



Thornton Cleveleys Running Club

Introductory guide for New Members



This is intended to explain some of the things that the club does including competitions & races. If you have any question –please ask.

Welcome to TCRC.

We meet on a Tuesday night at 6.50 pm, ready to run at 7 pm at Fleetwood Town FC training ground, Poolfoot Farm Sports & Leisure Complex, Butts Road, Thornton, FY5 4HX.

Here you will find group runs of various speeds and distances, there is always someone to run with. So come down and say Hi.

On Thursday nights we hold structured training evenings, depending on the training that evening determines the location. I.E. beach runs, hill training, speed sessions, biomechanics running form. The location of Thursday nights is advertised on our closed Facebook group and via email.

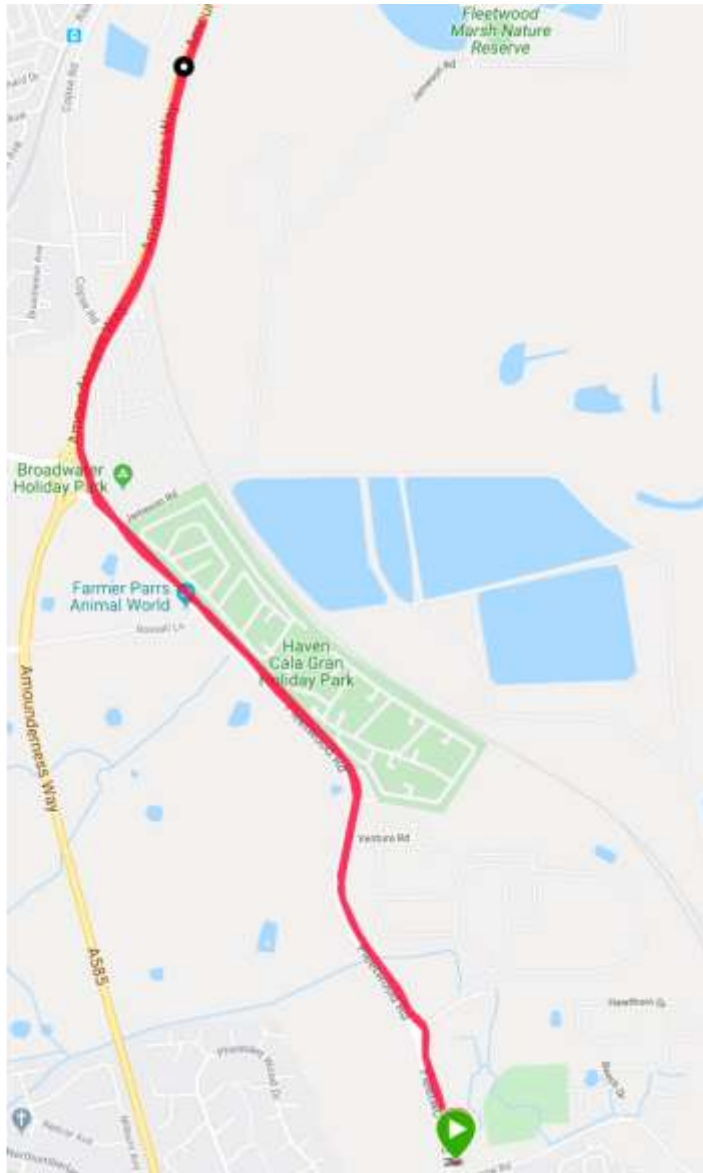
Many members also go out running on other nights and meet up for a run quite regularly at Parkrun on Saturday morning and for a longer run on a Sunday morning. Again this is usually organised via our Facebook group.

Handicap

The Handicap is a free to enter run over a winter and summer route and is usually held on the last Tuesday of each month. Any date changes are normally advertised well in advance (fixture clashes or Christmas holidays etc.)

The Handicap is a timed run of 3.5 miles, where groups of members start their runs at 1-minute intervals, the slower running groups starting in advance of the faster runners. The aim of the handicapping system is that in a perfect world, everyone would finish at the same time. As your times improve, then the later you will leave the start line. And if you find your times falling away a little, then the Handicapper will compensate for this by allowing you an earlier start time. It's up to the Handicapper to decide this, so please don't pester them for earlier start times!

