known by giving his/her team number and squad number; *you should write this on the back of their number*. This information is essential so please ensure your runners have this detail beforehand.

If you are late we will not delay the start and your team will have to miss the stage and incur a time penalty (Race Rule 1).

If you do not have a runner for a stage please inform the Starter or Timekeeper so that the start is not unnecessarily delayed.

Route Finding and Marshalling

With the exception of the 'Off Road' stages, there is no lead vehicle. It is the runners' responsibility to know the route, but there should be marshals at all points where there is a need to cross a road as indicated in the Route Description section. We advise a recon of their stage by each runner. Every attempt will be made to put prominent route markers at significant locations (yellow painted arrows). A '1 Mile' to go sign will be placed on each stage, where possible.

The primary role of the marshals is to ensure the safety of the runners, in particular at the designated crossing points. Under no circumstances must runners cross a road (i.e. from **left to right** or vice-versa) without the direction of a marshal.

Camaraderie

It is particularly important that the spirit of the event is observed; for instance pacing in order to improve a competitive performance is not allowed, but running with a colleague who is in trouble at the rear of the field, to give moral support, is permitted.

Cheering and giving drinks is much appreciated by all runners.

Runners must not be given drinks from moving vehicles and not at all on stage 8 (Official water stations are provided).

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The running line

The roads will not be closed. Therefore, for the safety of the runners and other road users, runners must run in accordance with the directions described in *The Castles Reference Book* and as instructed by the race marshals. This may only deviate if local circumstances dictate. Under no circumstances should runners make up their own minds on which side of the road to run. You will notice that this normally means keeping to the left-hand side of the road, but, to repeat, follow the directions given by the marshals. Above all else do not cross the road anywhere other than when directed. Any runner who is observed by an official to have transgressed this rule will receive an automatic **five** minute time penalty.

NB. This will be a **cumulative penalty**; we do not want runners to shrug their shoulders, consider the damage done and cut more corners to make the time up. Two separate reports mean **ten** minutes; three reports runner **disqualified**.

Late finishers

The cut-off times are designed so that even the slowest runners can get inside them. Timekeepers will always try to stay at a changeover until all the runners are in, but cannot remain long after the cut-off time. If a runner appears to be in difficulty the safety vehicle official may request that the runner withdraws from the race. Any runner who insists on continuing against this advice will be reported to the umpires and will be treated as if they had not started the leg.

If a runner fails to finish, the cut-off time will be applied, but it is the responsibility of the team to collect their runner.

Inform either the Timekeeper or Race Coordinator if a runner withdraws, before the finish of a stage to avoid unnecessary delay.

Health and Safety

There will be a safety vehicle following each leg advising other road users that a race is in progress. There are also two fully equipped Red Cross vehicles staffed by medically skilled personnel.

In the event of a runner or a supporter requiring medical attention telephone the RED CROSS on 07711 854192 or 07711 854193 giving the incident detail and location. Please remain near this location to await the arrival the medical crew.

Should you fail to make contact with the Red Cross please telephone the Race Co-ordinator.

If the incident is of a more serious nature firstly dial 999 and then inform the RED CROSS medical crew of your actions.

At the end

Shortly after the lead runners finish in Cardiff Castle the most significant results are computed to allow the award ceremony to commence.

The awards will be presented promptly, so please put as strong a runner as possible on this stage so that they do not miss these presentations.

Please note that 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.

