

Welsh Castles Relay 2010 (June 12-13)

Hi all

While the days are short and chilly, it's time to think about mid-summer and our annual trip to Wales for the amazing Welsh Castles Relay. For those not familiar with the event, it is a series of 20 separate (10 mile) races strung across the country from Caernarfon Castle in the north to Cardiff Castle in the south. WADAC have recorded some fabulous performances over the years, with numerous stage wins for both men and women and our ladies team winning the event in 2006.

The time has come for our ladies to wrestle the title back from Serpentine, who've dominated the event in recent years. Their winning time in 2009 averaged just over 7min/mi, so this is not a race only for elites. We'd love to sign up as many WADAC ladies as possible for the team - our club needs 20 runners plus 2 reserves for each team. Michaela is managing the ladies team.



We're not forgetting the men - we are also entering a men's team, so we need 22 guys too! I am responsible for the admin for all our runners, and managing the men's team.

All those who join the team will be treated to a club minibus, pre-race party, co-ordinated team camping, team picnic in Cardiff and one of the best weekends all year!

Please consult your diaries for the weekend of June 12-13. I recommend the experience of the whole weekend, but those with other commitments are welcome to attend only for their individual stage on Saturday or Sunday.



In order to make a success of this year's event, I'd like to ask that those who can seriously commit to the event let me know now. If you're interested but unsure of your availability then please let me know that too.

As an incentive for early-birds, those who sign up first get to request the stage of their choice. So, if you want to run late on Sunday, or love the mountains, etc then get in first! :-)

In summary, we're entering two teams this year, one for men and one for ladies. We'd like those who want to commit to the event to let me know in January, so we can get our entries completed.

Ian & Michaela