During the winter we run on the route below. Meet at Poolfoot between 6:45 and 7:00 to register and jog together to the start on Fleetwood Road (see map below).





Meet at the car park at the Wyre Estuary Country Park at Stanah (FY5 5LR) between 6:45 and 7:00 to register and jog together to the start along the riverside path.

Club Road and Off-Road Championship

Each year the committee selects around 11 road and off-road races spread throughout the year that vary in distance from 5K to half marathon. To complete either of the Championship you need to run in at least 6 of these races to qualify.

You choose which races you run and typically around half the races are 6 miles or less so everyone can compete.

You will receive points in relation to where you finish compared to other TCRC members. The winner is the member who achieves the lowest score.

Everyone who completes their 6 races in either of the Championships will receive an award. There are prizes for the overall winners of both Championships for both men and women but we also have awards for winners by 'Vet' age category.

The scoring is done separately for men and women in each race. In each race the first TCRC man to finish scores 1 point, the second scores 2 points, the third scores 3 points and so on until the last who, if there were 7 TCRC men in the race, would score 7 points. The same applies to women with the first TCRC lady scoring 1 point and the second scoring 2 points etc. At the end of the year you add together your 6 lowest scores and whoever has the lowest total in each is the winner.

As well as having an overall winner of the Championship we also have awards for men and women in each age category (Vet40, Vet45, Vet50 etc) so even if you're not the fastest Road or Off-Road runner in the club you may still win your age category. So, if you are the first Vet40 TCRC man to finish you will score 1 point in the Vet40 Road or Off Road Championship and 2 points for second Vet40 etc.

What do we do if 2 people have the same score for an award at the end of the year? We compare their 'head to head' results and look at who finished in front of the other one the most times and if that's still a draw then it is who had the most first places.

Interclub Races

The interclub is a series of seven road races between 4 and 5 miles with other clubs from the local area. They are held between April and September and are free to enter as a TCRC member.

All TCRC members can take part in the races. Club vests/shirts must be worn, runners don't need to register for the races, but everyone will be allocated an Interclub Number which is reused for each race and must be attached to the front of your club vest (so don't forget your safety pins). Numbers will be issued prior to the first Interclub race or will be available for collection on the night of the race. After each race, the hosting club provides a free buffet for all runners.

The other clubs taking part are:

Blackpool, Wyre & Fylde AC

Chorley Athletics & Tri

Lytham St Annes Road Runners

Preston Harriers

Red Rose Road Runners

Wesham Road Runners



RunBritain

www.runbritain.com

RunBritain is a UK athletics owned website that records and ranks all your runs, PB's, rates you as a runner and tells you where you rank in the whole country, for your age and sex, postcode etc. It's a great site to be able to look at all of your results in one place.

When you run a UK athletics licenced race or a Parkrun, RunBritain will automatically add your result to your page on the website.

They also calculate a handicap for you which is what gives you your ranking. Your handicap is based on your "best" five performances in the last 12 months. Those performances are not simply taken on time though; they take into account the difficulty of the course, weather conditions and other things that affect all the runners so you can run a 25 minute parkrun one week and a 27 minute parkrun the next but the slower one may be ranked as a better performance.

A typical runner's page looks like this:

Home
Claim your Handicap
Runners
Results
Rankings
Reward Running
National Ladder

Name: ██████████

Gender: Male

Club: Thornton Cleveleys RC

Age Group: SEN

[Follow](#) Login to follow

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11704

handicap

ladder

What do these mean?

