

JK & British Championships – are you going?

JK Individual – first cheapest entry date is 13th January

JK RELAYS, Aldershot area, Easter Monday

No change to classes since last year so let me know your interest in any of these. Based on sums of age classes of runners unlike BOC relays. Adhoc is green, shorter green, orange. Junior classes are mixture of green, orange and yellow standard. Fees are paid for by DEE.

JK Relays – So people have some idea on whether they have a run, let me know as soon as you enter the individual (13th Jan is first CD) but no later than **1st February** after which I will circulate draft teams for comment. Anyone letting me know after that date will get a run if one is available or teams re-arranged subject to agreement from those involved.

BRITISH CHAMPIONSHIPS – Yorkshire, May Day BH weekend.

All days within travelling distance so you could do one/both relays from home if not available for all 3 days.

BOC Mixed Sprint Relays (Bradford University, Sat 4th May) and BOC Relays (Middleton Woods, south Leeds, Mon 6th May).

Names to me by **1st March** please for either/both. Draft teams will be circulated asap after that date.

Mixed sprint relays - Open class is for teams of 2 men 2 women; 40+, 55+, 65+, adhoc, 16-, 12- - teams of 3, at least 1 man and 1 woman.

BOC relays – classes as last year, Open, 40+, 50+, 60+, 70+, 18-, 14- (orange), 12- (yellow), adhoc (incl. one orange leg), junior adhoc (green, orange, yellow). For newbie's to these relays, there's a mixture of standard and length for adhoc teams so don't worry if you don't think you will fit into a category for a main class, if it's possible, I'll sort something out for you. Fees are paid for by the club.

Any queries, please ask.

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