



RUN LIKE A TURKEY

14th Pirton Boxing Day Run

Final Details_{v14.1}

We hope you enjoy your run. Thanks for supporting Pirton's Sports & Social Club.

This year's event is just like last year. No numbers, just timing chips – the exception being U18s in the main race, they need to run in a number so that we can identify that they get a medal and don't get a bottle of beer.

With the chips, make sure you get the right one. Be especially careful if you pick up more than one at registration (maybe you entered as a family) – make sure that Mummy, Daddy and Kids get the right chips. The timing chips are strapped on your ankle and we record your time electronically as you cross the blue finish carpet.

We've have old style pre-race excuses – little slips of paper on which you can write your witty and original excuse. "I won't do very well today because".

Please read this if nothing else

- Know your chip number before you get to the registration desk. Names and numbers are shown in the club house.
- Your timing chip is valuable; if you lose it we will have to charge you for it. You wear it on your ankle. Don't cross the finish line with your chip on your ankle unless you are actually finishing.
- Please make sure you - and your children - know the route of the race.
- The drive through the village is one way, follow the signs and display your car parking voucher.
- If you have any medical issues, please inform us at registration.
- No spikes please – they damage the timing mat
- You are expected to enjoy yourself!
- Registration closes at 1045. Please don't be late as our registration team are also running in the race and the need to get changed and warm up too.

Timetable

Every year our most popular question is “when does my race start?” We normally get each race away exactly on time, so expect to start at the times shown.

0930 – Car Parks, Registration and Help Desks open. Registration closes at 1045.
1025 – Early Runners 2.5m (short course)
1035 – Under 13s 1km
1050 – Walkers 2.5m (short course in reverse)
1115 – Main Race 3.2m
1125 – Under 7s 600m
1200 – Presentation (we will do this on time too and we hope you’ll stay for it).

Travel & Parking

Registration, the Help Desk, St John’s ambulance, kitchen, bar, toilets, start, finish and car park ‘A’ are all at the Recreation Ground, Pirton; our website (www.boxingdayrun.co.uk) has a location map. There is a “one way” system for driving cars through the village. Please follow the signs – even if you know the way to the Rec. The route is to ensure safety for us, you and other road users. All entrants will be emailed a car park voucher – “A” for pre-paid parking at the rec, “B” for pre-paid parking with up to 600m walk and if you didn’t book a parking voucher, we have sent you voucher “C” in case your plans change and you bring a car after all (but we really hope you won’t do this!). As always, car parking is our major restriction, so please do your best to leave the car at home or share a lift. Please display your car park voucher clearly, by putting it in your front window, so that the car parking team can see where to send you. Note – if we put up signs to say that a particular car park is full, this means it really is full! Trust us, if we could get more cars in, we would. We have a great car park team; let them get you parked quickly.

Car Park B walking route

If we park you in the village, you will have up to 600m to walk to the Rec. Walking routes will be marked – just look for the signs showing the way to Car Park A.

Registration

Registration will open at 0930 and close at 1045. Some of our registration team run in the race, so please don’t be late and make them miss the start.

Registration is where you collect your timing chip and ankle strap. The numbers for U18s in the main race can be collected from the help desk. There’ll also be pins if you need them.

You can help us by knowing your chip number before you get to registration. You can find your name/ chip number listed on display in the club house. If you collect chips for the rest of your family, please make sure the right chip goes to the correct person.

Help Desk

If you need help, you're a beginner or you aren't sure what to do, go there for help.

Facilities, Food and Spectators

In the clubhouse, there are toilets and changing rooms. We have a space to store kit bags, but it is not secure. We will be selling hot and cold drinks.

Toilets

Men's and women's toilets are in the club house and we have additional unisex portaloos in the car park at the far end of the clubhouse.

Runners Early Start (10:25 at the gate)

Shorter than the main race at 2.5 miles (without the two laps of the field at the start). Starts from the NE corner of the Rec. Should allow all runners (under 40 mins) to get back to the Rec before the U13s start. [Note! There are no marshals for this class, so make sure you know the route!]

Under 13 1km run (10:35 at the main start line)

The Under 13s have a two lap course of approximately 1000m. At the end of the first lap (when the runners first arrive at the cricket square) you will be marshalled in to the right for the second lap. At the end of the second lap you will be marshalled to the left and in to the finish. Tape and blue rope mark the whole of the route round the rec. The simple rule is – don't cross the tapes or the rope!

Walkers Route (10:50 at the gate)

The Walkers Route is shorter than the main race (without the two laps of the field at the start) and the main lap is walked in the OPPOSITE direction (so that you can see the runners coming towards you). The Walkers start is at the gate exit to the Rec (in the NE corner, down hill on the left hand side). We expect walkers to finish just before the leaders of the main race. The Walk is non-competitive, though we will record and publish your time. Please give way to the runners who are racing.

