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 you have lots of fun and some great experiences.

The information provided in 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.

Membership is open to all groups of the community, eight years of age or over, irrespective of race, gender identity, ethnicity, religion or beliefs, sexual orientation, 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 track and field, cross country, relays and fell running.
The club has also has a thriving junior section.

We have over 100 members of all ages and athletic skill levels who share the enjoyment of running.

Club Training

We usually meet for training at Lytham YMCA. Seniors and juniors meet on Tuesday and Thursday.
There is also an early morning session on a Thursday. The aim of the sessions is, with the help of our club coaches to help develop your fitness and confidence.

Tuesday 6.30pm. Groups go out for runs of various distance and pace.
The runners are usually split up between 3 training groups. Groups 1 and 2 mainly follow an interval type session.
Group 3 sessions are varied and with emphasis on fun. It is recommended that beginners join in with group 3, depending on ability and experience
The Tuesday sessions are organised and lead by a senior coach or leaders in running fitness.

Thursday 6.00am meet for a group run/interval session at Granny's Bay, Lytham.

Thursday 6.30pm informal social run or monthly handicap race on the last Thursday of every month. There are two handicap courses, a winter route of 3.45 miles and a summer course of approx. 4 miles.

Our Races

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

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. A flat course, this is a race that has allowed many to achieve PBs, the race takes place on a Sunday morning in October.

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. This event is a perfect fun day out for the whole family. (currently under review)

Other Running Activities

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 of all ages.

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

This incorporates track races (100m to 3000m) and field events (eg shot put, discus, javelin and long jump). There are a variety of races for all age categories

Inter Club Series

This includes seven road races or approx. 4 to 5 miles, one hosted by each member club, and the Inter Club Fell Championship, a series of four fell races. usually chosen to be from the easier range of fell races to act as an introduction to fell running to road runners.
We also have our own club fell championships. The races are chosen from a selection of the easier fell races.

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. This race allows a chasing start which gives everyone an equal chance of winning.

Welfare

All participating coaches and leaders in running fitness have Disclosure and Barring Service (DBS) clearance and have completed safeguarding training. There are codes of conduct for coaches on the club's website. There is also a code of conduct for athletes, please familiarize yourself with this.

The club's Welfare Officers are:

Lead welfare officer – Julia Rolfe 07765535867
Support /Junior welfare officer – Mel Köth 07738484471

Mental health ambassador – Dave Whyman

First Aid

A first aid kit will be available at training sessions and coaches will always carry a mobile phone. All coaches and leaders in running fitness receive basic first aid training.

Personal Security

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 for those athletes running on the pavements/roads.

Club Kit

It isn't a requirement to purchase club kit, but when representing the club in competitions such as Inter Club Grand-Prix, Mid Lancs Cross Country, Track and field or interclub Fell it is a requirement for club kit to be worn.
Club kit can be purchased from the club **(see club website for details).**

CLUB AWARDS

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

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 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.

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.
Races at 5km, 5 miles, 10km, 10 miles, half marathon, 15 Miles, 20 miles and the marathon can count for the Club Championship.

Club Standards

The LSARRC Club Standards is a scheme whereby any athlete can claim Diamond, Gold, Silver, Bronze or Copper awards by achieving race times faster than the standard for that level within their particular age group for four different distance races. A certificate can be claimed for any individual distance where a standard was achieved.

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 5year age groups as already mentioned.

To find more details of the race times for each to qualify for a standard please look under the main website page under heading Awards.

There are several other LSARRC awards details of which can be found on the main website page under the heading Awards, where there is a full explanation of each award.

These include the Handicap shield, the Founder’s cup, the Windmill plate, the Winter handicap shield (aka Cross Country shield), Fell racing shield, Michael Crowe plate, Track & Field trophy and the Competitive mile trophy.

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

You can join the club or renew your membership online at membermojo.co.uk
Your fee includes a registration fee paid by the club to England Athletics.
Please note: Early Bird discounts are available for those who renew early
Any queries should be made to the membership secretary

Club Committee

We elect Committee members including a chair, a secretary and treasurer and welcome new ideas and suggestions from all members. The committee meets once per month and organises the AGM. You are always welcome to come along to join in with a meeting.

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.

Other Useful Links

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

Facebook Page is LSARRC
You will be invited to join our internal Facebook group for members only. You can expect to find information on what sessions we will be running and social runs being organised.

There is also a Lytham road runners Instagram account

You will also be invited to join the whatsapp group. There are groups also to meet your particular interest

e.g. General, Track & Field, Fell Runners, Cross country, LSARRC Women, LSARRC Men and Thursday 6am sessions.

If you have any questions or comments, please don't hesitate to contact one of us.