

Welcome to Lytham St. Annes Road Runners Club



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1. A little about us

Lytham St Anne’s Road Runners Club was established in 1998. As well as road running, we participate in athletics, cross country, relays and fell running. We have over 100 members of all ages and athletic skill levels who share the enjoyment of running and staying fit. This includes our thriving junior section. We are definitely a club for the whole family!

Whether you have joined the club (or are thinking about it!) to get in shape, improve your running or meet new people, we hope you will you have lots of fun and some great experiences.

This document will help you understand what the club can offer you, how we organise ourselves along with some of the club’s expectations of you. Whilst it is only a brief introduction, further information on most topics can be found on the club’s website and notice board. We also have an active members’ page on Facebook (LSARRC).

Membership is open to all groups of the community, eight years of age or over, irrespective of race, sex, gender identity, religion or belief, sexual orientation, disability or social/economic status. We try to be inclusive – so whether you’re a fast runner looking to get faster or someone who is less bothered about times, whether you’re a marathoner or stick to 5k, you’ll find a warm welcome, as well as fellow members with similar aspirations.

Currently the club’s mainstays for seniors are the weekly interval training on Tuesdays and informal group runs on Thursdays. These sessions are scheduled all year-round and we encourage people of all ages and of all abilities to participate. Whatever your pace, it is likely that there will be others at the same fitness level and speed, particularly when the weather is good and there is a large group. We also have popular junior sessions.

It is worth regularly checking our web page at: www.lythamrunners.org.uk where you'll find detailed information about our activities and events.

If you have any questions or comments, please don't hesitate to contact one of us, now or in the future, via email at lsarrc-secretary@outlook.com, or via a message on the public Facebook page.

2. Club Training

We usually meet for training at Lytham YMCA (apart from our Winter [handicap](#) runs). Our seniors meet on Tuesday and Thursday, groups go out for runs of various distance and pace and on Tuesday you will have the option to join the interval type session which is organised and run by the club's coaches and volunteers. Because we are a UKA registered club, our sessions are fully insured.

All junior sessions are organised and run by qualified coaches. We support members to train as coaches and run leaders, so please let us know if you're interested in this.

If you are a beginner to running, let us know and we will help you develop your fitness and confidence. Look out for our organised couch to 5k programmes.

Adults Tuesday 6.30pm (coached interval session)

 Thursday 6.30pm

Juniors Monday – athletic skills sessions – additional fee / booking required

 Tuesday: 6.30pm - Middle Distance Running.

 Thursday: 6.30pm - Middle Distance Running.

3. Our Races

We organise the renowned Green Drive Five (a 5 mile road race), the Junior Green Drive Mile and St Anne's Carnival 5k & 1500m Fun Run. Most members help in some way with organisation or marshalling.

The Green Drive Five

The Green Drive Five is a fast and accurately measured five mile course suitable for runners of all abilities. Starting and finishing in the beautiful surroundings of Green Drive enhanced by the autumn colours, the course continues along Preston Road to reach the rural lanes around Warton. A flat course, this is a race that has allowed many to achieve PBs, the race takes place on the Sunday nearest to 17th October. For many years this race has also been the Lancashire 5 mile championship event. Look out for Green Drive Five t-shirts on your fellow runners -many people have an impressive collection!

The Green Drive Junior Mile

The Green Drive Junior Mile is an accurately measured mile run, held in advance of the senior race for athletes aged 4 to 15. Starting at the same location as the Green Drive Five, the course takes a safe off-road route to the far end of Green Drive and back.

St Anne's Carnival 5k & 1500m Fun Run

The annual St Anne's Carnival 5k race and 1500m Fun Run are held on a Saturday in July in conjunction with the town's Carnival celebrations and give runners of all ages the opportunity to experience the town's attractive sea front tourist sights, at the height of summer. This event is a perfect fun day out for the whole family.

4. Our Other Running Activities

Cross Country

Cross Country is the winter team sport that will keep you sharp through the colder months. Find out for yourself how enjoyable the camaraderie of the club tent with homemade goodies and the pleasures of friendly rivalry can be! This is available to some of our junior runners too and races are split according to age and sex. You can come last and still score points for the team!