Main Race Route (11:15 at the main start line)

The course starts with two clockwise laps of the Rec, followed by a big anti-clockwise loop out along the Icknield Way footpath to Ley Green Hill, with a left turn on to Hambridge Way to bring you back to the village. You turn left again off the Hambridge Way, just before entering the village, and back in to the Rec for a single clockwise lap to the finish.

When running the two laps of the Rec just after the start As you approach the cricket square on the first lap, you will be marshalled in to a taped lane on the right hand side. This lane will lead you back round to the second lap. As you approach the cricket square for the second time you will be marshalled in to the taped lane on the left. This lane will lead you towards the exit from the recreation ground. If you are overtaking back markers as you near the start of the second lap, it will be best to do this on the left side. Slower runners should keep to the right please.

Marshals will also be at the entrance and exit to the Rec and for the turn on to and off of Hambridge Way. Signposts will be out around the course for the minor junctions. You can see most of the route from the clubhouse, and the course will be pointed out to you if you ask. If you're a very fast or very slow runner make sure you know the outline of the route before you start.

The footpath to Ley Green Hill can be slippery and muddy. The Hambridge way is a "made" track normally suitable for cycling. On balance, road shoes with a good amount of tread should be OK, but cross-country studs would be better if you have them. Please don't wear spikes (they aren't good for the timing mat). The muddiest section is normally just as you leave the rec., so if you want to see what conditions are like before you start, check out this spot and you'll know the worst.

Mile markers show 1m done, half way, 2m, 2.5m and 3m done. These are approximate, not accurate. They are approximate because we put them out late on Xmas day (any earlier and they disappear) and we can't expect people to be precise at that time!

Under 7 600m run (11:25 at the main start line)

The Under 7s have a single lap course of approximately 600m. From the main start you will complete one lap of the recreation ground and be funnelled in to the finish. Just follow the tapes and rope and don't cross them.

Timing chips

Everyone will have a timing chip – the chip is unique to you, so make sure the one you wear is yours. The timing chips are designed to be worn on your ankle using the Velcro strap. Please don't lace it in to your shoes. Look after the chip, as it is valuable - and if you lose yours we will have to charge you to replace it. When you have your chip on make sure you don't accidentally cross the finish line / finish mat unless you are actually finishing your race, or this will mess up your race time.

At the end of the race drop your chip and strap in to one of the buckets.

Chip timing allows us to deliver results almost live. There will be a screen in the van where you can key in your number and get your time and your position. Our target is to have provisional results on the internet on Boxing Day evening.

Start and Finish Lines

The start line (for U7s and U13s and the Main Race) will be marked at either end by the big Buff banners. The start for early runners, walkers and U16s is outside the gate at the NE corner of the field.

The Finish Line for all races is the timing mat that you will cross as you enter the finish funnel. Please don't leave the funnel till you get to chip removal and memento issue.

Medals

Medals are for the children, but some adults have requested them as souvenirs in the past. If we have any left over, you can buy them from the kitchen team at £2 each. We're not planning photos this year.

Pre Race Excuse Competition

We give a prize to the best (most original and witty) pre-race excuse.

Dogs

Dogs are welcome in the Walkers class, but aren't allowed in the running classes. They must be on a lead at all times.

Safety

You're entirely responsible for your own safety and also responsible for any harm you do to anyone else. See our terms and conditions on the entry website, which you have accepted by entering the race. Working on the basis that this does not worry you - we've done our best to keep safe those who are prepared to accept the risk of doing the run! Our marshal at the far end of the course will have a walkie-talkie to report anyone overcome by his or her exertions and we'll have St John's ambulance in the Rec. If you have any medical conditions that we should know about, you must tell the help desk.

Race Cancellation, Snow etc

We will only cancel the race in very extreme conditions – this will be announced by email and on the website. In 2010 we had 5cm of snow and the race went ahead on our “winter conditions” route. In 2012 we had the wettest year ever – and we just got muddy. This year the going is currently “very muddy”. So expect the race to go ahead even if the weather is bad. As it says in the section on Safety, you are responsible for yourself and you must decide if you feel safe running in the prevailing conditions. If we think it necessary we will stipulate that you wear or carry a hat, gloves and a waterproof top. If the weather looks bad, make sure you bring these things with you or we may say you can't run.

Feedback

If you have any suggestions or comments, please let us know. We'd also appreciate it if you'd give the race a rating on the www.runnersworld.co.uk web site – you can also post comments there. Each year the suggestions help us improve this year's race - so keep telling us what you think. We've always scored well in the past, (the '08 race was voted nationally the “Best in December”), but we want to make sure we keep doing things right and doing them better. If you can do this quickly after the run, your ratings will get us a place in this year's race rankings, which normally close before the end of December.

And Finally

Thank you for reading all the way through the final details. Enjoy your run!