National Ladder Positions

UK Overall 12474

UK Men 11704

Postcode Overall 5

Postcode Men 5

Handicap Progress Graph

David Barras

Event Rankings

Event	Year	Time	In UK
Mar	2014	3:46:54	25.4%
5M	2015	31:56	11.3%
10K	2015	39:48	5.4%
10M	2015	67:46	9.9%
HM	2015	95:41	10.6%
20M	2015	2:30:54	21.4%
Mar	2015	3:17:23	8.5%
parkrun	2016	18:59	0.4%
5M	2016	30:45	7.3%
10K	2016	38:19	3.0%
10M	2016	66:31	7.3%
20M	2016	2:38:03	29.2%
Mar	2016	3:13:28	7.2%
parkrun	2017	18:26	0.2%
5M	2017	31:53	9.7%
10K	2017	38:45	3.2%
10M	2017	65:32	5.6%
HM	2017	96:24	2.9%
Mar	2017	3:19:59	9.4%
5K	2018	18:25	6.3%
parkrun	2018	19:21	0.8%
10K	2018	44:38	15.0%
15M	2018	66:45	8.7%
HM	2018	88:29	5.9%

Performances

Event	Time	Race	S55	v555	Date
45M	24:11	Blackpool Inter-Club	1.2	-1.0	4 Apr 18
5K	18:25	3-1-5 Lancaster 5K / 10K Series	1.0	-1.0	3 Feb 18
10M	66:45	Caldenale 10	2.9	-0.8	30 Mar 18
parkrun	18:26	Blackpool parkrun # 34	1.8	-1.7	7 Oct 17
HM	95:24	Garstang Half Marathon	2.1	-1.2	3 Sep 17
HM	88:29	Inskip Half Marathon	1.5	0.3	21 Jan 18
Mar	3:19:59	SPAR Budapest Marathon	4.2	-0.4	15 Oct 17
5M	34:16	Rudolf Red Nose 5	4.2	0.6	23 Dec 17
10K	38:45	Blackpool Illuminations Night Run 10K	0.7	-0.3	26 Aug 17
4.2M	27:23	Red Rose Road Runners Interclub	3.9	-0.7	6 Sep 17

Cross Country

The Cross Country season runs from around October to March each year and is organised by Mid Lancs Cross Country. They are open to all full members of TCRC and you will run against running clubs from all over Lancashire with separate races for the men and for the women.

These races are in the colder months and can be very muddy, but that just adds to the fun. Normal road trainers are unsuitable for these races and cross country shoes with spikes are ideal but trail shoes will do.



Fairclough 5 mile race

The Fairclough 5 is our own TCRC organised race. It is a UK Athletics licenced race run by the club at the end of October each year. The race takes place around the rural roads around Stannah and members can either run the race (after paying the entry fee) or help out by marshalling. It has become very popular with other clubs and attracts over 100 runners each year.



Club Standards

These are standards which are common to most running clubs. The idea of the standard is for you to achieve the different levels for yourself. They are not a competition between other club members.

Like obtaining 50 Parkruns, the club standards are for you to “collect” as you complete different races.

Club Standards consist of a level of achievement over several race distances.

To qualify, a runner must complete 5 of the 7 distances within the time specified for their current age category.

Runners will have 5 years to achieve their medal ranking, multiple awards will be made to the same runner achieving the qualifying standard at two (or more) separate age categories.

Working towards Club Standards is a good way to push yourself and to try different distances. The time standards are detailed on following 2 pages. If you think you have obtained the time noted in your age category for 5 races, then let one of the Committee know, or email to TCRC with the races you have completed, the dates & your times.



Times for TCRC Ladies Club Standards

	<u>5 kilometers</u>	<u>3.5M Handicap</u>	<u>5 miles</u>	<u>10 kilometers</u>	<u>10 miles</u>	<u>Half marathon</u>	<u>Marathon</u>
U35 Diamond	18:15	20:45	30:00	37:30	1:02:00	1:24:00	3:05:00
U35 Gold	19:30	22:00	32:00	40:00	1:06:00	1:28:00	3:20:00
U35 Silver	21:10	24:00	35:00	43:30	1:12:00	1:36:00	3:45:00
U35 Bronze	22:45	25:45	37:15	46:30	1:16:00	1:42:00	4:00:00

