

LIMBER UP FOR LYTHAM



1K / 5K FUN RUN

SUNDAY 18th June 2017

Lytham High School, Worsley Road, Lytham St Annes, FY8 4DG

Entries In Advance Are Now Open!!

ABOUT THE RUN

Limber up for Lytham is a community event organised by the PTFA of Lytham High School.

This year's event will be held from the school's grounds and will include both a 1K and 5K Fun Run.

The 1K run is aimed at children of primary school age and will be contained within the safety of the school grounds, thereby allowing parents to keep sight of their children and to cheer them on over the finish line. Whilst the majority of proceeds from the event will be used in support of Lytham High School and its pupils, entry to the 1K run will be offered at a discounted rate for any child presenting a sponsorship form in favour of their own school, with all monies raised from sponsorship directly benefiting that child's own school.

The 5K run is designed for anyone over the age of 10 years of age, however younger children are welcome to enter providing that they are accompanied by an adult (within arm's reach) throughout the course of the event. The 5K will start and finish within the grounds of Lytham High, and will follow a circular route, taking advantage of the extensive grass verges and public footpaths surrounding the Royal Lytham Golf Course. The course has been measured with a wheel to ensure that the distance is as accurate as possible, and timed results (gun and clock timing) for all entrants will be available on the school's website after the event.

LOCATION

Lytham St Annes High School, Worsley Road, Lytham St Annes, FY8 4DG.

Event entrance via car park on Albany Road, Lytham St Annes

REGISTRATION

Registration for the 1K event is only possible on the day.

Registration for the 5K event is recommended (**and discounted**) in advance, although available on the day.

Online Registration and payment (5K only) is available at: <https://www.pta-events.co.uk/lythamhighschool> up to 19:00 on Thursday 15th June 2017.

In addition to online entry, pre-event registration is also available for the 5K run at Lytham St Annes High Reception between the hours of 09:00 – 16:00 Monday – Friday up to and

including Thursday 15th June 2017. Payment via LSA reception can be made in cash or by cheque or postal order (made payable to Lytham St Annes High School PTFA).

On the day registration is open for both the 1K and 5K run. Registration desks will be clearly signposted on arrival at the event. All runners are recommended to arrive in ample time to allow for registration.

One entry form / registration per runner is required.

Entry forms for non-online entry can be downloaded for print at www.lythamhigh.lancs.sch.uk (PTFA Events) or collected from Lytham St Annes High Reception.

Registration on the day will be:

1K -- between 09:30am – 10:15am

5K – between 09:30am – 10:45am.

RACE NUMBERS WILL BE ALLOCATED ON THE DAY

All runners who have pre-registered for the event must bring their receipt / event ticket with them to allow collection of their race number on the day. Safety pins will be provided for race numbers.

RUN START TIMES

Run start times will be:

1k - 10.30am

5k - 11.15am

EVENT ENTRY FEES

Entrance to the school grounds is free with spectators very much welcome

Entry to the 1k run will be £3, discounted to £2 for any child able to show a sponsorship form in favour of their own primary school. No charge will apply to under 5's.

Entry to the 5K run will be £5.50 if in advance of the event, or £7 on the day.

EVENT CONDITIONS

Runners of the 5K run must be over 10 years of age unless accompanied (within arm's reach) of a parent, guardian, or responsible adult, throughout the run.

All entrants are advised to wear suitable clothing and footwear. The course includes grass verges which can be both slippery and muddy in wet weather.

PARKING

Limited parking is available within the grounds of the school, with access to the car park gained via Albany Road. Ample free parking is also available on the surrounding side streets. All drivers are requested to park legally and have consideration to local residents by keeping driveways clear.

REFRESHMENTS

Refreshments including hot / cold drinks and snacks will be on sale throughout the event.

AMENITIES

Changing facilities including toilets (but excluding showers) will be available in the school building.

Runners will be able to leave bags and clothing within the changing rooms during the run, however changing rooms will be left unmanned and any belongings left will be at the owners own risk.

FIRST AID

A first aid station will be sited within the school grounds with first aiders in attendance. Race marshals will also be situated at various points around the 5K course to take care of anyone should the need arise.

Runners are advised not to run on the day should they feel unwell. All runners of the 5K will be asked to write their name and medical details on the rear of their race number to assist with first aid.

PRIZES

All runners in both the 5K and 1K will receive a certificate. Entrants must collect these on the day immediately after completing their run.

Trophies will be given to the first male and female of the 5K and the first; second; and third, male and female in 1K.

Winners of both the 1K and 5K run will be decided by the Race Organiser. Only the 5K run will be timed. Timing will be via a gun start / stop watch finish. Finishing times will be displayed on the School's website www.lythamhigh.lancs.sch.uk (PTFA Events), as soon as possible after the event.

Trophy presentations will take place in the school grounds at 11:00am for the 1K and at 12:15pm for the 5K.

RACE PHOTOGRAPHY

Sarah Button Photography will be on hand to take photographs during the event for purchase afterwards

ENQUIRIES

Any enquiries regarding the event should be directed to the PTFA Secretary at ptfsecretarylsa@hotmail.com.