



WELCOME!

Thank you for joining Lytham St Anne's Road Runners Club

Whether you have joined Lytham St. Annes Road Runners club to get in shape, improve your running or meet new people, we hope you will have lots of fun and some great experiences.

We have created this pack which contains information about our club which we hope you'll find interesting and informative.

This leaflet 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.

Membership is open to all groups of the community, eight years of age or over, irrespective of race, gender, ethnicity, religious beliefs, sexuality, disability or social/economic status.

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.

Currently the club's mainstays are the weekly interval training on Tuesdays and a group run 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.

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

Other Useful Links

Our Twitter page is [LSARRC](#)

Our Facebook Page is [LSARRC](#)

You will also be invited to join our internal Facebook group for members only. 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.

If you have any questions or comments, please don't hesitate to contact one of us, now or in the future, via email at the following addresses:

Chairman: Nigel Simpkin, nige.simpkin@tiscali.co.uk

Secretary: Sue Hawitt, LSARRC-Secretary@outlook.com

Our Races

Lytham St Anne's Road Runners organise the renowned Green Drive Five (a 5 mile road race) Junior Green Drive Mile and the St Anne's Carnival 5k & 1500m Fun Run.

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 17th October.

The Junior Green Drive 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. All finishers receive a medal.

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.

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!

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 road races, one hosted by each member club, and the Inter Club Fell Championship, 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.

You can find more details here: <http://interclub.azurewebsites.net/>

Relays

Spring and autumn sees the relay season with several LSARRC teams competing against other running clubs.

Member's Handicap

Our member's 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 and the event is followed by a social with buffet. The race boasts a summer course of 4.35 miles and winter course of 3.45 miles.

Welfare

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
Adult	Rebecca Willetts 07967 601449
Men	Neil Tate 07887 399052
Mental Health Ambassador -	Felicity Wolohan felicitywolohan@gmail.com
Mental Health Ambassador -	Dave Whyman whyman327@btinternet.com

Training

We meet for training at Lytham YMCA, 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 two of the club's senior coaches and volunteers.

All junior sessions are organised and run by qualified coaches.

The Beginners Group is recommended for those who are new to running and rest assured, our coaches will help develop your fitness and confidence.

Adults Tuesday 6.30pm (coached interval session available)
 Thursday 6.30pm

Juniors Monday: 5.00pm (1 hour) Junior Athletics in the Sports Hall or
 Outdoors (cost £2.50 as of May 2017 – This covers the cost of hiring the hall).
 Tuesday: 6.30pm - Middle Distance Running.
 Thursday: 6.30pm - Middle Distance Running.

Beginners Monday 6.30pm

Competition

Sports Hall Athletics

Our juniors compete in various competitions throughout the winter months.

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. 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.

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).

Social

Various social events are organised during the year. Our main two events are the Christmas Party and the Annual Presentation evening, at which members are presented with awards they have won throughout the course of the year.

Membership Fees

Your annual fee is due in January 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.

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.

These three schemes are detailed within this leaflet, but a précis of them is provided below:

Club Championship

This competition is open to all LSARRC members, be they 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 (one for each gender; **Bill White Trophy** for men, **Marjorie White Trophy** for ladies) awarded to the athlete with the highest increase in points when compared to the previous year.

Age groups for men are:

- Under 40 (Senior)
- 40-44 (V40)
- 45-49 (V45)
- 50-54 (V50)
- 55-59 (V55)
- 60-64 (V60)
- 65-69 (V65)
- 70-74 (V70)
-

Age groups for Ladies are:

- Under 35 (Senior)
- 35-39 (V35)
- 40-44 (V40)
- 45-49 (V45)
- 50-54 (V50)
- 55-59 (V55)
- 60-64 (V60)
- 65-69 (V65)
- 70-74 (V70)

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 Notice Board and Website or available electronically from the club statistician). Any times slower than those relating to zero points will all count as zero points and totaled 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”

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 gender 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. 3xGold + 1xDiamond 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.

The Race Standards are as illustrated on the following pages:

Men's Race Standards

		5Km	5 Miles	10Km	10 Miles	½ Marathon	15 Miles	20 Miles	Marathon
Under 40	Diamond	16:00	26:20	33:00	0:55:20	1:14:00	1:26:00	2:00:00	2:44:00
	Gold	17:30	28:40	36:00	1:00:00	1:20:00	1:33:00	2:09:30	2:57:00
	Silver	18:30	30:20	38:00	1:03:20	1:25:00	1:38:30	2:16:00	3:05:00
	Bronze	20:00	32:40	41:00	1:08:00	1:31:00	1:45:30	2:25:30	3:18:00
40-44	Diamond	16:30	27:10	34:00	0:57:00	1:17:00	1:29:30	2:04:30	2:49:00
	Gold	18:15	30:00	37:30	1:02:40	1:24:00	1:37:30	2:15:45	3:04:00
	Silver	19:30	32:00	40:00	1:06:40	1:29:00	1:43:30	2:24:00	3:14:00
	Bronze	21:10	34:40	43:30	1:12:00	1:36:00	1:51:45	2:35:30	3:28:00
45-49	Diamond	17:10	28:10	35:15	0:59:00	1:19:00	1:32:15	2:08:00	2:54:00
	Gold	19:10	31:20	39:30	1:05:20	1:28:00	1:42:30	2:22:00	3:11:00
	Silver	20:20	33:20	42:00	1:09:20	1:33:00	1:48:30	2:29:00	3:21:00
	Bronze	22:45	37:10	46:30	1:17:00	1:43:00	2:00:30	2:44:00	3:41:00
50-54	Diamond	17:30	28:50	36:15	1:00:20	1:21:00	1:34:30	2:10:45	2:57:00
	Gold	20:15	33:10	41:30	1:09:00	1:32:00	1:47:45	2:27:45	3:20:00
	Silver	21:30	35:10	44:00	1:13:00	1:38:00	1:55:15	2:36:30	3:30:00
	Bronze	24:10	39:30	49:30	1:21:40	1:49:00	2:08:00	2:54:45	3:53:00
55-59	Diamond	18:40	30:40	38:30	1:04:00	1:26:00	1:40:15	2:18:30	3:07:00
	Gold	21:10	34:40	43:30	1:12:00	1:36:00	1:52:15	2:35:00	3:28:00
	Silver	22:50	37:20	47:00	1:17:20	1:43:00	2:00:00	2:45:45	3:42:00
	Bronze	26:00	42:20	53:00	1:27:20	1:56:00	2:15:30	3:05:30	4:08:00
60-64	Diamond	20:10	33:00	41:15	1:08:40	1:32:00	1:47:00	2:27:30	3:19:00
	Gold	22:30	36:50	46:00	1:16:20	1:42:00	1:58:45	2:43:45	3:39:00
	Silver	24:30	40:00	50:00	1:22:40	1:50:00	2:08:15	2:56:45	3:56:00
	Bronze	27:45	45:10	56:30	1:33:00	2:04:00	2:23:30	3:16:15	4:23:00
65 and over	Diamond	21:45	35:30	44:30	1:13:40	1:38:00	1:54:30	2:37:45	3:32:00
	Gold	24:00	39:10	49:00	1:21:00	1:48:00	2:06:00	2:53:30	3:51:00
	Silver	26:00	42:20	53:00	1:27:20	1:56:00	2:14:45	3:05:45	4:08:00
	Bronze	29:30	47:50	1:00:00	1:38:20	2:11:00	2:32:15	3:28:00	4:37:00

Ladies Race Standards

		5Km	5 Miles	10Km	10 Miles	½ Marathon	15 Miles	20 Miles	Marathon
Under 35	Diamond	18:15	30:00	0:37:30	1:02:40	1:24:00	1:37:30	2:15:00	3:03:00
	Gold	19:30	32:00	0:40:00	1:06:40	1:29:15	1:43:15	2:23:00	3:14:00
	Silver	21:10	34:40	0:43:30	1:12:00	1:36:15	1:51:30	2:34:30	3:28:00
	Bronze	22:45	37:10	0:46:30	1:17:00	1:42:45	1:59:15	2:45:15	3:41:00
35-39	Diamond	19:10	31:30	0:39:30	1:05:20	1:27:30	1:41:30	2:30:30	3:10:00
	Gold	20:30	33:30	0:42:00	1:09:40	1:33:00	1:47:30	2:29:00	3:21:00
	Silver	22:45	37:10	0:46:30	1:17:00	1:42:45	1:58:15	2:44:00	3:41:00
	Bronze	24:10	39:30	0:49:30	1:21:40	1:49:00	2:05:15	2:53:45	3:53:00
40-44	Diamond	20:00	32:50	0:41:30	1:08:20	1:32:00	1:46:30	2:27:00	3:18:00
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	Silver	24:10	39:30	0:49:30	1:21:40	1:49:00	2:06:30	2:54:30	3:53:00
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50-54	Diamond	22:30	36:50	0:46:00	1:16:20	1:42:00	1:58:00	2:42:45	3:39:00
	Gold	24:20	39:50	0:50:00	1:22:20	1:50:00	2:07:30	2:55:45	3:55:00
	Silver	27:40	45:10	0:56:30	1:33:00	2:04:00	2:24:00	3:18:30	4:23:00
	Bronze	30:00	47:50	1:00:00	1:38:40	2:11:00	2:32:45	3:30:30	4:37:00
55-59	Diamond	24:00	39:10	0:49:00	1:21:00	1:48:00	2:05:00	2:52:00	3:51:00
	Gold	26:00	42:00	0:53:00	1:27:20	1:56:00	2:13:45	3:04:00	4:08:00
	Silver	30:00	47:50	1:00:00	1:38:40	2:11:00	2:31:15	3:28:00	4:38:00
	Bronze	32:00	50:30	1:03:30	1:44:00	2:19:00	2:40:15	3:40:30	4:53:00

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	Gold	27:50	45:00	0:57:00	1:33:20	2:04:00	2:23:45	3:17:45	4:25:00
	Silver	32:10	51:00	1:04:30	1:45:40	2:20:00	2:42:30	3:37:30	4:44:00
	Bronze	34:15	54:00	1:08:00	1:52:00	2:29:00	2:52:15	3:55:00	5:14:00
65 and Over	Diamond	27:30	44:50	0:56:00	1:33:00	2:03:00	2:22:00	3:15:45	4:24:00
	Gold	29:45	48:00	1:01:00	1:40:00	2:12:00	2:32:00	3:29:30	4:45:00
	Silver	34:30	54:30	1:09:00	1:53:00	2:30:00	2:53:15	3:50:30	5:04:00
	Bronze	36:40	57:50	1:13:00	2:00:00	2:39:00	3:03:45	4:09:00	5:36:00

Certificate of Achievement

The Certificate of Achievement is awarded to those athletes who are relatively new to club running and are not yet at a standard which will allow them 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's 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.

Other Information

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 Bec Willett. Details of all kit can be found on the website at [Club Kit](#)

Press Release

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).