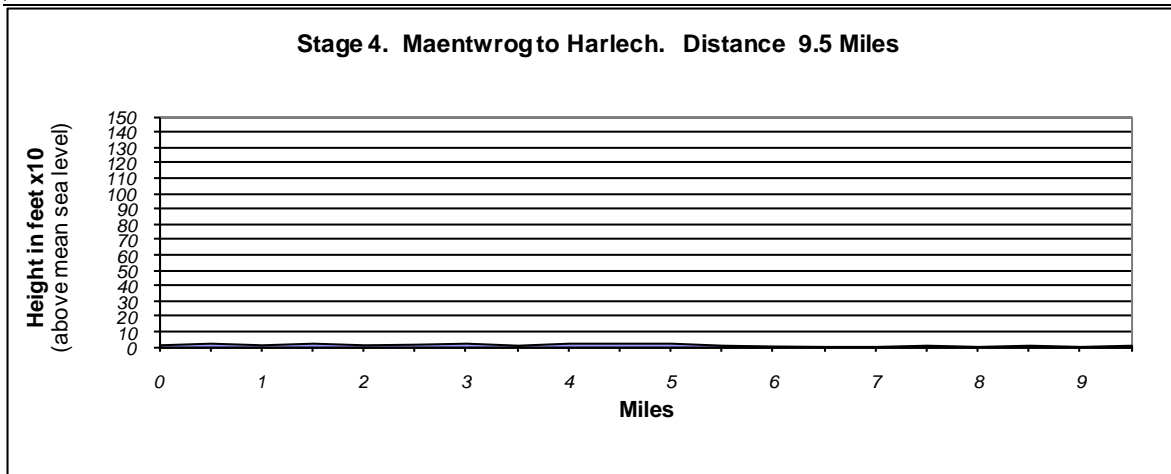
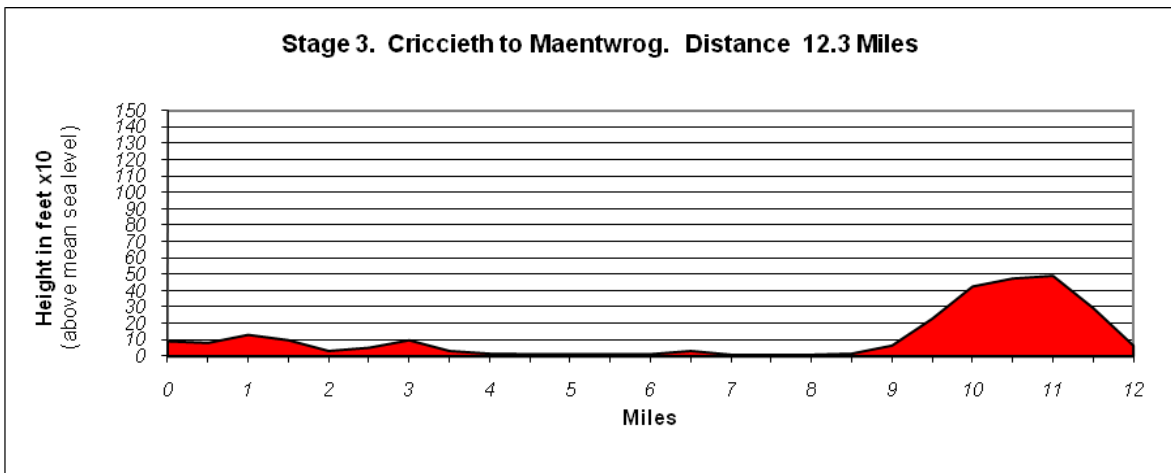
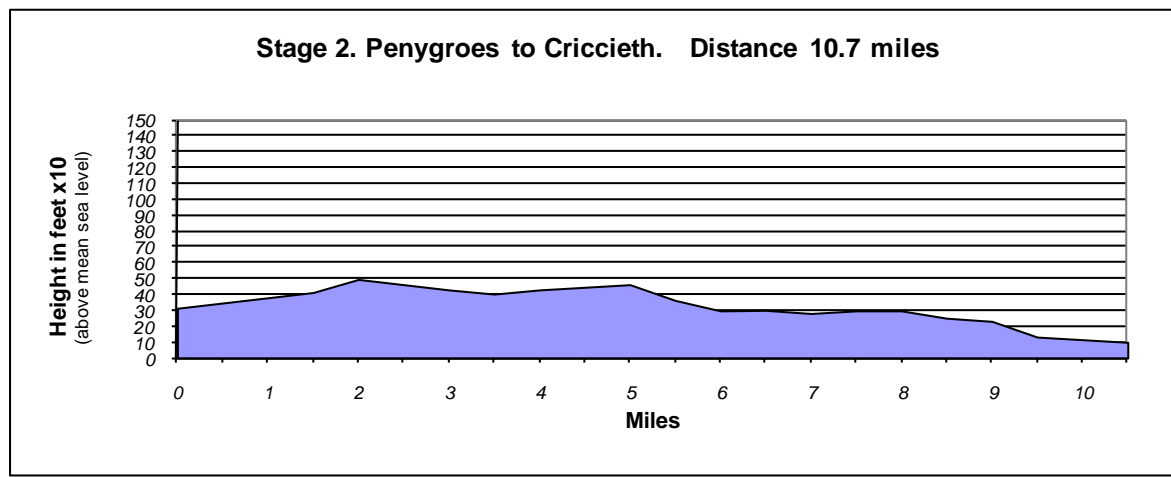
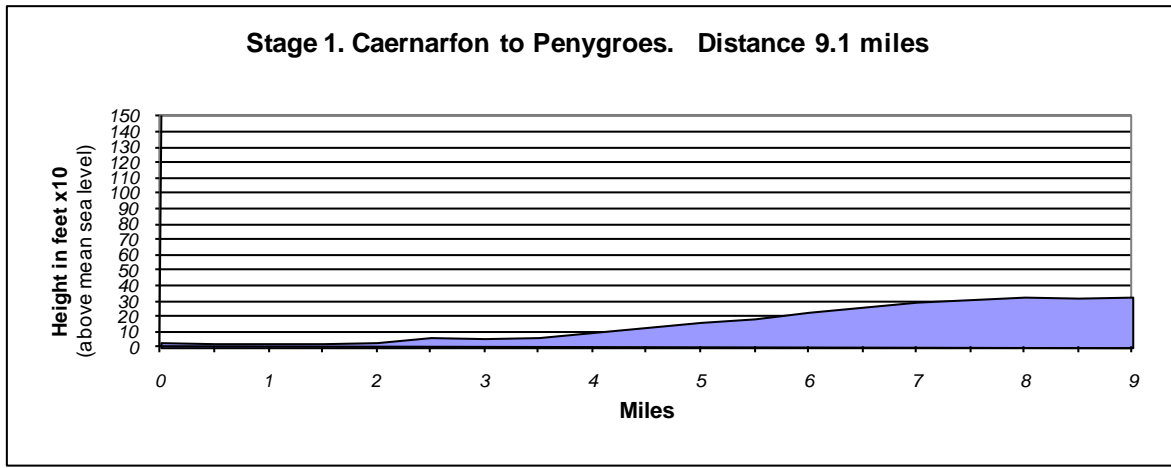
STAGE MAPS

Details of all twenty stages of the Welsh Castles Relay race can be downloaded from the following site:

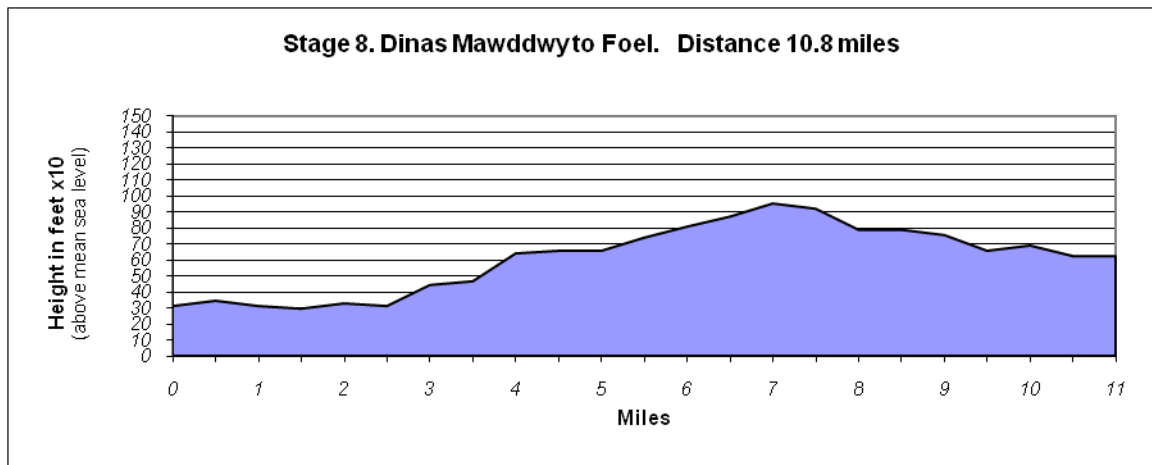
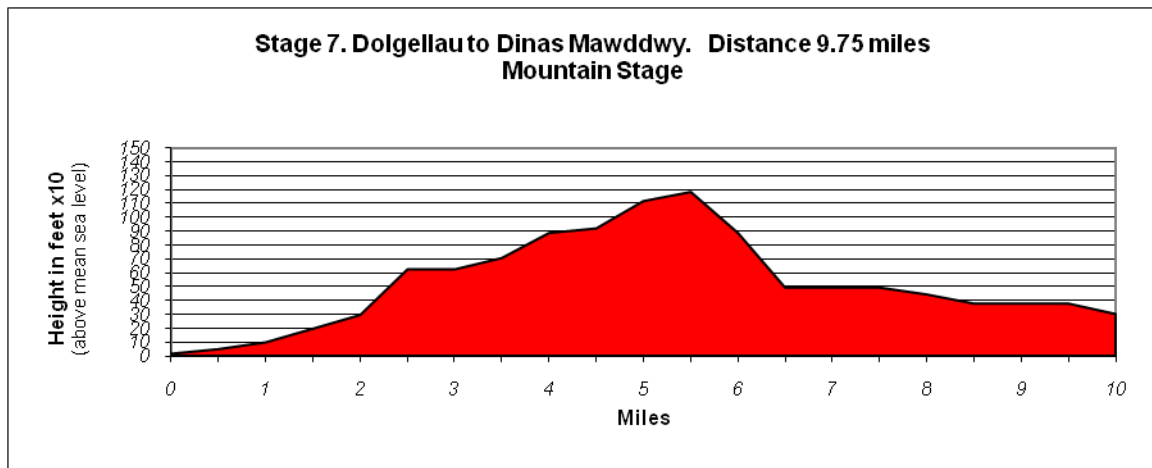
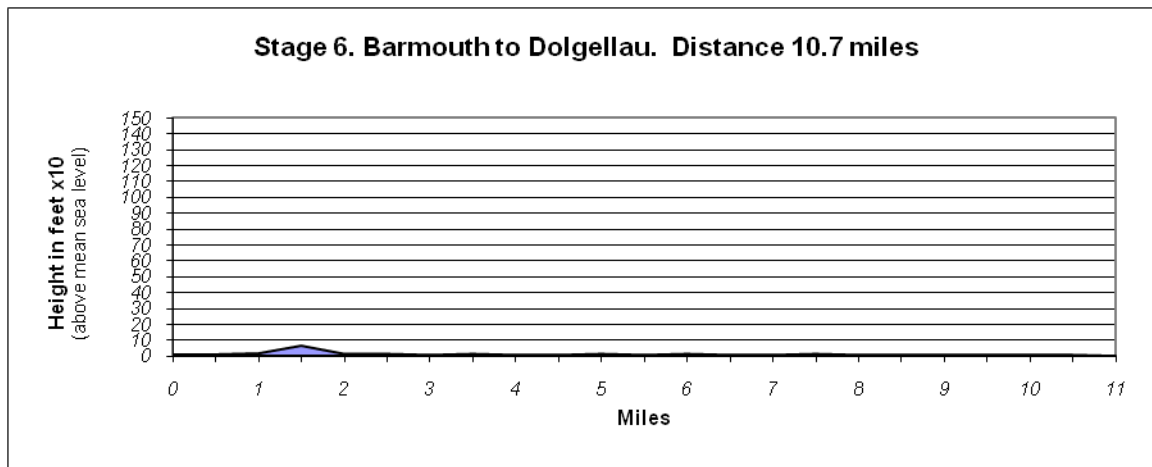
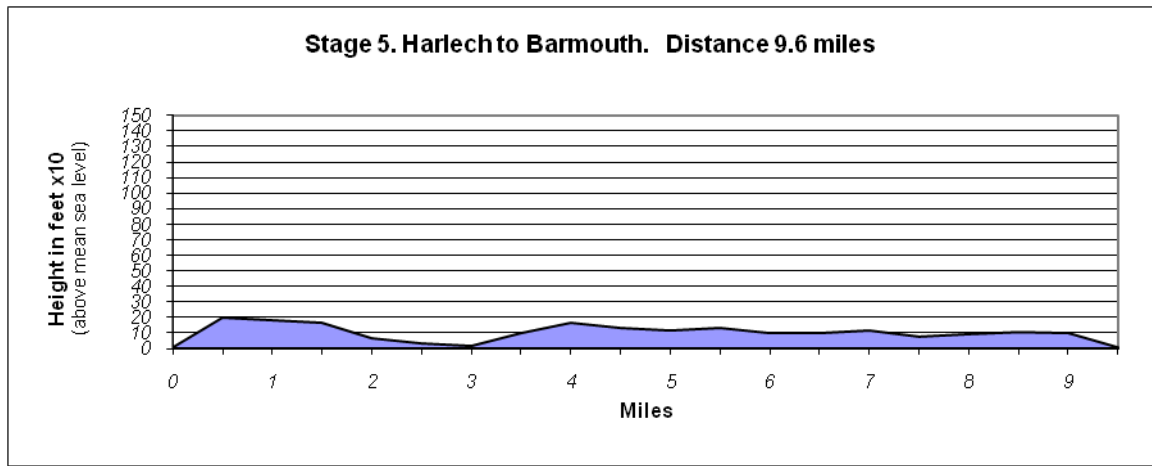
<http://www.lescroupierswcr.org/>

Please note that the Stage gradient profiles only provide a rough guide to what the runner faces on each stage, but are useful for those who do not know the route.