Track and Field

The Mid Lancs League is an association of athletics clubs in the North West of England, set up to provide competition in Cross Country and Track & Field for athletes from 9 to 109. This incorporates track races (100m to 3000m) and field events (e.g. shot put, discus, long jump)

Inter Club Series

As well as cross country, we participate in the Inter Club series, which involves competing in friendly rivalry with other local running clubs. This includes seven mid-week evening road races, one hosted by each member club. There's usually a great buffet afterwards, although this is a victim to covid precautions this year ☹️

The Inter Club Fell Championship

This is a series of four fell races (two mid-week and two on a weekend), usually chosen to be from the easier range of fell races to act as an introduction to fell running to road runners.

Relays

Spring and autumn sees the relay season with several LSARRC teams competing against other running clubs. We have taken part in the Welsh Castles relay on several occasions too – a fantastic team weekend where between us we run from Caernarfon to Cardiff!

Races and parkruns

There are many local events during the year and one of the best things about being a club member is running alongside your fellow Lytham St. Annes Road Runners in your club vest. Members often arrange lifts together and you'll find people helping pace one another to pb's. When we are allocated a coveted club place in the London Marathon, we use a ballot system to choose the lucky recipient.

Monthly Club Handicap Race

Our handicap race is arranged on the last Thursday evening of every month (with an exception being December, which varies depending on Christmas and New Year). This race allows a chasing start which gives everyone an equal chance of winning, whatever their standard. The race boasts a summer course of 4.35 miles and winter course of 4 miles.

Training Weekends

Members sometimes organise training weekends which typically involve staying at a YHA in the Lake District. It's safe to say that these aren't 100% about the running, but are fun social trips.

Sports Hall Athletics

Our juniors compete in various competitions throughout the winter months.

5. Welfare and Safety

All participating coaches have Disclosure and Barring Service (DBS) clearance and have individually signed up to the club's code of coaching conduct (a copy of which is on the club notice board and on the club's website).

The club's Welfare Officers are:

Youth	Debbie Cooper 07939 212451
Youth	Mark Hughes 07801 272241
Adult	Julia Rolfe jnhrolfe@gmail.com
Mental Health Ambassador	Dave Whyman whyman327@btinternet.com

First Aid

A club first aider will be present at each training session and a list of first aiders can be found on the club notice board inside Lytham YMCA. A first aid kit will be available at training sessions and coaches will always carry a mobile phone.

Personal Security

We ask that parents / carers ensure that children are accompanied to the meeting place rather than dropped off in the Car Park or at the Gates. The YMCA car park can be very busy at times and even more dangerous during the dark winter months.

We would advise that all members, whilst out running, carry with them contact details for next of kin together with details of any medical conditions. One way is to get a silicone wristband with your details, these are available from Amazon or you could get one which includes your parkrun ID via the parkrun website (no excuses for forgetting your barcode then).

Clothing / Valuables

Please ensure that clothing is appropriate for the weather and that valuables are kept to a minimum. High Visibility clothing is recommended (essential for juniors) for those athletes running on the pavements/roads. Running shoes rather than fashion trainers give much better support and will help prevent injury. All reputable sports retailers will offer guidance and advice on the best type of shoe for you. For those athletes competing on the track, in cross country or on the fells; spikes or fell shoes may be needed. If you compete for the club, a club vest will be essential as it is a requirement of UK Athletic. These can be purchased from the club (see club website for details).

6. Club Awards

There are three main ‘schemes’ to allow you to be awarded for different levels of running achievement, the Club Championship, the Club Standards and the Certificate of Achievement.

Club Championship

This competition is open to all LSARRC members, first or second claim, and runs from 1st April to 31st March each year. The competition is split into age groups following the usual veteran categories, in both the men’s and ladies’ competitions. The athlete’s category depends upon their age on 1st April at the start of the championship year.

The athletes’ race times are converted into points depending upon the pace achieved, with the best 5 races being totaled up and compared with other athletes’ scores within the same gender age group. The athlete with the highest total within an age group will be deemed the champion of that age group and the one with the highest total across all age groups will be deemed the Men’s/Ladies’ Champion.

There are also two additional awards for the most improved athlete (Bill White Trophy for men, Marjorie White Trophy for women) awarded to the athlete with the highest increase in points when compared to the previous year.

