WELSH CASTLES RELAY 9/10 JUNE 2018 – APPLICATION FORM

NAME OF TEAM (*please print*) ……………………………………………………………………………………………………

CATEGORY TO BE ENTERED (*please tick one only – send one form per team entered*)

Open	Ladies	Veterans Male 40+ years Female 35+ years	Business House
Is the team to be mixed gender? YES / NO			
Please circle to confirm your club's affiliation: Welsh Athletics / England Athletics / Scottish Athletics / Athletics Northern Ireland *(international and business house teams are excluded)*			

Entry Fee: Athletic Club £450 plus £30 (Late Administration fee deposit)

            Business House £650 plus £30 (Late Administration fee deposit)

Late Administration Deposit: £30 per team – please enclose a separate cheque for this deposit which will only be retained if there are changes or additional runners added after the given deadlines to help cover the extra costs this incurs.

Cheques to be made payable to 'Les Croupiers RC' and posted to Amanda Thompson, c/o Sport Wales, Sophia Gardens, Cardiff CF11 9SW.   Any queries to amjanette@gmail.com

CLOSING DATE: Wednesday 7 March 2018 at 14:00 prompt – please note that entries received after this date/time are automatically rejected. Make sure you post your entry in good time.

DECLARATION: On behalf of the team named above I confirm this entry is made in compliance with the race rules. The club is **affiliated** as indicated above and those participating will be **first claim** only. I confirm the team shall abide by the race rules including fulfilling its **marshalling duties** as required, plus using **shared transport** to minimise race traffic congestion. I declare that the team's runners will be **medically fit** to take part and be able to **compete within the stage cut off times**.

Signed …………………………………………………………………….. Date …………………………………………2018

Please ensure you are authorised to make this application and act as lead contact for the club/team

Address (*please print*) ……….

………………………………………………………………………………… Post code ………………………………………….

Mobile: ……………………………………………………. Other phone: …………………………………………………

Email (*please print*) ……........
You will receive race information by email only and race numbers will be posted to the address given above. You must ensure you regularly check for our information via email. You will be asked to print off and distribute information to your team and to register your squad online.
Please note: Sport Wales takes no responsibility or role in the organisation of the Welsh Castles Relay.

Entry rules

1. Each team must have 20 runners. Additional runners as reserves are recommended.

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 for the Open, Veteran and Business House teams.

4. Clubs must be affiliated to Welsh Athletics/England Athletics/Scottish Athletics/Athletics Northern Ireland (excluding business category and international teams). Only **first claim** runners may run for clubs with **no exceptions.**

5. Runners must wear identical club or team vest/shirt with the appropriate team number clearly identifiable.

6. Runners for Business House teams must be a **current employee** of the business concerned, or a spouse, son, or daughter of such an employee.

7. Veterans are **males aged 40+ and females 35+** on the day of the race.

8. Teams are accepted on the understanding that they will supply marshals as requested. The Team Captain must ensure marshals are fully briefed <u>in advance</u> and provide marshalling duties until formally released by the sweep vehicle.

9. Runners aged 18 years upwards may run any stage. Runners aged 16 to 17 years may only run stages that are less than 9.94 miles (16K). Age on race day.

10. Teams are accepted into the race on the understanding that all rules within the reference book will be adhered to, understanding that penalties will apply.

If you have any queries regarding the race please contact the Race Administrator in the first instance.

Amanda Thompson

amjanette@gmail.com

www.lescroupiersrunningclub.org.uk