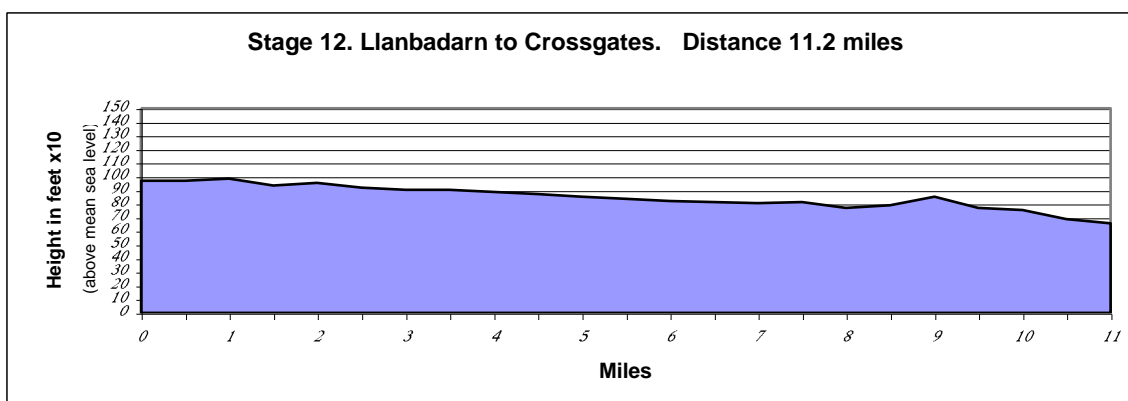
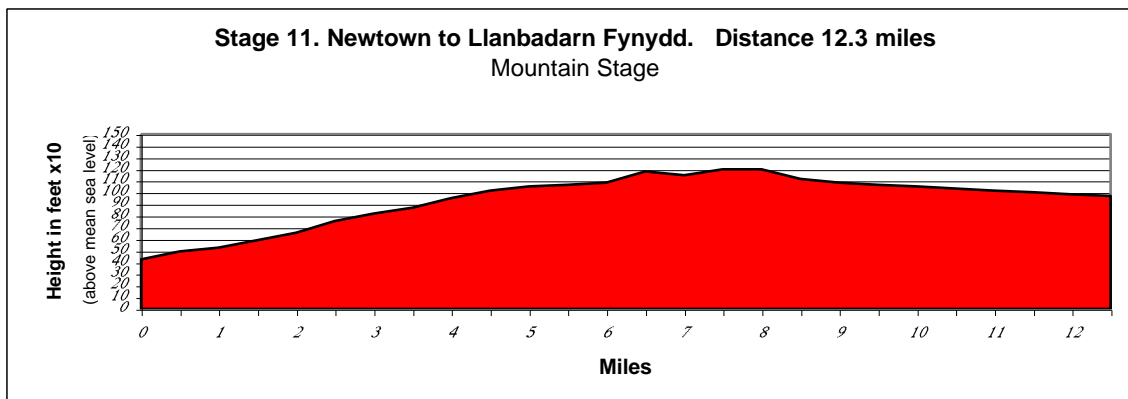
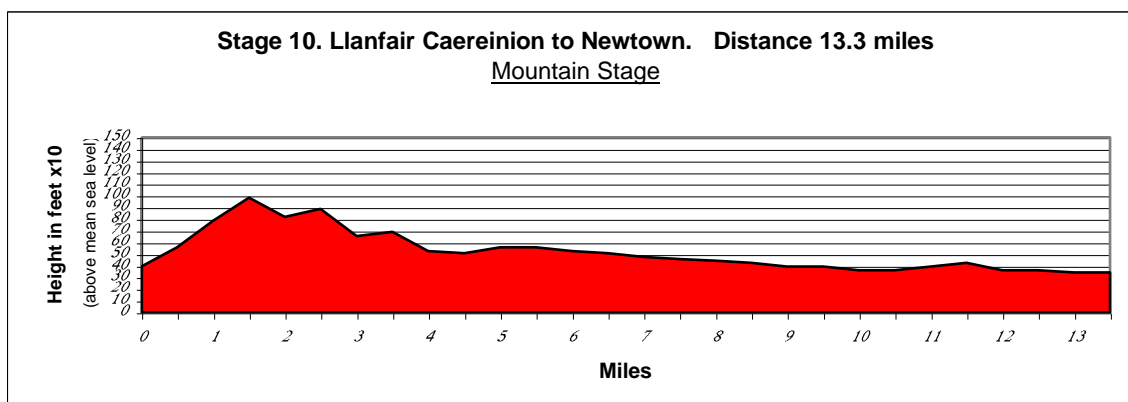
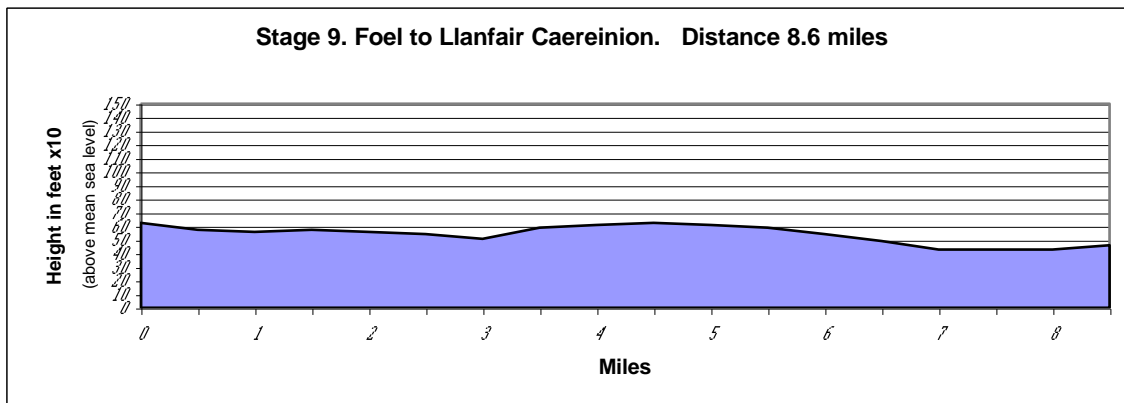
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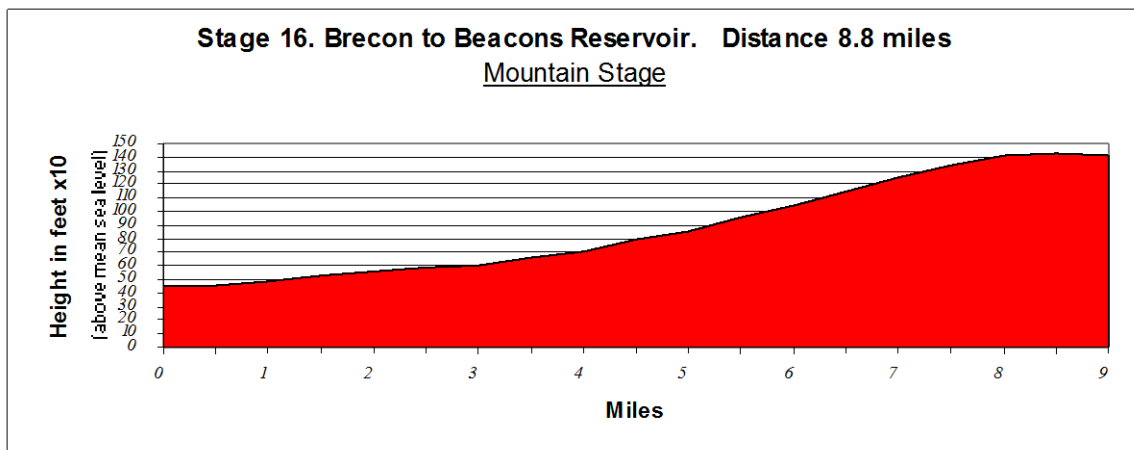
