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34th Annual Barry 40 mile Track Race

4th November, 2019

Dear Athlete

I am writing to you to inform you that the 34th Annual Barry 40 mile Track Race (incorporating the 31st Welsh Ultra Distance Championships) will be held at Jenner Park, Barry **on Sunday 1st March, 2020.**

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 3 years we've incorporated are hosting a marathon alongside the 40 mile race. Please make it clear on your entry which race you are entering.

The start time will be 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: 09-01-29

Account Number: 38532395

Account Name: Les Croupiers Running Club.

Please notify us via the email address detailed above if you pay via bank transfer 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. 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.

A six hour time limit will 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 may be asked to stop at 3.30pm.

We look forward to hearing from you and irrespective of whether you run or not, we would like to wish you a successful 2020.

For details of the 2020 event please go to <http://www.cardiffrunningevents.org/barry-40.php>

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 22nd February 2020.

Best wishes

Mick

Mick McGeoch