



52nd Aylesbury Boxing Day 5k Road Race

Monday 26th December 2011



Thank you for enquiring about the 2011 Boxing Day Road Race. Please read the race information carefully and note the attached map which shows the race route, location of the race HQ and car parking.

PRE-RACE ENTRIES can be downloaded from the club's website at www.voaac.org.uk and sent to Ian thompson at the address provided on the entry form. Alternatively you can enter online at <http://www.runnersworld.co.uk/events/>

ENTRIES ON THE DAY: Available from 8.15am onwards in the Kingsbury Public House, £7 for attached runners, £9 unattached runners

RACE HQ: This year we are using the Kingsbury Public House, 17 Kingsbury Court, Kingsbury Square, Aylesbury, Buckinghamshire HP20 2HZ. The pub will be open from 8.15am for tea, coffee and light refreshments.

RACES: There are two separate races. The **junior race** (approximately 800 metres) for under 13's will start at **9.15am**. The **5k race** will start at **9.30am**

THE START: The junior race will start in the Market Square next to the Clock Tower. The 5K will also start in the Market Square. There are no toilets at the start of the course. Toilets are available in the Kingsbury PH. Allow 2-3 minutes to walk from the Kingsbury to Market Square. Please ensure that you allow plenty of time to use the toilets before leaving for the start line.

SAFETY: Please note that the race is run on a combination of public roads and footpaths. Runners should take great care, particularly if it is icy, and heed any instructions given by the Race Referee and/or Marshalls, especially at road junctions. Wearing of personal listening devices i.e. iPods is strictly prohibited and could lead to disqualification. Due to the number of sharp turns on the course, dogs are not allowed to accompany runners

THE COURSE: The junior race will comprise 2 laps of the Market Square (approximately 800m). The 5k race comprises 1 lap of the Market Square followed by 2 laps of Aylesbury

Town Centre. The race will finish in Kingsbury Square. The route will be clearly marked and marshalled.

BAG STORAGE: Runners can leave bags in a designated area in the Kingsbury pub. However, this area will not be manned. All items are left entirely at the owners risk and the race organisers accept no responsibility for loss or damage.

TOILET FACILITIES: Available in the Kingsbury PH

RESULTS: Will be published on the club's website at www.voaac.org.uk

PRIZES: All finishers will receive a commemorative medal. Race Prizes will be presented at approximately 11.00am in the Kingsbury. The following prizes will be awarded:

1st Male and Female will each receive a medallion and a £50 voucher for Up & Running (Aylesbury)

2nd Male and Female will each receive a medallion and a £25 voucher for Up & Running (Aylesbury)

3rd Male and Female will each receive a medallion and a bottle of wine.

The following category winners will each receive a medallion:

Male	Female
Under 15	Under 15
Under 17	Under 17
Vet 40	Vet 35
Vet 50	Vet 45
Vet 60	Vet 55

The 1st (First Claim) VOAAC male to finish will be awarded The Kirk Clifford Trophy.

The 1st (First Claim) VOAAC female to finish will be awarded The Ruth Allcock Trophy.

The first boy and girl in the Under 13's race will each receive a commemorative medal

FIRST AID: The British Red Cross will be present at the race

CAR PARKING: Ample free parking is available in the Exchange Street Car Park, Friars Square Multi Storey and and Coopers Yard (in Buckingham Street). Please see the AVDC website at <http://eplanning.aylesburyvaledc.gov.uk/CarParks/aylesbury.htm> for further information

REFRESHMENTS: Can be purchased in the Kingsbury public house from 8.15m onwards

SPECTATORS: All spectators are welcome to view the event. Please ensure that you keep clear of the runners at all times.

BAD WEATHER: Updates will be provided on the club website at www.voaac.org.uk. In the unlikely event that the race needs to be cancelled, entry fees will not be refunded.

ACKNOWLEDGEMENTS: The Vale of Aylesbury Athletics Club would like to thank the following sponsors, individuals and organisations without whose assistance the race could not take place: Brown & Lee Clifford Billings (Chartered Surveyors), Up & Running

(Aylesbury), Kingsbury Public House, British Red Cross, Race Referee, Race Marshalls, club members and families.

