

## **Ellisons Senior Ekiden and Ipswich High School Junior Ekiden - Race Date: Sunday 23<sup>rd</sup> July 2023**

I am delighted to be able to invite you to apply for entries to the 2023 Ellisons Ekiden and Ipswich High School Junior Ekiden.

For 2023 we have a new venue, the prestigious grounds of Ipswich High School at Woolverstone. <https://www.ipswichhighschool.co.uk/> . The course is off road, mainly on a flat lawn course.

The format is detailed below:

- **New Venue:** Ipswich High School, Woolverstone, Ipswich IP9 1AZ
- **Multi team entries** – you can reserve your entries and finalise the details nearer to race date. Please email to book them [ekiden@ipswichjaffa.org.uk](mailto:ekiden@ipswichjaffa.org.uk)
- The **Junior race** will start at 09:30. Teams will be expected to complete the race within 45 minutes.
- The **Senior race** will take place after the Junior race has finished at **10.20**
- **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 2023. Places are not secured until paid (unless agreed with the Race Director).
- **Senior Ekiden Team:** £54 - affiliated team. £66 for a 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 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 winning team (6 categories).
- **Chip Timing:** Harwich have kindly agreed to time the event as in 2022. 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:

- 1<sup>st</sup> Men's and Ladies Open teams
- 1<sup>st</sup> Mixed team (minimum 2 female runners to score)
- 1<sup>st</sup> Men's and 1<sup>st</sup> Ladies Veterans teams (Female 35+ and Males 40+)
- 1<sup>st</sup> Super Vets (Male only aged 50+)
- 1<sup>st</sup> Super Vets team – (Female aged 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
- 1st Non-affiliated/social/business team

We will not be providing trophies to 2<sup>nd</sup> and 3<sup>rd</sup> place teams to help maintain entry fees and to reduce the environmental impact of the event.

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

**Junior Race:** Trophies (1 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.

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 or changing facilities

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

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

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

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

The Race Director is Alec Wright

Robin Belsom is handling entries - Email: [ekiden@ipswichjaffa.org.uk](mailto:ekiden@ipswichjaffa.org.uk)  
[Mob 07771 620223](tel:07771620223)

## Ellisons Ekiden - 2023

### 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: \_\_\_\_\_

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

# JUNIOR RACE – Ipswich High School Ekiden 2023

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

**Wk 01473 343341 Mob 07771 620223**