

JAFFA / PACERS / STRIDERS 5K TRACK CHALLENGE 2017

Leg 1 / Monday 22nd May @ Northgate Sports Centre, Ipswich (RD Claire Palfrey, JAFFA)

Leg 2 / Monday 4th September @ Abbeycroft Leisure Centre, BSE (RD Claire Hoblyn, Pacers)

Juniors (age 9 – under 15) / 1500m

6.30pm Boys Race

6.40pm Girls Race

Max 10 competitors per club in each race

Juniors to race in the event appropriate to their actual age on race day

Seniors (age 15 +) / 5k

7.00pm **Race 1:** Sub 19 minutes (mixed)

7.25pm **Race 2:** 19 – 23 minutes (mixed)

7.55pm **Race 3:** Over 23 minutes (mixed)

Max 20 competitors per club in each race

Scoring

Times taken across 2 x Junior events. First 5 boys and first 5 girls count for each club

Times taken across 3 x Senior events. First 10 men and first 10 ladies count for each club

First place = 100

Second place = 99

Etc etc

Juniors combined scores for Leg 1 + Leg 2. Club with highest score = The Winner!

Seniors combined scores for Leg 1 + Leg 2. Club with highest score = The Winner!

Trophies

Junior Trophy + Senior Trophy

Perpetual presentation shield to be held by winning club for entire year

Timing

Senior and Junior events to be chip timed using Races Online

Runners to be responsible for counting their own laps

Registration

Pre-registration for both Junior and Senior Events via Claire Hoblyn. No entries on the day