

Welsh Castles Relay 2017

It's that time of year again when we look forward to the Welsh Castles Relay

2017 sees the 35th running of the race and it takes place on Saturday 10th and Sunday 11th June.

What is it?

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.

Is it 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. This is part of what makes the Castles so special.

What makes it special?

Competitors, support teams, spectators, friendly locals, the beautiful scenery, the overnight stop, the variable weather, the camaraderie, the awesome Drivers, the mercifully short stage 9, the views over Dolgellau estuary, the cowbells, the horns, it goes on...! Whilst WADAC have had some notable individual performances in the past and a win for the ladies, the emphasis is on fun and participation. A travelling athletic social event!

Teams

There are four categories: open, veterans, ladies and business house. Each year the race is over-subscribed but in the past we have been fortunate to get two teams registered – we would very much like to do the same again this year.

So this is the important bit! We need at least 40 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.

Runners should be 18+ years with a few shorter stages suitable for 16-17 years (in accordance with UK Athletic rules). This year the organisers have stressed the need for participants to compete within the stage cut off times. On average this means being able to run at least 9 minute miles on hilly (road) terrain.

Please commit the dates to your running diary and sign up as soon as the online registration is opened – WADAC needs you. In the rare event of there being too many runners for places, selection will be based upon factors such as previous experience, running speed and when you signed up.

Entries will be £40 per person, payable on entry including a technical T-shirt.

Please feel free to ask any questions to wcr@wadac.org.uk

More information can be found on www.lescroupiersrunningclub.org.uk (see Welsh Castles Relay section under Race Pages)

Andy & Sam Parkinson