

## Route of the Welsh Castles Relay



A complete breakdown of each stage can be found on the Les Croupiers Running Club website.

<http://www.lescroupierswcr.org>

The **Welsh Castles Relay** takes place on the second weekend in June every year. The race starts in Caernarfon on Saturday morning and ends in Cardiff on Sunday afternoon with an awards presentation once the final team has finished.

There are 20 stages ranging in distance from 8 to 14 miles passing many Welsh Castles in some challenging terrain and each team has 20 runners who each run one stage over the course of the weekend, with ten stages on Saturday and ten on Sunday.



## Swinton Running Club

### WCR Contacts

Rebecca Mills  
Steve Hart

## Swinton Running Club



Les Croupiers Running Club

## WELSH CASTLES RELAY



11<sup>th</sup> June and 12<sup>th</sup> June 2011

## WELSH CASTLES RELAY

Saturday 11 - Sunday 12 June 2011

Two days, 20 runners, 211 miles

### What is the Welsh Castles relay?

The Welsh Castles Relay is a long distance relay event that spans over 200 miles. Starting in Caernarfon at 10.30am on Saturday morning, the race winds its way towards Newtown, with each stage measuring approximately 10 miles. The race resumes at 7am on Sunday morning and finishes at approximately 4pm on Sunday afternoon in Cardiff Castle.

This year's WCR will take place on Saturday 11<sup>th</sup> and Sunday 12<sup>th</sup> June.

### Is it a true relay race?

Not in the sense of carrying a baton or touching a team mate's hand to start your next runner. Due to the logistics and distances involved, each stage is a race within a race, started at a predetermined time (usually when the first runner from the previous leg finishes). There's a cut off time for each leg and any runner finishing after this time is given the cut off time.

### Is the route hilly?

Wales is most certainly not a flat country. Whilst it can't compete with the Alps or Pyrenees for alpine majesty, Welsh hills are numerous and appear often. There are 6 dedicated 'mountain stages', but all stages - with the exception of the first two and the last three - will involve running hilly or undulating courses.

### How many runners are involved?

There are 20 legs (10 each day) and each leg must be run by a different runner. For a runner to take part for a team you need to be a first claim runner. Failure to field a runner on any leg leads to a penalty. As well as runners we'd need plenty of people to help with logistics and driving to make sure all the runners are there for the start of each leg and collected when they've finished running and every team taking part in the WCR is also required to marshal a stage.

### A summary of the 20 legs is set out below.

Stage	From	To	Dis- tance (Miles)	Cut Off (Mins)	Start (Estimated)
1	Caernarfon Castle	Penygoes	9.1	91	10:30 am
2	Penygoes	Criccieth Castle	10.75	107	11:30 am
3 (Mnt)	Criccieth Castle	Maentwrog	12.3	121	12:25 pm
4	Maentwrog	Harlech Castle	9.5	94	13:30 pm
5	Harlech Castle	Barmouth	9.6	96	14:20 pm
6	Barmouth	Dolgellau	10.7	107	15:10 pm
7 (Mnt)	Dolgellau	Dinas Mawddwy	9.75	98	16:05 pm
8	Dinas Mawddwy	Foel	11.2	112	16:55 pm
9	Foel	Llanfair Caereinion	8.6	86	17:40 pm
10 (Mnt)	Llanfair Caereinion	Newtown	13.3	133	18:20 pm
11 (Mnt)	Newtown	Llanbadarn Fynydd	12.3	123	07:00 am
12	Llanbadarn Fynydd	Crossgates	11.2	112	08:05 am
13	Crossgates	Builth Wells	10.6	106	09:00 am
14 (Mnt)	Builth Wells	Drovers Arms	11.0	110	09:55 am
15	Drovers Arms, (Epynt Visitor Centre)	Brecon	12.8	128	10:55 am
16 (Mnt)	Brecon	Beacons Reservoir	8.8	88	11:55 am
17	Beacons Reservoir	Cyfarthfa Castle	9.2	92	12:40 pm
18	Merthyr Tydfil (Rhyd-y-Car Centre)	Abercynon (Navigation Park)	9.1	91	13:40 pm Jeff Wood Award Stage
19	Abercynon (Navigation Park)	Caerphilly Castle	10.8	108	14:25 pm
20	Caerphilly Castle	Cardiff Castle	10.7	107	15:10 pm

### How do we enter?

Entry fee is £16.25 per runner - this includes some very basic overnight accommodation for a limited number of runners on the Friday and Saturday nights. Obviously, we'd hopefully be able to make our own arrangements for somewhere a little less basic if we do enter. Entries need to be in by 4 March so if you'd like to run please sign up (sign up sheet on the notice board). Provided we have at least 20 people interested then the club will fund the entry fee in the first instance so we can get the entry in. Entry isn't guaranteed and we find out in March if we're in - the runners would then need to pay their £16.25 to the club.

### Need more information?

Please feel free to ask me or Steve Hart if you have any questions. There's lots more information to be found at: <http://www.lescroupierswcr.org>

Rebecca

