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33rd Annual Barry 40 mile Track Race

4th November 2018

Dear Athlete

I am writing to inform you that the 33rd Annual Barry 40 Mile Track Race (incorporating the 30th Welsh Ultra distance Championships) will be held at Jenner Park, Barry on **Sunday 10th March 2019**.

This year's event will once again return to its home in Barry, the venue is more conducive to the needs of ultra distance running. The last 2 year's we've incorporated a track marathon to be staged simultaneously, and this will again be the format in 2019. Please make it clear on your entry which race you are entering.

The start time will be as usual 10.00am and the race entry fee will be £35. There are two methods for payment (please tick the 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' or 'Barry 26' as the reference for this transaction.

Sort Code: 77-62-01

Account Number: 28365260

Account Name: Les Croupiers Running Club.

If paying by bank transfer, please let me know via the e mail address above to ensure your payment is registered. We have been overwhelmed by the support for the event over the years and have had to set a limit of 40 runners due to the realistic number of lap scorers we can provide to ensure an accurate result for each runner. This unfortunately led to a number of potential competitors being turned away. In order to try and accommodate all potential runners we have asked that if possible runners can nominate their own personal lap scorer. If you are unable to do this please enter anyway and we will do our best to accommodate you. **PLEASE TRY TO ARRANGE A LAP SCORER AND DOCUMENT ON THE ENTRY FORM IF POSSIBLE – DON'T LEAVE THIS UNTIL THE LAST MINUTE.** We 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, please let us know ASAP - if you are able to provide a replacement scorer this can be amended 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 be again be enforced - this is intended as an indication of when we expect the track to be vacated as courtesy to those volunteers and officials who will already have given over six hours of their time in what can be inclement weather. Any athlete appearing to need significantly longer than six hours to complete 40 miles will be asked to stop at 4pm.

An accommodation suggestion list and travel directions can be forwarded for those who require it.

We look forward to hearing from you and irrespective of whether you run or not, we would like to wish you a successful 2019.

For details of the 2019 event please go to <http://www.cardiffrunningevents.org/barry-40.php>

For the results and photos from 2018 go to <http://www.cardiffrunningevents.org/results.php> again we very much appreciate the photos by Paul Stillman,

For results and pictures of previous races please go to <http://www.lescroupiersrunningclub.org.uk/the-barry-40/>

NB. Please return your completed entry form to the address above by Saturday 2nd March 2019.

Mick McGeoch – Les Croupiers Running Club