

ADVICE AND INFORMATION

At the Start

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

It is essential that officials meet for the race briefing at Arfon Leisure Centre, Bethel Road, Caernarfon at 9:15 am. Following the briefing your team's marshalling bibs will be issued.

You are, therefore, 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.

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 could 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).

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 recce of their stage by each runner. Every attempt will be made to put prominent route markers at significant locations.

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, (but not from moving vehicles) is much appreciated by all runners (no feeding is allowed on Stage 8).

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 cumulative penalty; we don't 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 stay too long after the cut-off time. If a runner fails to finish, the cut-off time will be applied, but it is the responsibility of the team to collect them.

Please inform either the Timekeeper or the Race Coordinator if a **runner withdraws** from a stage, so that the timekeeper does not wait unnecessarily.

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 that will contain people with medical knowledge. 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.

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 by the First Minister of the Welsh Assembly Government (if re-elected) and senior officials of Air Products and Corus. So please put as strong a runner as possible on this stage so that they do not miss these presentations.

PLEASE NOTE.

There are some small changes to the following stages:

- 🏰 Stage 8 – Dinas Mawddwy to Foel**
No feeding of runners allowed on this stage; 2 water stations will be provided.
- 🏰 Stage 9 – Foel to Llanfair Caereinion**
Slight change to the start.
- 🏰 Stage 18 – Rhydacar to navigation Park**
Slight change to the start.

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

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Stage	From	To	Stage Mileage	Stage Record	Cut Off Time (mins)	Estimated Start
1	Caernarfon Castle	Penygroes	9.1	52:37 (2005)	91	10:30
2	Penygroes	Criccieth Castle	10.7	55:34 (2005)	107	11:30
3	Criccieth Castle	Maentwrog	12.1	62:23 (1996)	121	12:25
4	Maentwrog	Harlech Castle	9.4	50:07 (2003)	94	13:30
5	Harlech Castle	Barmouth	9.6	55:38 (2002)	96	14:20
6	Barmouth	Dolgellau	10.7	59:03 (2004)	107	15:10
7	Dolgellau	Dinas Mawddwy	9.75	55:07 (2005)	98	16:05
8	Dinas Mawddwy	Foel	11.2	55:14 (1992)	112	16:55
9	Foel	Llanfair Caereinion	8.6	45:08 (2004)	86	17:40
10	Llanfair Caereinion	Newtown	13.3	70:51 (2006)	133	18:20
Overnight stop at Newtown Leisure Centre Approx. 9.00 pm - 6.30 am						
11	Newtown	Llanbadarn Fynydd	12.3	64:14 (1995)	123	07:00
12	Llanbadarn Fynydd	Crossgates	11.2	53:33 (1993)	112	08:05
13	Crossgates	Builth Wells	10.6	52:19 (1999)	106	09:00
14	Builth Wells	Drovers Arms	11.0	58:00 (2005)	110	09:55
15	Drovers Arms	Brecon	12.4	66:05 (2005)	124	10:55
16	Brecon	Beacons Reservoir	9.0	44:35 (1988)	90	11:55
17	Beacons Reservoir	Cyfarthfa Castle	9.2	47:53 (2005)	92	12:40
18	Merthyr (Rhyd-y-Car Centre)	Abercynon (Navigation Park)	9.1	50:07 (2005)	91	13:40
19	Abercynon (Navigation Park)	Caerphilly Castle	10.4	62:07 (2002)	104	14:25
20	Caerphilly Castle	Cardiff Castle	10.4	55:02 (2005)	104	15:10
Finish at Cardiff Castle at approx. 4.00 pm						