Age groups for men:	Age groups for women
- Under 40 (Senior)	- Under 35 (Senior)
- 40-44 (V40)	- 35-39 (VF35)
- 45-49 (V45)	- 40-44 (VF40)
- 50-54 (V50)	- 45-49 (VF45)
- 55-59 (V55)	- 50-54 (VF50)
- 60-64 (V60)	- 55-59 (VF55)
- 65-69 (V65)	- 60-64 (VF60)

- 70-74 (V70)	- 65-69 (VF65)
	- 70-74 (VF70)

It is the responsibility of the athlete to let the club statistician know that they would like to be included within the competition each year.

The club statistician will then include the athlete's races within the championship tables, but the athlete must check them regularly and inform of any discrepancies and omissions.

The scores are based on pace for each race distance as per the "LSARRC Club Championship Eclectic Racing Scheme" Tables (a copy of the tables are on the Club Website or available electronically from the club statistician). Any times slower than those relating to zero points will all count as zero points and totalled in the normal way.

The athlete must have a minimum of 5 races to post a score, but one of these races must be at or above the Half Marathon distance.

To count, races must be designated Road Races, be open to all club members (i.e. not purely veterans' races or relating to certain industries/Government bodies etc.), be accurately measured, (depicted by the triangular symbol on the race flyer) and have a race license number.

Fun Runs and parkruns do not count, nor does the Green Drive Five, as many of our members will be volunteering at this.

Races at 5km, 5 miles, 10km, 10 miles, half marathon, 15 miles, 20 miles and the marathon can count for the Club Championship. A maximum of two races at any one distance can count towards the total score.

In the event of a tie the athlete with the highest single score in a race will be declared champion, and if necessary the second highest counting score then third until tie is broken. In the event of athletes tying on overall scores and having five identical scores the championship will be shared. For the purpose of the "Most Improved Award" a 6th race in the current year, and if required, additional races until the tie is broken, will be used.

The Championship Tables will be posted on the club's website and Facebook on a regular basis, but a copy of them can be requested from the Club Statistician .electronically anytime throughout the year.

Club Standards

The LSARRC Club Standards is a scheme whereby any athlete can claim Diamond, Gold, Silver or Bronze awards by achieving race times faster than the standard for that level within their particular age group.

These 'awards' are a Diamond trophy, Gold, Silver and Bronze Medals and certificates for all four levels.

The LSARRC Club Standards are available to be earned by all LSARRC members, be they first or second claim or Junior.

The Standards are set within sex-related five year age groups once the athlete has reached the veteran age (40 for men and 35 for ladies), and in a single 'under 40' (men) / 'under 35' (Ladies) age group prior to this.

A certificate can be claimed for any individual distance where a standard was achieved.

To qualify for any standard, the race being used must be designated as a road race, be accurately measured, (depicted by the triangular symbol on the race flier) and have a race permit number.

A medal (or Diamond Trophy) can be claimed at any time within the age group period if the standard is achieved in 4 races at different distances, regardless of whether a certificate had been claimed previously for any or all of these races.

A race achieving a higher standard can be used to claim a lower standard should an athlete be putting four together to claim a medal (e.g. 3 x Gold and 1 x Diamond to claim a Gold Medal)

The particular race to claim a medal standard can be used only once, so as in the example above, the Diamond standard race cannot be used in the future towards claiming a Diamond Trophy. The athlete's age on the race day will determine the age category that that race will be used for.

This competition is not tied to the championship year so if you can complete races to make up a medal claim up to 3 weeks prior to the annual presentation evening you will be awarded the medal then...as long as you let the statistician have your claim in time to be ratified and to allow the medal/trophy to be ordered and engraved. Certificate claims can be made up to a week before the presentation evening.

See Race Standard times here: <http://www.lythamrunners.org.uk/awards/clubstandards.php>

Certificate of Achievement

The Certificate of Achievement is awarded to those athletes who are relatively new to club running and are not quite fast enough to claim a Bronze Standard.

Members can qualify for a certificate of achievement any time within the first two years of their membership of the club.

They must have completed 10 races with at least one being 10 miles or over.

Any race (with the exception of the club's monthly Handicap) counts, including: Road, Cross-Country, Fell, Trail, Track (only one per athletics meeting), Relay and Inter-club Grand-Prix races, within which the athlete wears a Lytham club vest.

It is the responsibility of the runner to provide the club statistician with the details of their races and in good time to ratify them and produce the certificate for presentation at the following Annual Presentation Evening

Handicap Shield

See above for details of this series of races.

