

JK RELAYS 2007

EXPLANATORY NOTES

General Information

The Relays are being held on **Monday 9th April 2007** at **Caerwent**, a disused army camp between Chepstow and Newport (Gwent).

There will be a string course on the day of the relays.

Classes and Entry Fees

CLASS	TITLE	LEGS	LEG DETAILS	Fees by 28 Feb	Fees by 23 Mar	Fees – very late
A	JK Trophy	4	Long, Short, Short, Long, - Technically difficult. Target times - 32, 24, 24, 32 minutes.	£42	£50	£56
B	Women's Trophy	3	Long, Short, Long - Technically difficult Target times 32, 24, 32 minutes	£31.50	£37.50	£42
C	Men's Short	3	Long, Short, Long - but only 2/3 of JK Trophy distance. Technically difficult	£31.50	£37.50	£42
D	Women's Short	3	Long, Short, Long - but only 2/3 of Women's Trophy distance. Technically difficult	£31.50	£37.50	£42
E	Senior Men Total Age 120 +	3	Long, Short, Long - Technically difficult. Target times 32, 24, 32 mins (for an M40).	£31.50	£37.50	£42
F	Senior Women Total Age 120 +	3	Long, Short, Long - Technically difficult. Target times 32, 24, 32 mins (for a W40).	£31.50	£37.50	£42
G	Veteran Men Total Age 165 +	3	Long, Short, Long - Technically difficult. Target times 32, 24, 32 mins (for an M55)	£31.50	£37.50	£42
H	Veteran Women Total Age 165 +	3	Long, Short, Long - Technically difficult Target times 32, 24, 32 mins (for a W55)	£31.50	£37.50	£42
J	Intermediate Men Total Age 48 -	3	Technical difficulty - Green, Orange, Green. Target times 25, 15, 25 mins (for an M16)	£15	£18	£21
K	Intermediate Women Total age 48 -	3	Technical difficulty - Green, Orange, Green. Target times 25, 15, 25 mins (for a W16)	£15	£18	£21
L	Junior Relay (M/W 40-)	3	Technical Difficulty - Orange, Yellow, Orange. Target times 20, 12, 20 mins (for M14 / M12 / M14).	£15	£18	£21
M	Mini Relay M/W12-	3	Technical difficulty - Yellow for all legs. Target times 12 mins for each leg.	£15	£18	£21
N	Mixed Ad Hoc	3	Technical difficulty - Green, Green, Orange. Approximate distances 5.3, 3.7, 2.4 km	£31.50	£37.50	£42

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Explanation of Classes and Entry Fees

1. For age restricted relay classes (E to L), use the sum of the competitors' age classes applicable for the 2007 calendar year. The sum must be equal to or greater than (Classes E, F, G, H), or equal to or less than (Classes J, K, L) the cumulative "age" stipulated for the Class. Do not use the actual ages of the competitors for this purpose. [e.g. M45 + M65 + M55 = 165]
2. For junior classes (J, K, and L) no entrant may be above M/W 20.
3. For the Mini Relay (class M) all entrants must be M/W 12 or below.
4. To be competitive in classes A to M all runners must be in the same club (UK or overseas).
5. Class N is open to teams (M and/or W) comprising members of different clubs.
6. Laps will be run in the order shown except for class N (Mixed Ad Hoc) which will have lap lengths jumbled up. The running order will be shown on the Team Declaration Form.
7. Junior fees will apply to Junior classes only. Juniors running in any class other than J, K, L, M will be charged the same entry as a Senior runner in that class. (i.e. the entry fee applies to the relay class entered, not to an individual runner).
8. The Mini Relay is technical level 2.

Electronic Punching

EMIT punching will be used for all relay races. Each relay runner must use the EMIT card declared at relay registration. EMIT cards must **NOT** be exchanged between runners or used for more than one relay run. If any of your competitors do not have their own EMIT card and will not have already hired one for the individual competition days, they can be hired just for the Relay day at a charge of £0.50 per card. Enter the total number likely to be required in the space provided on the Relay entry form.

Closing date for entries: 23rd March 2007 - Any entries received after this date will depend on the availability of maps.

A limited number of Ad Hoc team entries will be available at Registration.

Entries for classes A to M will be taken on a club basis only.

For UK entrants this information and Entry Form is being sent to Club Secretaries only.

Relay Entries:

JK 2007 entries, 11 Bransby Street, Sheffield, S6 3JT.

E-mail: entries@jk2007.org.uk