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Leg	Start	Grid Reference	Route	Distance (miles)
1	Caernarfon	SH 478826	Coastal road Minor roads Cycle track Amenthra Farmers Car Park	2.8 2.7 3.5 0.1
2	Penygroes	SH 468527	Cycle track A487 B4411/green	6.0 0.3 4.4
3	Criccieth	SH 500383	A497 A498 B4410	3.7 3.1 5.3
4	Maentwrog	SH 665407	A496	9.4
5	Harlech	SH 574316	A496 Cycle track	9.5 0.1
6	Barmouth	SH 603173	Sea wall/harbour road A496 Footbridge/lane Mawddach Trail	1.6 0.1 1.3 7.7
7	Dolgellau	SH 728179	Local road A470 Local road	0.9 8.8 0.1
8	Dinas Mawddwy	SH 989116	Local road A470 A458 Minor road	0.5 1.2 9.4 0.1
9	Foel		A458 Local road	8.5 0.1
10	Llanfair Caereinion	SJ 104065	B4389 B4568 Cycle track & footpath	10.6 1.4 1.3

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Route Summary

Day 2

Leg	Start	Grid Reference	Route	Distance (miles)
11	Newtown	SO 105908	Local road A483	0.1 12.2
12	Llanbadarn Fynydd	SO 099780	A483 A44	11.0 0.2
13	Crossgates	SO 090648	A44 A483	0.2 10.1
14	Builth Wells	SO 042514	A483 A470 A483 B4519	0.1 0.2 6.2 4.5
15	Drovers Arms	SN 986451	B4519 B4520 Local roads	2.8 9.3 0.3
16	Brecon	SO 045285	Local road A470	0.2 8.8
17	Beacons Reservoir	SN 986199	A470 A4054 Path in park	7.4 1.5 0.3
18	Rhyd-y-Car Leisure Centre, Merthyr Tydfil	SO 049054	Cycle track B4285 Footpath & local road A4054 Cycle path B4275 Local road & park	2.4 1.4 0.7 3.2 1.1 0.1 0.2
19	Abercynon	ST 083944	B4275 A4054 Cycle track Local roads Town roads B4600 Park	0.1 3.8 3.7 1.3 0.9 0.5 0.1
20	Caerphilly	ST 154871	Local roads A469 Local roads Cycle track A4054 Cycle track & Castle grounds	0.1 0.1 1.1 2.4 0.9 5.8

Prizes and Awards

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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
1. 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.

