

Ellisons Ekiden - Race Date: Sunday 7th August 2022.

The Ekiden is back! After a break of 2 years I am delighted to be able to invite you to apply for entries to the 2022 Ellisons Ekiden.

Many thanks to Woodbridge School for continuing to act as hosts, and to Ellisons Solicitors for agreeing to sponsor the event.

The format is detailed below with the following changes to the format:

- We have a reduced entry so may have to allocate entries on a proportionate basis if the race is heavily oversubscribed.
- Harwich have kindly agreed to time the race. Their system works on the chip being located in a baton, **with one baton per team**.
- There will NOT be a live results feed, the final results will be provided at the end of the race with the prizes for the fastest leg times being posted to the winners.
- The Junior race will start at 09:30. Teams will be expected to complete the race within 45 minutes. **Junior race limit – 40 teams – maximum 6 per club**
- The Senior race will take place after the Junior race has finished at **10.20** with an expected race limit of **150 teams. I will have to review team allocation if the race is over subscribed.**
- **Multi team entries** – you can reserve your entries and finalise the details nearer to race date. Please email me to book them ASAP (**ekiden@ipswichjaffa.org.uk**)
- **Team registration** – you will again be able to register your line ups through a web portal and make your own changes - <https://www.ipswichekiden.co.uk/> This will be opened in early June 2022. Places are not secured until paid (unless agreed with the Race Director).

Venue: Woodbridge School, Woodbridge IP12 4JH www.woodbridge.suffolk.sch.uk/

Senior Ekiden Team: £54 - affiliated team and £66 – non affiliated/social team.

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

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

Junior Ekiden – Start at 09:30: Teams of 4 running 4 x 1.1 mile legs – so 1 lap per runner. Children aged 8 and under must run with an adult. Team entry of £20.00 includes chip timing through a baton. The race time limit is 45 minutes. A medal for

all junior runners, and a trophy for each runner in a winning team (6 categories).

2022 Maximum entry 6 teams per club

Chip Timing: Harwich have kindly agreed to time the event. Timing chips are located in a baton which must be handed to the next runner at changeover. The chips will only trigger the timing mat if the baton is held in front of your body.

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

1st, 2nd and 3rd Men's and Ladies Open teams

1st, 2nd, 3rd Mixed team (minimum 2 female runners to score)

1st Men's and 1st Ladies Veterans teams (Female 35+ and Males 40+)

1st Super Vets (Male only aged 50+)

1st Super Vets team - (Female aged 45+)

1st Team over 60 - male/female, any combination accepted

1st Team over 70 - male/female, any combination accepted

1st, 2nd and 3rd 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:

1st team - 12 and overs - Male open, female open, mixed teams.

1st 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.

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

Catering: There will be a pay barbeque, refreshments and ice creams available.

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

Its best to enter by email and settle payment using BACS, only use the following entry forms for postal entries.

The Race Director is Robin Belsom

Email: ekiden@ipswichjaffa.org.uk

Mob [07771 620223](tel:07771620223)

Ellisons Ekiden - 2022

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 _____ (£66.00 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 _____ (£54.00 per team)

Ladies Open _____ (£54.00 per team)

Mixed (min 2 x female) _____ (£54.00 per team)

Men's Vets (aged 40+) _____ (£54.00 per team)

Ladies Vets (aged 35+) _____ (£54.00 per team)

SuperVets (male only 50+) _____ (£54.00 per team)

Supervets (female only 45+ _____ (£54.00 per team)

60 +/70 + _____ (£54.00 per team)

BACS payments to Sort Code 30 94 55 Account 68713860. Please show the team name in the reference field, the account is Ipswich JAFFA Running Club

Cheque enc for £ _____ made payable to IPSWICH JAFFA RUNNING CLUB

Entrants Name _____

Contact Address: _____

Postcode: _____ Email _____

Tele: _____

Robin Belsom: C/O Ryans, Crane Hall, 304 London Road, Ipswich IP2 0AL

Wk 01473 343341 Mob 07771 620223 ekiden@ipswichjaffa.org.uk

JUNIOR RACE - Ekiden 2022

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 **£20.00 per team**

Male Open 12 and over _____ £20.00 per team

Female Open 12 and over _____ £20.00 per team

Mixed Teams 12 and over _____ £20.00 per team

Male Open 11 and under _____ £20.00 per team

Female Open 11 and under _____ £20.00 per team

Mixed Teams 11 and under _____ £20.00 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: C/O Ryans, Crane Hall, 304 London Road, Ipswich IP2 0AL

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