

30th Annual Barry 40 Miles Track Race

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Dear Athlete

I am writing to inform you that the 30th Annual Barry 40 Mile Track Race (incorporating the 27th Welsh Ultradistance Championships) will be held at Jenner Park, Barry on **Sunday 20th March 2016**. You may be aware that a new football pitch has recently been built at Jenner Park. This has led to a huge increase in requests for use of the stadium, so although not our usual date, it is with some relief that I am able to announce the date of next year's race.

Start time will be as usual at 10 AM, and the race entry fee will be £25.00. Two suggested methods of payment: (please tick appropriate box on the entry form).

1. By cheque: Payable to Les Croupiers Running Club.
2. By bank transfer. Please use your surname and Barry 40 as reference for this transaction. **Sort Code: 77-62-01. Account Number: 28365260. Account Name: Les Croupiers Running Club.**

An accommodation suggestion list and travel directions will be forwarded on receipt of entry.

In recent years we have been overwhelmed by the response to the event – and have limited the race to forty because of the number of lap scorers we felt we could realistically provide to ensure an accurate result. This unfortunately led to a number of potential competitors being turned away. To try to accommodate more runners I have now included a box on your entry form for you to nominate your own personal lap scorer. If you are unable to comply with this please enter anyway, but the greater the number of scorers provided the more entries I will be able to accept. **PLEASE TRY TO ARRANGE A LAP SCORER AND DOCUMENT ON THE ENTRY FORM IF POSSIBLE – DON'T LEAVE THIS TO THE LAST MINUTE.** I would strongly encourage athletes to bring a scorer they already know and trust – planning a strategy with your scorer should be part of the preparation for race day. If after entering either you or your lap scorer are unable to come to Barry please let me know ASAP, though if you are able to provide a replacement scorer this can be arranged on the day of the race.

NB. In all the years of organising this race, my biggest worry has always been provision of lap scorers, so if you can comply you will not only be helping yourself but also helping secure the future of the event. THANKS!!

A six hour time limit will again be enforced - this is intended as an indication of when we expect the track to be vacated as courtesy to those marshalls and officials who will already have given six hours of their time in inclement weather. Any athlete appearing to need significantly longer than six hours to complete 40 miles will be asked to stop at 4 PM.

I look forward to hearing from you and irrespective of whether you run in Barry or not, may I wish you a successful 2016 (for information and pictures of previous races, please log on to: www.lescroupiersrunningclub.org and hence to Race Pages > Croups Races > Barry Track 40.

NB Please return completed entry form to address above by Saturday 5 March, 2016.

Best wishes

Mick McGeoch (Barry 40 - Race Director)