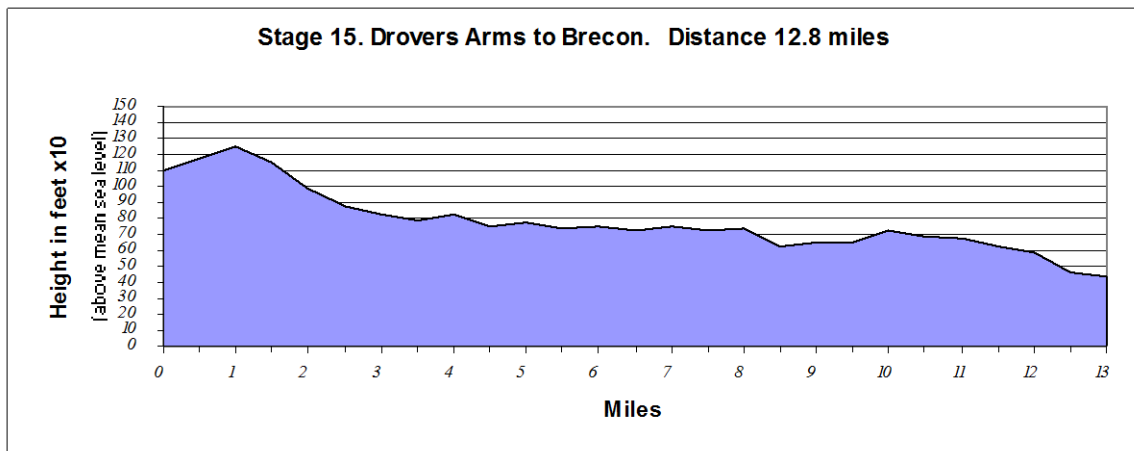
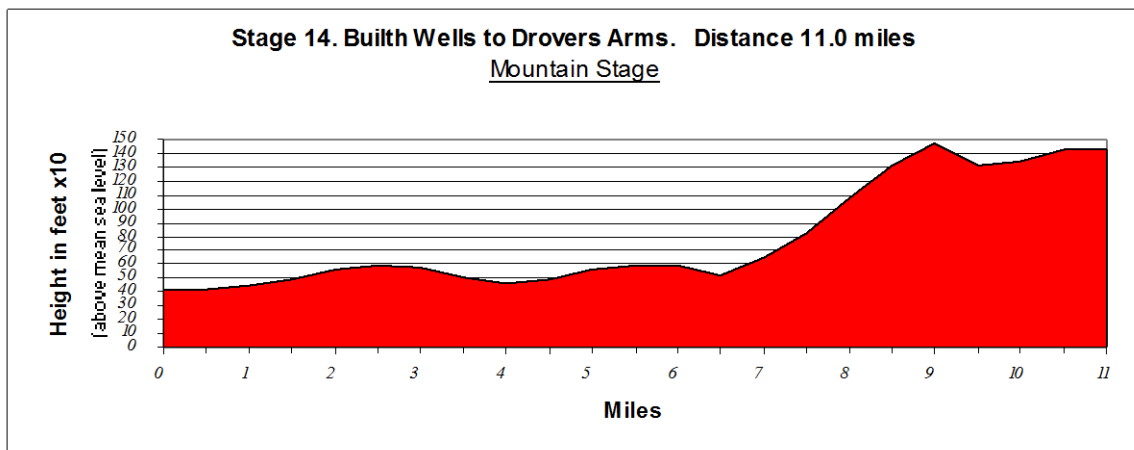
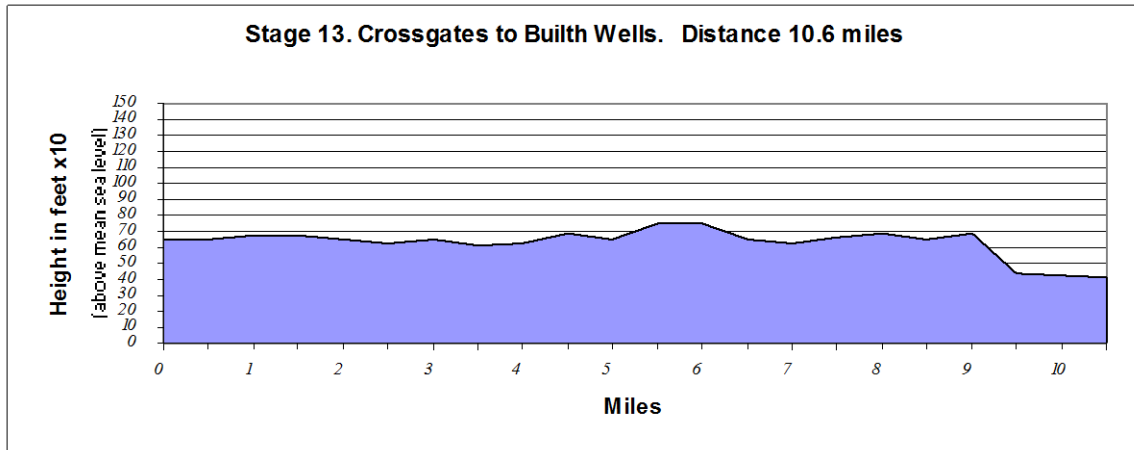
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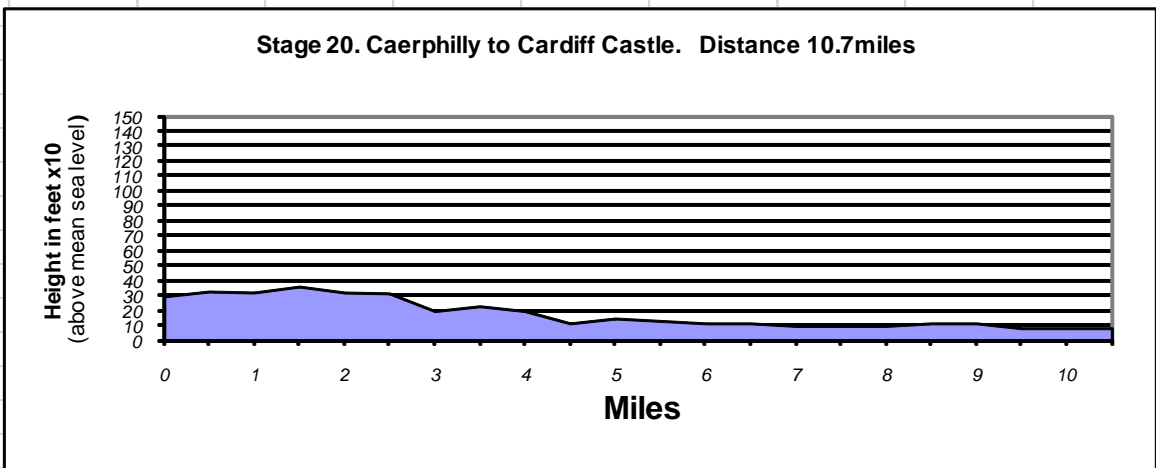