Founders' Cup

The Founders' Cup is awarded to the veteran runner who scores the highest on the internationally-recognised WAVA scoring system.

Windmill Plate

The Windmill Plate is an award voted for by all club members to recognise the member they think has made the biggest contribution to the club through the course of the year. This isn't necessarily to do with their running abilities, it may be for what they do extra.

Winter Handicap Shield (aka Cross Country Shield)

Each year the club participates in several Cross Country races. After each race all Lytham runners' times will be compared with the winners' times (male/female) and they will be awarded a score. All runners have a chance of winning the club shield as your final scores are determined based on the club's long established handicap system using road race times and looking at the average of your best four scores.

Fell Racing Shield

In 2014 a new award was introduced to encourage members to try going off road and onto the fells. The same system is used to determine the winner of the Fell Championship as for the XC Championship.

Michael Crowe Plate

This award is given to the member who takes part in the most races over the course of the year. Unlike the Championship and Standards, these races don't have to be specific distances, accurately measured, on any particular surface, they just have to be races. Nor do you have to be fast, you could come last in every race, but if you enter more races than all other members you'll take the trophy home from the Awards Ceremony.

Track And Field Trophy

These trophies were introduced in 2015 and are awarded to the male and female athletes who score the most points for the club at the Mid Lancs Track & Field competitions though the course of the summer.

Competitive Mileage Trophy

This trophy was introduced in 2017 and is awarded to the athlete whose races, when added together, cover the greatest distance over the course of the year. It doesn't matter what your times are!

7. Other Information

Social Events

Various social events are organised during the year. This includes our Annual Presentation, at which members are presented with awards they have won throughout the course of the year. We encourage any of our members to take the initiative to organise

social events, whether that's a run, a curry, a picnic or whatever! A picnic and predictor run (predict your 5k time, run without a watch and the winner is the closest to their prediction) is always fun in Summer and we like to run the lights in Autumn too – finished with a chippy tea.

Club Committee

We elect Committee members including a chair, secretary and treasurer and welcome new ideas and suggestions from all members. The Committee meets monthly and organises the AGM. You can see who's on the Committee [here](#).

Membership Fees

Members agree the annual membership fee at our AGM. It is due in March each year and should be paid to the membership secretary. Your fee includes a registration fee paid by the club to England Athletics which ensures that you are covered by their insurance policy and that you receive your unique competition licence. It also includes a fee to Northern Athletics.

We also offer second claim and social membership.

Power of 10

Once you've been registered as a club member with UKA you'll automatically receive a Power of 10 account and the details of all registered races you complete will appear [here](#).

The computer algorithm used to automatically assign results to you can't always cope with slight errors or changes in spelling (e.g. entering a race as Sue or LSARRC instead of Susan or Lytham St Annes) so try to always enter a race as you appear in Power of 10. You can always assign results which have been missed off your account manually by going logging in to Power of 10, accessing the results, clicking on the envelope next to your name and then clicking on your name.

Club Kit

It isn't a requirement to purchase club kit, but some races we enter as teams, such as Inter Club Grand-Prix, Mid Lancs Cross Country and Northern Athletics Road Relays, require club kit to be worn. Anyone not wearing club kit can be disqualified, as could be the club. If you wish to purchase kit see Lewis McAfee. Details of all kit can be found on the website at [Club Kit](#)

Press Reports

Each week the club sends a press release to the local newspapers. If you enter a race and want the details to appear in the press release please send an email to lsarrc-press@hotmail.co.uk telling us about the race. Not just basics like location and distance but background info – weather conditions if they are a factor, course conditions (hilly/flat), did you get a pb or win an age category? Your time and position, any photos you may have taken before or after. Although the papers will crop the report sent to them to fit the page everything will usually appear on the club's blog (News tab on the website).

Social media

Our Instagram account is lythamroadrunners.

Our Facebook Page is Lytham St.Annes Road Runners

You will also be invited to join our private Facebook group (LSARRC) for members only – or request to join and one of the admin will let you in after you've joined. You can expect to find information on what sessions we will be running, social runs being organised or offers of or requests for lifts to races, as well as photos and general running chat.

Updates

If you spot anything here that's out of date or incorrect, or think we should include any other information, please let us know!