

## **General Race Rules – 2026**

### **1. Start Time.**

**Junior Race** – the Junior Ekiden is scheduled to start at 9:30am. All laps are 1 mile. All first leg runners should assemble by 9:15am

**Senior Race** – the Senior is scheduled to start at 10:20 am.

Note the first lap of the first leg of the Ekiden is 2.2 k, with the following laps being 2.5k. All first leg runners should assemble by 10:15.

### **2. Junior Entrants**

We are following the new England Athletics rules so the categories are now as follows:

Teams for those aged under 12 on 31/8/25

Teams for those aged under 14 on 31/8/25

Teams for those aged under 16s on 31/8/25

Children aged 16 and over on 31/8/25 are not permitted to run in the Junior Race.

Children aged 8 and under must run with an adult.

### **3. Senior Entrants**

Senior Race – entrants to the Ipswich Ekiden must be of a minimum age of 15.

**Please note:**

**15-year-olds are permitted to run legs of no longer than 5k**

**Those aged over 16 and under 18 can run the 5km and 7.2km legs**

**18s and over can run any leg**

In the Senior race, age is based on the participants' age on race day.

### **4. Teams**

A runner can run more than once in a team, but the team concerned will not then qualify for any prizes. Runners may run for more than one team but it is

their responsibility to time this so that they are available to run the respective legs.

**5. Affiliated teams** (including non-affiliated/social-teams with 3 or more affiliated runners)

All runners must be paid up members at the time of team selection.

## **6. Veteran Categories**

For men this is for those aged 40 and over on race day and for women it is 35 and over on race day.

## **7. SuperVets Categories**

Men this is 50 and over on race day

Women 45 and over on race day.

60 + teams – all participants must be aged 60+ on race day.

70+ all participants must be 70+ on race day.

## **8. Team composition**

Non-affiliated teams may enter in to the respective “open” competition if they wish. Please make this requirement clear when entering.

## **9. Non-affiliated/ Social team competition.**

The organisers reserve the right to transfer social teams into the respective “open category” if they feel that the team does not meet the criteria and spirit of the non-affiliated competition.

This is intended to encourage social and business teams to participate in a less competitive manner. Teams with 3 or more affiliated athletes will not be permitted to win prizes in the social category and should enter the open competition.

## **10. Club Priority.**

Affiliated athletes may only enter in social teams where their club has priority over their selection for club-based teams. Participants on the JAFFA teams are obliged to help marshal or in some other capacity on race day.

## **11. Holding Pen and handover**

It is your team captain’s responsibility to make sure all team members are ready in the holding pen in good time for when the next runner comes through.

Runners must hand over the baton to their team mate within the exchange area. This will be demonstrated on the day. For the sake of clarity, the handover takes place in the box before the finish line. The lap time will be recorded when the finishing runner crosses the line.

## **12. Disqualification.**

Please adhere to the course which is clearly marked. If for any reason you stray from the route then you and your entire team may be disqualified

## **14. Runners/spectators**

They should not enter the course or obstruct any of the athletes.

## **15. Race Numbers**

A race number must be worn on the front of the running vest/t-shirt, unmodified, unfolded, and visible at all times during the race.

Please secure each number with four safety pins so it can be clearly seen by the timekeepers.

## **16. Sportsmanship.**

All runners and supporters must display courtesy and sportsmanship at all times.

## **17. School Grounds.**

Runners and supporters must not litter or damage the landscape or environment. This is really important as the school permit us free access to their grounds and facilities. Please take any litter etc away with you.

## **18. Dogs.**

No dogs are permitted to enter the Ipswich High School grounds

## **19. Results**

These will be published on the Ipswich JAFFA website  
[www.ipswichjaffa.org.uk](http://www.ipswichjaffa.org.uk)

## **Safety and Medical Issues**

1. Remember, at all times and in all situations, safety is the most important issue. This means safety for runners, staff, and the general public. The Red Cross will be in attendance.
2. Runners are responsible for their own actions.

**Awards - Trophies will be awarded to the following:**

- 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> and 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 and 2<sup>nd</sup> team over 70 – male/female, any combination accepted
- 1st Non-affiliated/social/business team

**Rule Enforcement and Penalties – Race Referee**

1. Race rules are designed to provide a safe and fair experience for everyone involved and to help ensure our ability to produce the race again next year.
2. Rule breaches by runners will be dealt with by the Race Referee who has the authority, at any time, to overrule any rule or invent a new rule based on extenuating, unforeseen, and/or unusual circumstances and/or to maintain the integrity and fair play necessary for the successful completion, and continuation, of the race. The Race Referee has ultimate authority in regards to all rules, their interpretation, and their enforcement. There is no "appeals committee" nor an "appeals process." All entrants in the race willingly acknowledge this fact, by attending the race in any capacity.
3. In all cases and circumstances, it is the intent, and spirit, of the rules which will govern their implementation and enforcement.

**Cancellation**

1. In the event of cancellation of the Ekiden, Ipswich JAFFA will provide a refund of race entry fees after deduction of the costs incurred in staging the event. These costs will be allocated on a pro rata basis from the cost of each team entry. These costs are likely to include medical provision, portable toilets, race number and trophies which are not able to be reused on a future event.
2. Personal arrangements including travel, accommodation or hospitality relating to the event which have been arranged by you are at your own risk. Liability for the cancellation or rescheduling of an event will be limited to the refund as set out in these terms and conditions.

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3. We will not be responsible for any loss, theft or damage of your personal belongings, other than caused as a result of our negligence or other breach of statutory duty.