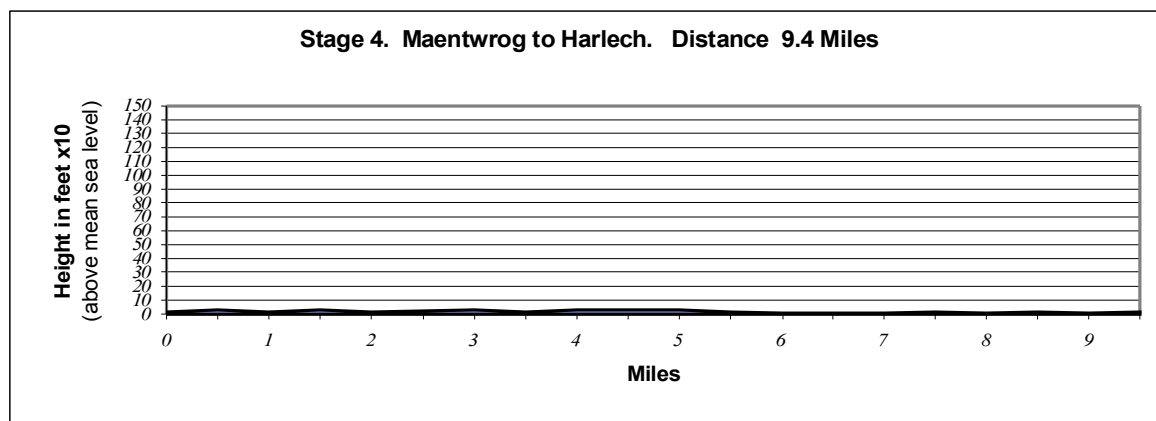
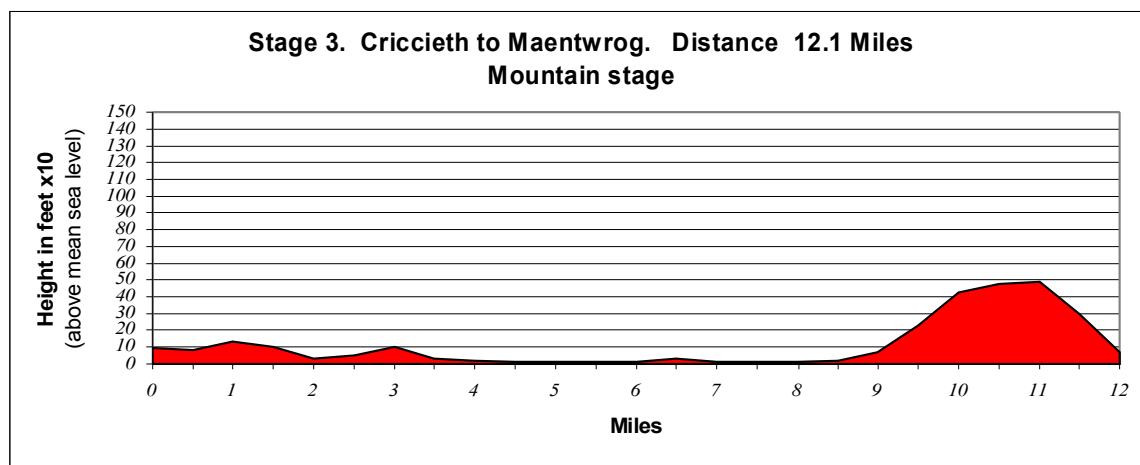
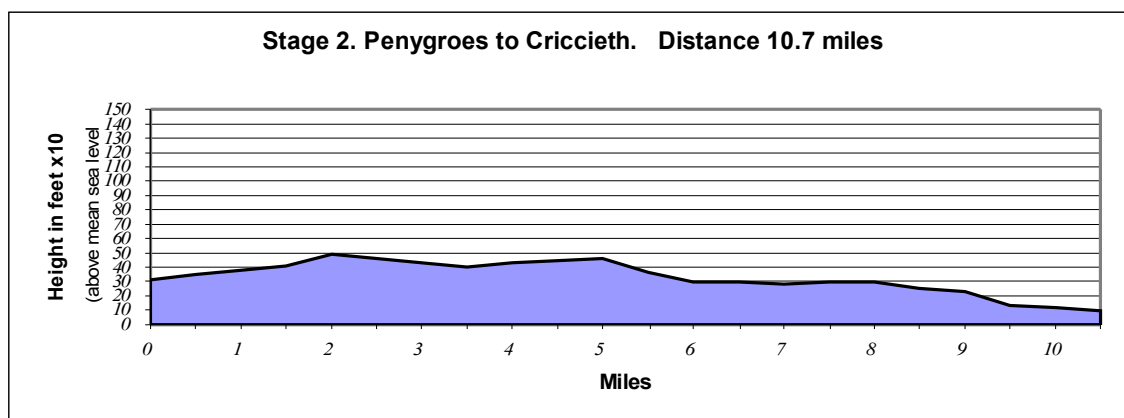
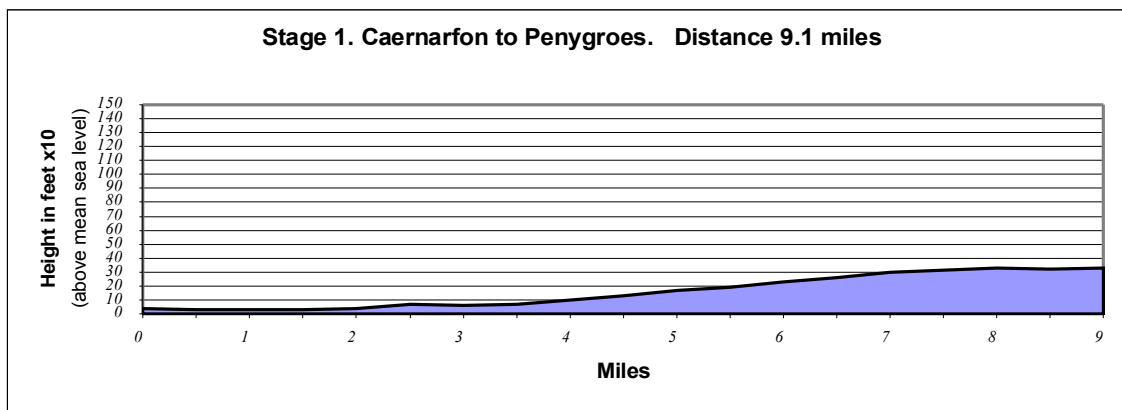
2. Jeff Wood Award
This award is presented to the first veteran (male or female from any team category) over the age 50 on a specific stage. This year that will be: Stage 13. Crossgates to Builth Wells.