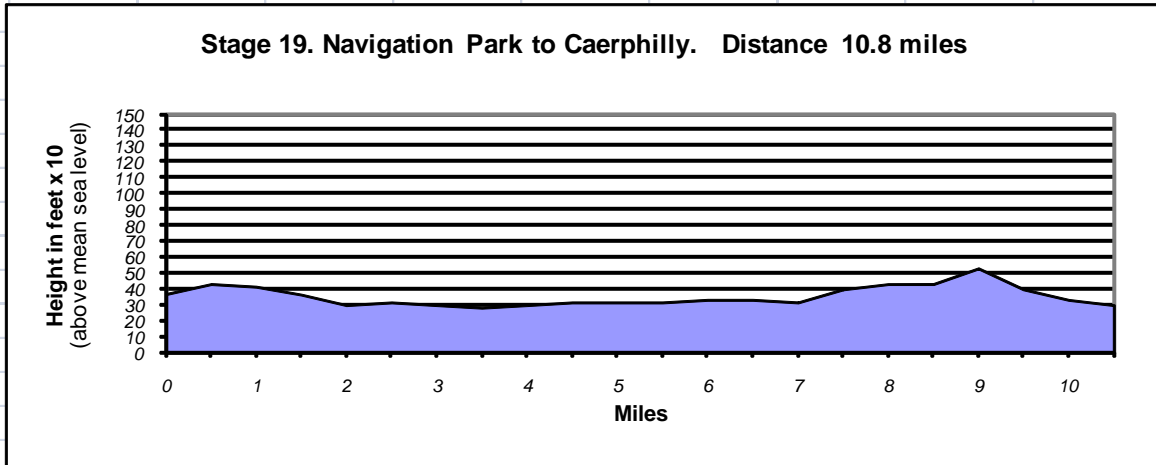
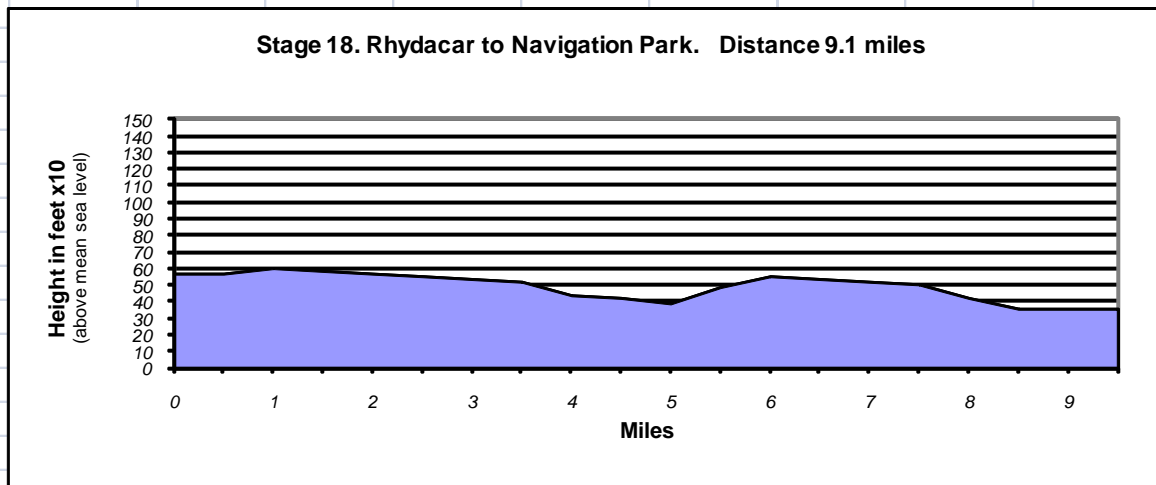
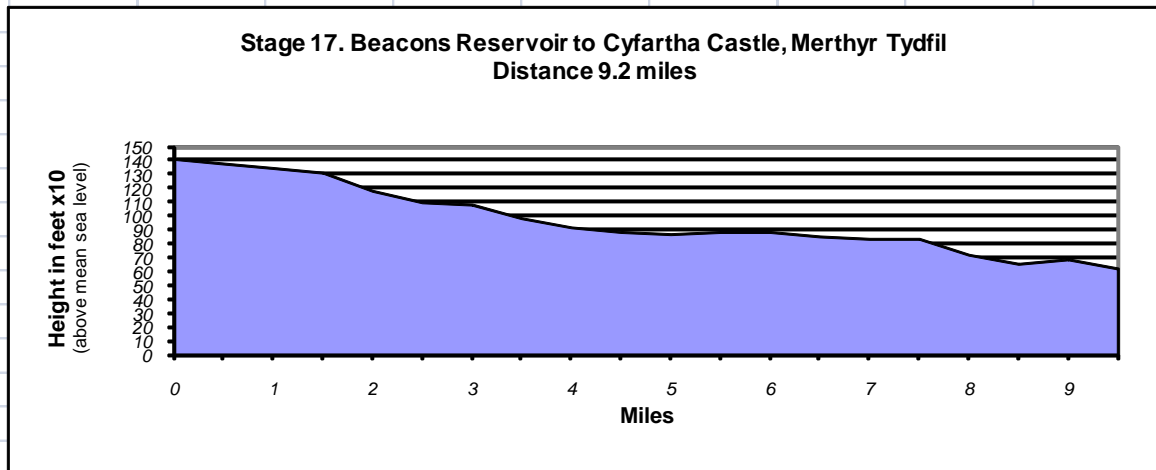
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Route, Mileages, Stage Records, Cut-Off times and Estimated Timetable

