

## **Welsh Castles Relay - FAQs**

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

Welsh Castles Relay is an officially licenced / permitted race organised by Les Croupiers RC. It's a 20 stage race from Caernarfon Castle to Cardiff Castle over a weekend in June.

2014 sees the 32<sup>nd</sup> running of the race and it takes place on 7/8 June. Entries will open on 6 January.

There are four categories: open, veterans, ladies and business house.

Runners should be 18+ years and medically fit to take part. A few shorter stages are suitable for 16-17 years+ (in accordance with UK Athletic rules). In 2014 the age of men for veteran category is 40+ years and for women 35+ years.

Each year the race is over-subscribed, especially within the open category, so the WCR committee has to take tough decisions and unfortunately turn some clubs away. We do want to include as many as possible but health and safety factors restrict us, and of course that must be our primary concern. Ladies, veterans and business house categories are generally under-subscribed. Teams don't need to be formal running clubs, though the majority are. The line up of teams is announced within the first two weeks of March.

A team requires at least 20 runners – one per stage – and it is strongly advised to have reserves ready, in case of any last minute pull outs due to injury etc. No one may run more than one stage.

Business house runners should be current employees or their spouses, sons or daughters.

Teams taking part will need to appoint a Team Captain and a Team Deputy. They are responsible for everything to do with the team's participation and its runners, including all pre-race communication and administration. Parts of the roles can be delegated to others in the team but the Team Captain carries responsibility overall and must attend the pre-race briefing in Caernarfon.

On average, teams need to field runners who can maintain 5-9 minute miles on hilly terrain (there is only one mostly flat stage). Ideally runners need to have previous experience of open road races. Each stage has a time cut off which also incurs penalties.

No roads are closed. The race includes very hilly sections, often on exposed mountain areas so runners need to be prepared for adverse weather. In 2013 it was very warm but in previous years it has also been very cold and wet.

Runners must take part at their own risk. WCR provides no insurance.

Each team competing also has marshalling duties on specific stages. Honouring these duties is very important and the Team Captain is responsible for ensuring that all marshals are in place for the times required. Bibs are provided. Marshals are supported by teams of trained 'flying marshals' who add extra support on each stage, especially for the more difficult junctions and crossings.

The stage starts and finish points, and routes themselves, are mostly within small villages and towns and on narrow or winding roads. Traffic congestion is a problem so to minimise this we expect

teams to use people carriers and mini buses. This is the best way to ensure runners arrive at their start points and are collected from their finish points on time. It is wise to work out a schedule in advance and have a pool of drivers, fully briefed.

Basic accommodation is provided for free at Caernarfon and Newtown leisure centres. This is floor space with mats, and shower facilities. A basic breakfast is provided at the centres (or available nearby) cheaply. There is also space adjacent for anyone who wishes to camp (bring own equipment). Other accommodation at the club's expense can be found from Visit Wales site. <http://www.visitwales.com/holiday-accommodation/>

First aid is usually provided by British Red Cross and travels with the race for the entire duration of the weekend.

If selected to take part, the Team Captain must ensure that the squad of runners is registered online within the time period set. The squad consists of any runner who might be called upon to run on the day (including the reserves). No one can run unless they have been registered on line in advance and their signed disclaimer form received. Deadline for this information is set within third week of May.

Welsh Castles Relay relies on the hard work of a committed band of volunteers from Les Croupiers RC. The club is also responsible for Cardiff parkrun.

The core workers are:

John Griffin	Race Co-Director
Phil Cook	Race Co-Director
Amanda Thompson	Race Administrator
Mike Davies	Marshals & Officials Coordinator
Jeff Aston	Referee / Results
John Upstone	Online Registration / Results
Tim O'Sullivan	Website <a href="http://www.lescroupierswcr.org/">http://www.lescroupierswcr.org/</a>

If you need further information or have any queries please don't hesitate to contact

Amanda Thompson Race Administrator 029 2033 8217 [amjanette@virginmedia.com](mailto:amjanette@virginmedia.com)

Useful links <http://www.lescroupiersrunningclub.org.uk/>

<http://www.parkrun.org.uk/>

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