KINGS, QUEENS AND MONARCHS OF THE MOUNTAINS

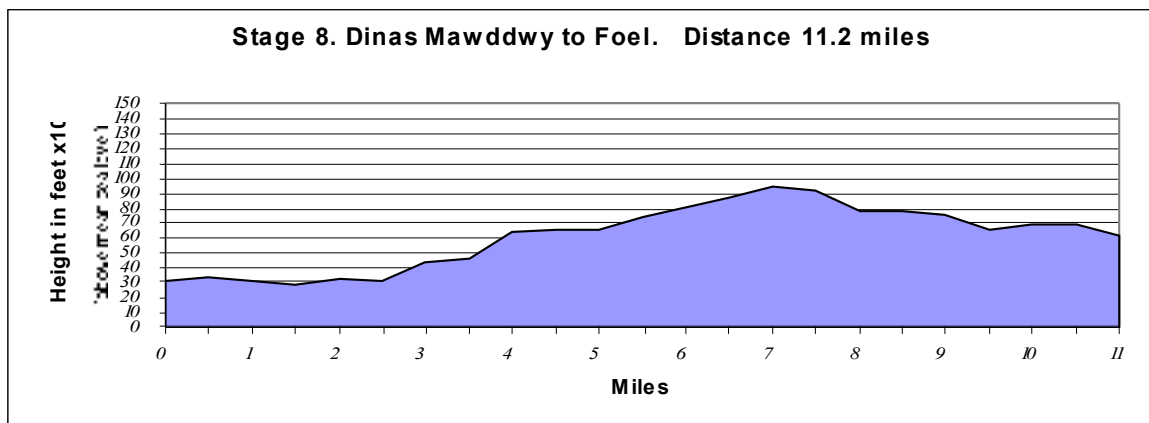
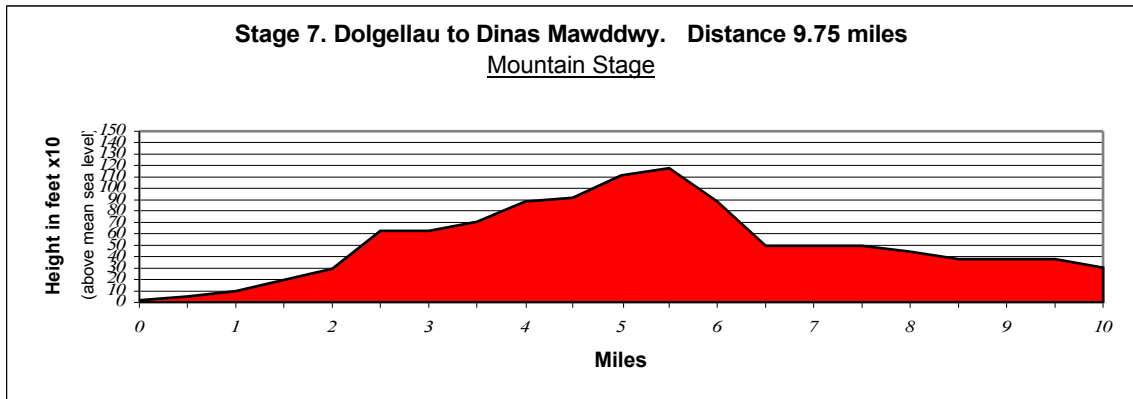
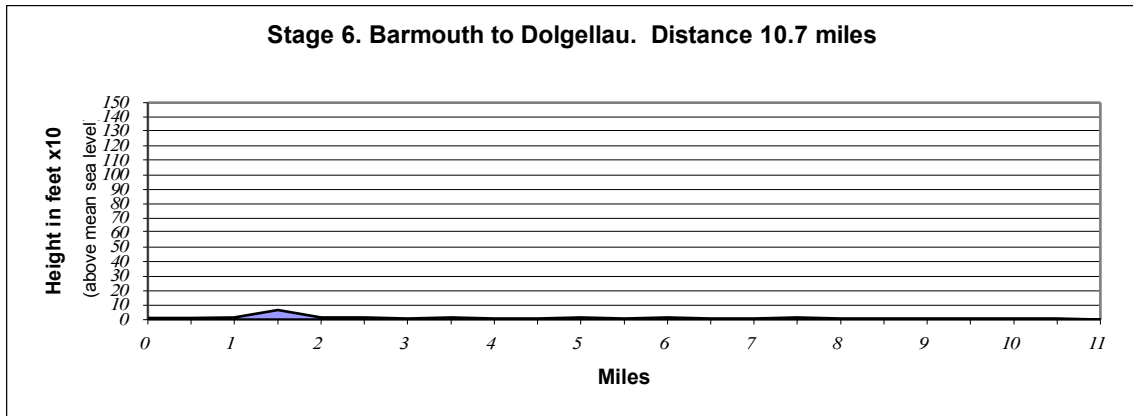
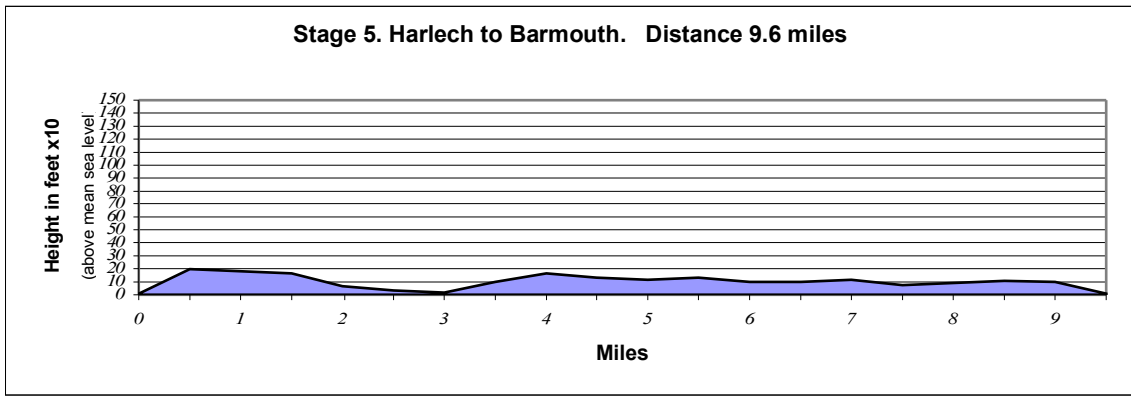
There are six stages to this competition and the winning team will be the one with the lowest aggregate time over these six stages. The routes chosen can be guaranteed to give you advantageous views and maybe just a little satisfaction. This competition should make an exciting challenge and it will enable 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 9th
)	
3.	Llanfair Caereinion to Newtown	Stage 10)	
)	
4.	Newtown to Llanbadarn Fynydd	Stage 11)	
)	
5.	Builth to Drovers Arms	Stage 14)	Sunday June 10th
)	
6.	Brecon to Beacons Reservoirs	Stage 16)	