Stage	From	To	Stage Mileage	Stage Record Men	Stage Record Ladies	Cut Off Time (minutes)	Estimated Start
1	Caernarfon Castle	Penygroes	9.1	52:26 (2010)	59:46 (2010)	91	10:30
2	Penygroes	Criccieth Castle	10.75	55:34 (2005)	67:15 (2008)	107	11:30
3	Criccieth Castle	Maentwrog	12.3	62:23 (1996)	73:02 (2005)	121	12:25
4	Maentwrog	Harlech Castle	9.5	50:07 (2003)	57:26 (2005)	95	13:30
5	Harlech Castle	Barmouth	9.6	53:36 (2008)	61:33 (2010)	96	14:20
6	Barmouth	Dolgellau	10.7	57:31 (2010)	63:23 (2005)	107	15:10
7	Dolgellau	Dinas Mawddwy	9.75	53:17 (2010)	65:26 (2009)	98	16:05
8	Dinas Mawddwy	Foel	10.8	55:14 (1992)	68:13 (1997)	108	16:55
9	Foel	Llanfair Caereinion	8.6	43:32 (2004)	50:49 (2005)	86	17:40
10	Llanfair Caereinion	Newtown	13.3	70:00 (2007)	83:45 (2007)	133	18:20
Overnight stop at Newtown Leisure Centre Approx. 9.00 pm - 6.30 am							
11	Newtown	Llanbadarn Fynydd	12.3	63:40 (1998)	73:57 (2000)	123	07:00
12	Llanbadarn Fynydd	Crossgates	11.2	53:33 (1993)	64:25 (2010)	112	08:05
13	Crossgates	Builth Wells	10.6	52:19 (1998)	62:51 (2009)	106	09:00
14	Builth Wells	Drovers Arms	11.0	58:00 (2005)	69:08 (2008)	110	09:55
15	Drovers Arms (Epynt Visitor Centre)	Brecon	12.8	66:36 (2009)	79:34 (2008)	128	10:55
16	Brecon	Beacons Reservoir	8.8	50:46 (2009)	54:19 (2010)	88	11:55
17	Beacons Reservoir	Cyfarthfa Castle	9.2	46:38 (2008)	53:55 (2005)	92	12:40
18	Merthyr Tydfil (Rhyd-y-Car Centre)	Abercynon (Navigation Park)	9.1	50:07 (2005)	59:34 (2010)	91	13:40
19	Abercynon (Navigation Park)	Caerphilly Castle	10.8	62:21 (2010)	70:44 (2008)	108	14:25
20	Caerphilly Castle	Cardiff Castle	10.7	58:38 (2010)	61:13 (2010)	107	15:10
Finish at Cardiff Castle at approx. 4.00 pm							

