**LIMBER UP FOR LYTHAM**

## 1K / 5K / 10K FUN RUN

## SUNDAY 7th April 2019

## Lytham St Annes Technology & Performing Arts College, 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 St Annes Technology & Performing Arts College.

This year’s event will be held from the school’s grounds and will include a 1K, 5K and 10K 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.

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. Only runners over the age of 15 years will be permitted to enter the 10K event with parental permission. The 5K and 10K run will start and finish within the grounds of the school, 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.

The 10K route is 2 laps of the 5K route.

**LOCATION**

Lytham St Annes Technology & Performing Arts College, 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 & 10K event is recommended (**and discounted**) in advance, although available on the day.

Online Registration and payment (5K & 10K only) is available at: [https://www.pta-events.co.uk/lythamhighschoolup to 17:00](https://www.pta-events.co.uk/lythamhighschool%20up%20to%2017%3A00) on Saturday 6th April 2019.

In addition to online entry, pre-event registration is also available for the 5K & 10K run at LSA Reception between the hours of 09:00 – 16:00 Monday – Friday up to and including Friday 5th April 2019. 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 available for all events (1K. 5K & 10K). 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](http://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 & 10K – 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 & 10K - 11.15am

The 10K run will be two laps of the 5K route.

**EVENT ENTRY FEES**

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

Entry to the 1K run will be £2. No charge will apply to under 5's.

Entry to the 5K & 10K run will be £5 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.

Only runners over the age of 15 years of age are permitted to enter the 10K run, with parental permission.

All entrants are advised to wear suitable clothing and footwear. The course includes grass verges which can be both slippy 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 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 / 10K 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 / 10K 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 will receive a certificate. Entrants must collect these on the day immediately after completing their run.

Medals will be given to the first male and female of the 5K & 10K, and the first; second; and third, male and female of the 1K.

Winners of all events will be decided by the Race Organiser. Only the 5K & 10K 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](http://www.lythamhigh.lancs.sch.uk) (PTFA Events), as soon as possible after the event.

**ENQUIRIES**

Any enquiries regarding the event should be directed to the PTFA Secretary at lsaptfa@gmail.com