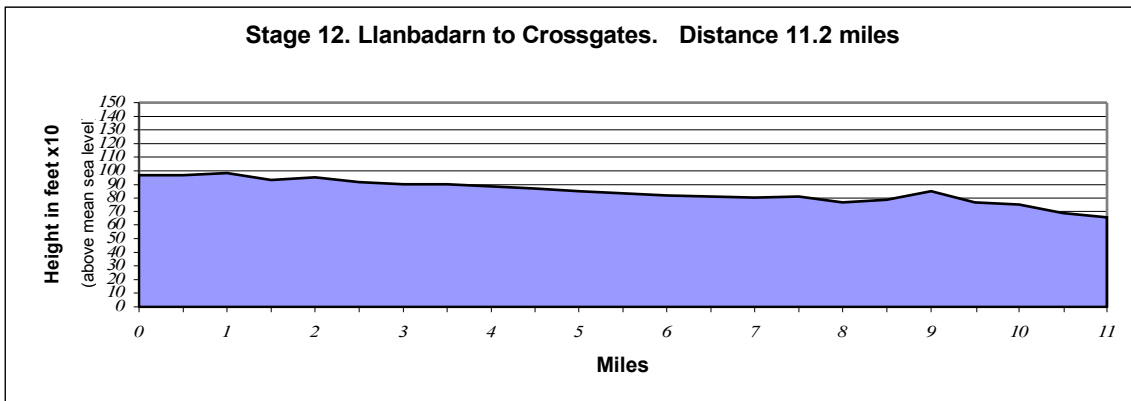
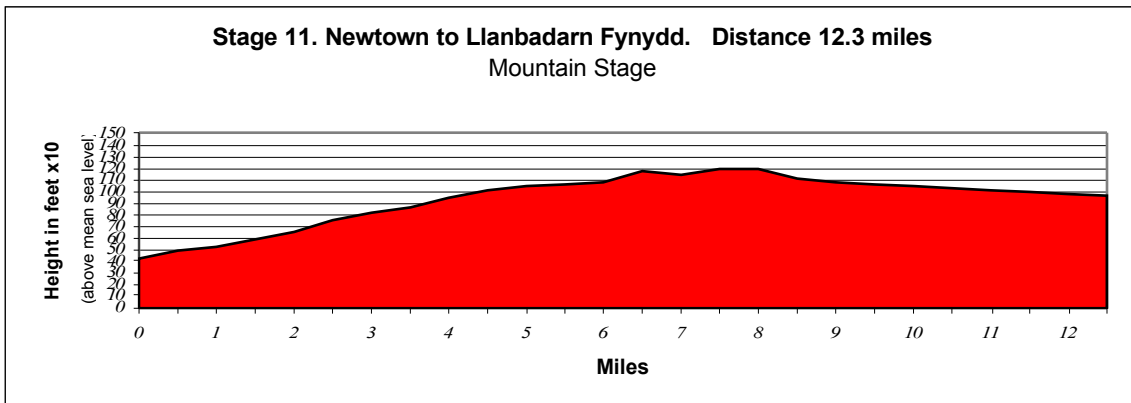
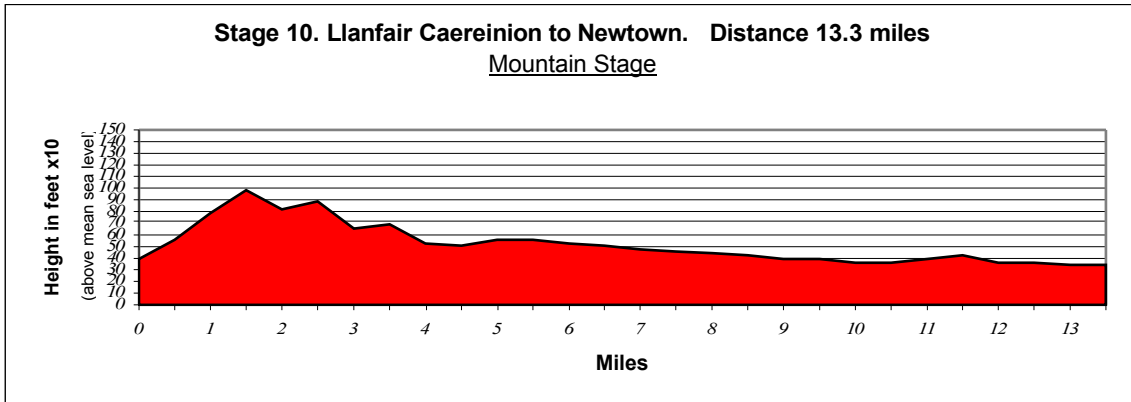
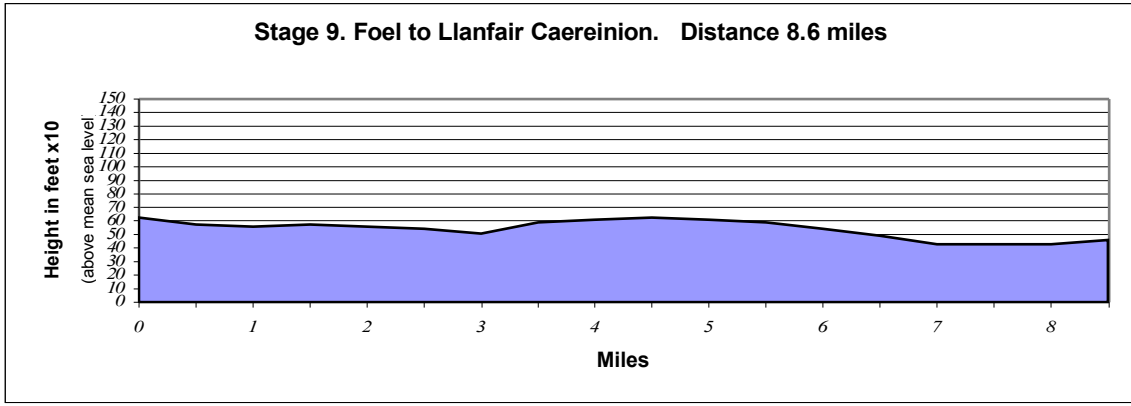
