

General Race Rules – 2025

1. **Start Time.** The Ipswich Ekiden 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 runners should assemble by 10:15.

The Junior Race is 4 x 1 mile laps

2. **Entrants** to the Ipswich Ekiden must be of a minimum age of 16, however 15 year olds are permitted to run legs of no longer than 5k. Age is based on the participants' age on race day.

Junior Entrants for the 11 and under teams, is for those aged 11 or under on race day. Teams for 12s and over are for those aged 12 and over, but under 16 on race day. Children aged 16 and over are not permitted to run in the Junior Race. Children aged 8 and under must run with an adult. Teams can include a mix of over 12s and under 11s, with them being included in the 12 and over category

3. **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.
4. **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
5. **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.
6. **SuperVets** – for men this is 50 and over on race day and for women its 45 and over on race day. Female Supervets – all participants must be 45+ on race day. 60 + teams – all participants must be aged 60+ on race day. 70+ all participants must be 70+ on race day.
7. **Team composition – Social Teams** . Non-affiliated teams are not obliged to enter into the Social Category and may enter in to the respective “open” competition if they wish. Please make this requirement clear when entering.
8. **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.
9. **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.

10. **Holding Pen.** 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
11. **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
12. **Hand Over.** 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.
13. **Runners/spectators** should not enter the course or obstruct any of the participants.
14. **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.

Under UKA rules – all affiliated club team members should wear the same vest

15. **Sportsmanship.** All runners and supporters must display courtesy and sportsmanship at all times.
16. **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.
17. **Dogs.** No dogs are permitted to enter the School grounds
18. **Results** will be published on the Ipswich JAFFA website 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:

- 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 F – 35+ and M – 40+
- 1st Super Vets Male only aged 50+
- 1st Supervets team – Female only – 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 will be awarded to fastest individual men and women on the day at the 5k, 7.2k and 10k stage.

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 at 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.
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.