

## Woodbridge School Ekiden - Race Date: Sunday 15th July 2018.

Race details (changes are highlighted in yellow) :

- The Junior race will start at 09:30. Teams will be expected to complete the race within 40 to 45 minutes. **Junior race limit – 60 teams.**
- The Senior race will take place after the Junior race has finished at **10.20** with a race limit of **200 teams.**
- **Change - Supervets teams** – must now be Male only (50+) or Female only 45+, mixed supervets should be entered in the "Mixed" Category
- **Change - Team registration** – you will be able to register your line ups through a web portal, and make your own changes. Details to follow
- **A new race website** <https://www.ipswichekiden.co.uk/>
- **Multi team entries** – you can reserve your entries and finalise the details nearer to race date. Please email me to book them ASAP
- **Team managers** – you can enter all your affiliated teams in the male open category if you don't want the hassle of managing the categories

**Venue:** Woodbridge School, Woodbridge IP12 4JH [www.woodbridge.suffolk.sch.uk/](http://www.woodbridge.suffolk.sch.uk/)

**Distance:** 26.2 miles run by teams of six as a relay. Each lap is an accurately measured 2.5k – run mainly on grass

**Senior Ekiden Team:** £48 - affiliated team and £60 – non affiliated/social team. Priority given to teams who pay for entries when booking. **The race limit is 200.**

**Teams:** 6 runners, minimum age 16. Stage distances are: leg 1 - 7.2k; leg 2 - 5k; leg 3 - 10k; leg 4 - 5k; leg 5 - 10k; leg 6 - 5k.

**Junior Ekiden – Start at 09:30:** Teams of 4 running 4 x 1.1 mile legs. Children aged 8 and under must run with an adult. **2018 - Team entry of £18.00** includes chip timing. The race time limit is 45 minutes. New for 2018 – a **basic medal for all participants and a trophy for each runner in a winning team**

**Chip Timing:** We will have chip timing for the race managed by Chip Timing UK. This year we will have a back up timing mat on the course and will video the race. Race numbers will run sequentially to match the chip numbers allocated. This means that the first Team will be 1A, 2B, 3C, 4D, 5E and 6F, Team 2 will be 7A, 8B, 9C, 10D, 11E and 12F, etc

**Change - Results:** Chip Timing UK will provide a large screen with a live stream of results, showing the top 5 teams in each category. There will be results booths for individual results

**Trophies** will be awarded (one per team only) to:

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Men's and Ladies Open teams

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Mixed team (minimum 2 female runners to score).

1<sup>st</sup> Men's and 1<sup>st</sup> Ladies Veterans teams F – 35+ and M – 40+

1<sup>st</sup> Super Vets Male only aged 50+

1<sup>st</sup> Supervets team – Female only – 45+

1<sup>st</sup> Team over 60 – male/female, any combination accepted

1<sup>st</sup> Team over 70 – male/female, any combination accepted

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Non-affiliated/social/business team

Individual trophies - fastest man and lady over each distance - 7.2k, 5k and 10k.

**Non-affiliated/social category** – only teams with **less than 3** affiliated runners qualify for social team prizes.

**Junior Race:** Trophies (4 per team) will be awarded to:

1<sup>st</sup> team – 12 and overs – Male open, female open, mixed teams.

1<sup>st</sup> Team – 11 and under – male open, female open, mixed teams.

Mixed teams must have a minimum of 1 of each sex, so can be 3 boys one girl, 2 boys/2 girls or 3 girls and 1 boy.

2018 – We will have 2 x waves with the over 12s starting first and the under 12s starting a minute later

**Dogs – We will not allow anyone with a dog on to the School premises**

**Showers** - We will NOT have access to the School showers

**Medical Cover and Toilets** - We have ordered additional medical cover and toilets for 2018. There will be 6 medics on site and 20 toilets.

**Catering:** There will be a pay barbeque, refreshments and ice creams available on the day

**Charity:** JAFFA will donate all the proceeds from the race to local charities.

## 2018 Summary of the Changes

- Live streaming of results to a 52inch screen
- Front and back race numbers for the seniors – so you can identify the teams in front of you, in your category
- Increased medical support on site
- 40% more toilets (now 20)
- A medal for the juniors, and a trophy for each member of a winning team
- 2 waves in the junior race
- Additional toilets

2018 The Race Director is Robin Belsom. Entries – will be handled by

Robin Belsom - Wk 01473 343341 Mobile 07771 620223

Email: [ekiden@ipswichjaffa.org.uk](mailto:ekiden@ipswichjaffa.org.uk)

# Woodbridge School Ekiden - 2018

## CLUB or TEAM NAME -

**If you send your details by email then there is no need to return this form**

Please enter the number of teams in each category

Non- affiliated teams \_\_\_\_\_ (£60.00 per team – ie social/business teams)

**Running club entries** - Non-affiliated teams with 3 or more affiliated runners – will compete in the Men's Open category.

Men's Open \_\_\_\_\_ (£48.00 per team)

Ladies Open \_\_\_\_\_ (£48.00 per team)

Mixed (min 2 x female) \_\_\_\_\_ (£48.00 per team)

Men's Vets (aged 40+) \_\_\_\_\_ (£48.00 per team)

Ladies Vets (aged 35+) \_\_\_\_\_ (£48.00 per team)

SuperVets (male only 50+) \_\_\_\_\_ (£48.00 per team)

Supervets (female only 45+ \_\_\_\_\_ (£48.00 per team)

60 +/70 + and Female Supervets (45+) \_\_\_\_\_ (£48.00 per team)

**BACS payments to Sort Code 30 94 55 Account 68713860. Please show the team name in the reference field.**

Cheque enc for £ \_\_\_\_\_ made payable to IPSWICH JAFFA RUNNING CLUB

Entrants Name \_\_\_\_\_

Contact Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ Email \_\_\_\_\_

Tele: \_\_\_\_\_

**Entries to Robin Belsom: Larkspur, Debenham Road, Crowfield, Ipswich IP6 9TD**

**Wk 01473 343341 Mob 07771 620223 [ekiden@ipswichjaffa.org.uk](mailto:ekiden@ipswichjaffa.org.uk)**

# JUNIOR RACE - Woodbridge School Ekiden 2018

## CLUB or TEAM NAME :

***If you send your details by email then there is no need to return this form***

Please enter the following number of teams in each category **£18.00 per team**

Male Open 12 and over \_\_\_\_\_ £18.00 per team

Female Open 12 and over \_\_\_\_\_ £18.00 per team

Mixed Teams 12 and over \_\_\_\_\_ £18.00 per team

Male Open 11 and under \_\_\_\_\_ £18.00 per team

Female Open 11 and under \_\_\_\_\_ £18.00 per team

Mixed Teams 11 and under \_\_\_\_\_ £18.00 per team

I enclose a cheque for £\_\_\_\_\_ made payable to "IPSWICH JAFFA RUNNING CLUB",

**BACS payments to Sort Code 30 94 55 Account 68713860. Please show the team name in the reference field**

Entrants Name\_\_\_\_\_

Address\_\_\_\_\_

Postcode:\_\_\_\_\_

Email \_\_\_\_\_ Tel:\_\_\_\_\_

### Entries to

**Robin Belsom: Larkspur, Debenham Road, Crowfield, Ipswich IP6 9TD**

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