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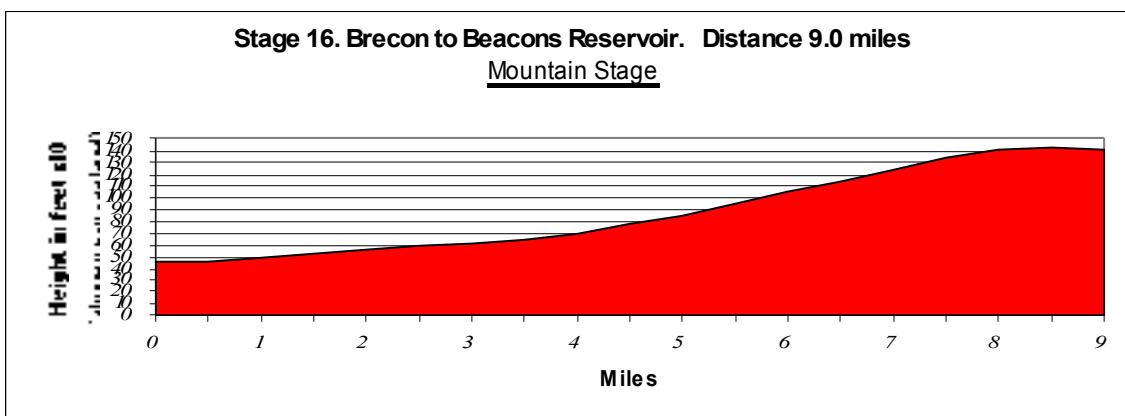
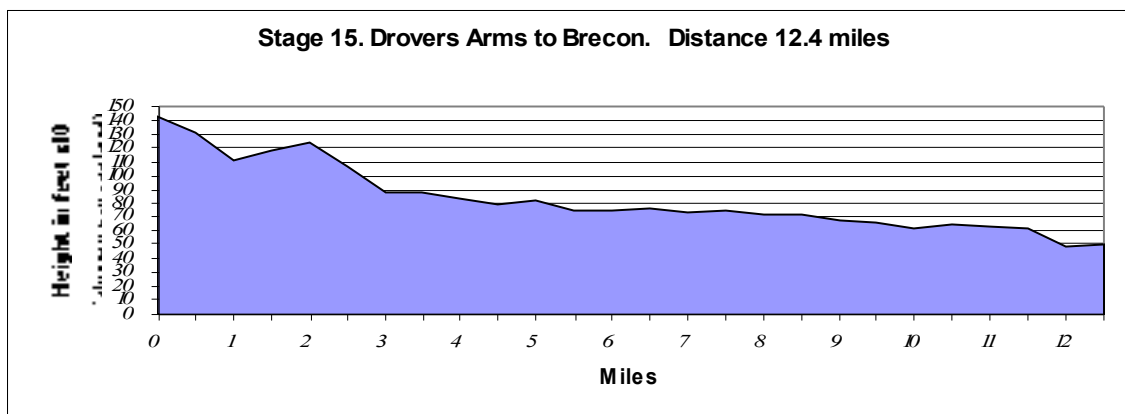