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Route Summary

Day 1

Leg	Start	Landranger map reference at start + approximate postcode	Landranger map reference at finish + approximate postcode	Route	Distance (miles)
1	Caernarfon	SH477627 LL55 1ZH	SH467530 LL54 6NP	Coastal road	2.8
				Minor roads	2.7
				Cycle track	3.6
2	Penygroes	SH467527 LL54 6NE	SH499382 LL52 0AG	Cycle track	6.0
				A487	0.3
				B4411/Green	4.4
3	Criccieth	SH500381 LL52 0HD	SH660409 LL41 3YU	A497	3.8
				A498	3.0
				B4410	5.3
4	Maentwrog	S665407 LL41 4HL	SH580314 LL46 2UL	A496	9.4
5	Harlech	SH579312 LL46 2UB	SH603173 LL42 1BJ	A496	9.5
				Lane	0.1
6	Barmouth	SH602171 LL42 1BJ	SH728179 LL40 1DH	Sea wall/harbour road	1.6
				A496	0.1
				Footbridge/lane	1.3
				Mawddach Trail	7.7
7	Dolgellau	SH728179 LL40 1DF	SH 858148 SY20 9JD	Local road	0.9
				A470	8.8
				Local road	0.1
8	Dinas Mawddwy	SH858148 SY20 9JD	SH989115 SY21 0NQ	Local road	0.5
				A470	1.2
				A458	9.1
9	Foel	SH990115 SY21 0NS	SJ103066 SY21 0HW	A458	8.5
				Local road	0.1
10	Llanfair Caereinion	SJ104065 SY21 0RS	SO108918 SY16 2BT	B4389	10.6
				B4568	1.4
				Cycle track & footpath	1.3

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Route Summary

Day 2

Leg	Start	Landranger map reference at start + approximate postcode	Landranger map reference at finish + approximate postcode	Route	Distance (miles)
11	Newtown	SO100904 SY16 1LH	SO099777 LD1 6YH	Local road A483	0.2 12.1
12	Llanbadarn Fynydd	SO099777 LD1 6YH	SO089649 LD1 6HN	A483 A44	11.0 0.2
13	Crossgates	SO089649 LD1 6HN	SO045516 LD2 3TY	A44 A483	0.2 10.4
14	Builth Wells	SO045516 LD2 3TY	SN986451 LD2 3HT	A483 A470 A483 B4519	0.1 0.2 6.2 4.5
15	Drovers Arms	SN992437 LD2 3HY	SO044289 LD3 9DH	B4519 B4520 Local roads	1.8 7.8 3.2
16	Brecon	SO045285 LD3 7AF	SN982203 LD3 8NL	Local road A470	1.2 7.6
17	Beacons Reservoir	SN985201 LD3 8NL	SO039072 CF47 8RB	A470 A4054 Path in park	7.4 1.5 0.3
18	Rhyd-y-Car Leisure Centre, Merthyr Tydfil	SO050055 CF48 1UT	ST082945 CF45 4SH	Cycle track B4285 Footpath & local road A4054 Cycle path B4275 Local road & park	2.5 1.4 0.6 3.2 1.1 0.1 0.2
19	Abercynon (Navigation Park)	ST081944 CF45 4SN	ST152871 CF83 1AL	B4275 A4054 Cycle track Local roads Town roads B4600 Park	0.1 3.8 3.7 1.7 0.9 0.5 0.1
20	Caerphilly	ST152869 CF83 1AB	S180766 CF10 3ET	Local roads A469 Cycle track A4054 Cycle track & Castle grounds	1.2 0.1 2.4 0.6 6.4

N.B. The postcodes in some instances are a rather tongue in cheek.

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Prizes and Awards

The Castles is primarily a team event, with the main objective to be the team with the quickest time to run the race. But individual achievement is also recognised.

Team awards

1. Whole race: the shortest cumulative time over all 20 stages.
 - 🏆 First open team
 - 🏆 First ladies team
 - 🏆 First veterans team
 - 🏆 First Business House team
2. Mountains stages: the shortest cumulative time over the six designated mountain stages.
 - 🏆 First team: Kings of the Mountains (open to all categories)
 - 🏆 First ladies team: Queens of the Mountains (open to Ladies category only)
 - 🏆 First veterans team: Monarchs of the Mountains (open to Veterans category only)

Note. No team may win more than one prize. For example, in the event that the first team is a ladies team, then the ladies prize will be awarded to the second ladies team.

Individual awards

Each individual completing a stage will receive a goody bag. This will contain a commemorative T-shirt, and anything else that the organisers can cobble together.

1. All stages
 - 🏆 Stage winner: A commemorative sweat shirt
 - 🏆 First lady: A commemorative sweat shirt
 - 🏆 First veteran: A commemorative sweat shirt
2. Mountains stages
 - 🏆 Stage winner: A miner's lamp
 - 🏆 First lady: A miner's lamp
 - 🏆 First veteran: A miner's lamp

The rule about multiple prizes again applies. Also the first veteran may be male or female.

3. Jeff Wood Award

This award is presented to the first veteran (male or female from any team category) over the age 50 on a specific stage. This year that will be: Stage 19. Navigation Park to Caerphilly.

KINGS, QUEENS AND MONARCHS OF THE MOUNTAINS

There are six stages to this competition and the winning team will be the one with the lowest aggregate time over these six stages. The routes chosen can be guaranteed to give you advantageous views and maybe just a little satisfaction. This competition should make an exciting challenge and it will enable the clubs with less strength in depth to get amongst the awards. The six stages are:

1.	Criccieth to Maentwrog	Stage 3)	
)	
2.	Dolgellau to Dinas Mawddwy	Stage 7)	Saturday, June 11th
)	
3.	Llanfair Caereinion to Newtown	Stage 10)	
)	
4.	Newtown to Llanbadarn Fynydd	Stage 11)	
)	
5.	Builth to Drovers Arms	Stage 14)	Sunday, June 12th
)	
6.	Brecon to Beacons Reservoirs	Stage 16)	

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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 has 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 seen by an official to be running contrary to the race instructions, a one-minute time penalty for every violation will apply.
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.