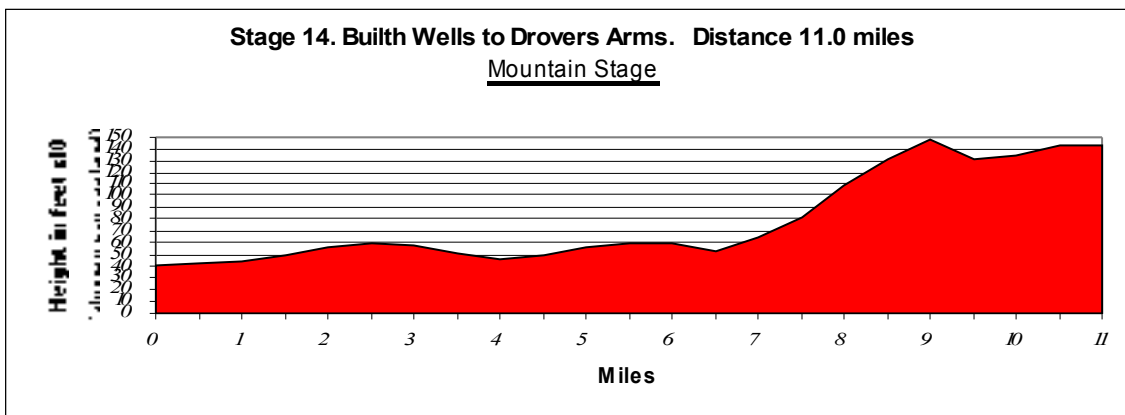
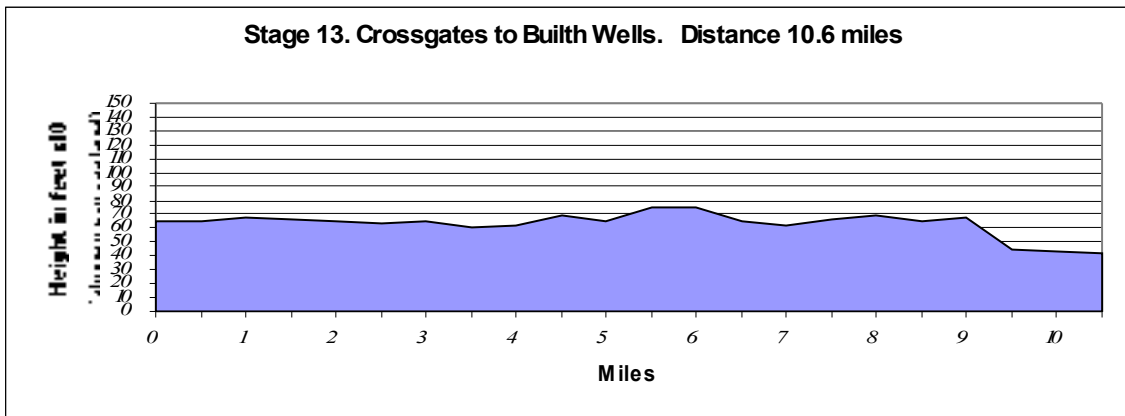
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