U35 Copper	25:00	28:30	42:00	51:00	1:24:30	1:52:00	4:24:00
U35 Pewter	27:00	30:30	45:45	57:00	1:31:00	2:02:30	4:48:00
V35 Diamond	19:10	21:45	31:30	39:30	1:05:00	1:28:00	3:20:00
V35 Gold	20:30	23:15	33:30	42:00	1:09:00	1:33:00	3:30:00
V35 Silver	22:45	25:45	37:15	46:30	1:16:00	1:42:00	4:00:00
V35 Bronze	24:10	27:30	39:30	49:30	1:20:00	1:48:00	4:15:00
V35 Copper	27:30	31:30	43:30	54:30	1:28:00	2:00:00	4:41:00
V35 Pewter	29:00	33:00	47:30	59:30	1:36:00	2:10:00	5:06:00
V40 Diamond	20:00	22:45	33:15	41:30	1:08:00	1:32:00	3:20:00
V40 Gold	21:30	24:30	35:15	44:00	1:12:00	1:38:00	3:40:00
V40 Silver	24:10	27:30	39:30	49:30	1:20:00	1:48:00	4:15:00
V40 Bronze	25:30	29:00	41:45	52:00	1:25:00	1:53:00	4:30:00
V40 Copper	28:00	32:00	46:00	57:15	1:34:30	2:04:30	4:57:00
V40 Pewter	31:30	36:00	50:00	1:02:30	1:42:00	2:16:30	5:24:00
V45 Diamond	21:10	24:00	34:45	0:43:30	1:11:00	1:36:00	3:30:00
V45 Gold	23:00	26:00	37:30	0:47:00	1:16:00	1:43:00	3:50:00
V45 Silver	26:00	29:30	42:30	0:53:00	1:25:30	1:55:00	4:30:00
V45 Bronze	27:30	31:30	44:30	0:56:00	1:31:30	2:02:00	4:55:00
V45 Copper	30:15	34:30	50:00	1:02:30	1:41:45	2:14:00	5:25:30
V45 Pewter	33:00	37:45	53:30	1:07:15	1:51:00	2:26:30	5:54:00
V50 Diamond	22:30	25:30	36:45	0:46:00	1:15:00	1:41:00	3:40:00
V50 Gold	24:20	27:30	40:00	0:50:00	1:21:00	1:48:00	4:05:00
V50 Silver	27:40	31:30	45:15	0:56:30	1:32:00	2:02:00	4:50:00
V50 Bronze	30:00	34:00	48:15	1:00:00	1:38:00	2:11:00	5:10:00
V50 Copper	33:00	37:30	53:00	1:06:00	1:49:00	2:24:00	5:41:00
V50 Pewter	36:00	40:45	59:00	1:12:00	1:58:30	2:37:00	6:12:00
V55 Diamond	24:00	27:00	39:00	0:49:00	1:20:00	1:47:00	3:55:00
V55 Gold	26:00	29:30	41:30	0:54:00	1:26:00	1:55:00	4:20:00
V55 Silver	30:00	34:00	48:00	1:00:00	1:38:00	2:11:00	5:15:00
V55 Bronze	32:00	36:30	51:00	1:03:30	1:44:00	2:20:00	5:35:00
V55 Copper	35:15	40:00	56:00	1:10:45	1:54:30	2:34:00	6:09:30
V55 Pewter	38:30	43:30	1:01:15	1:16:15	2:05:00	2:48:00	6:42:00
V60 Diamond	25:40	29:00	41:30	0:52:00	1:25:00	1:54:00	4:10:00
V60 Gold	27:50	31:00	44:00	0:56:00	1:31:30	2:02:00	4:37:00
V60 Silver	32:10	36:30	51:00	1:04:00	1:44:00	2:20:00	5:30:00
V60 Bronze	34:15	39:00	58:00	1:12:00	1:56:30	2:38:00	5:55:00
V60 Copper	38:45	44:00	1:05:00	1:19:15	2:08:00	2:54:55	6:31:30
V60 Pewter	41:00	46:15	1:10:30	1:26:30	2:20:45	3:10:00	7:06:00
V65 Diamond	27:30	31:00	44:50	0:56:00	1:33:00	2:03:00	4:27:00
V65 Gold	29:45	33:45	48:00	1:01:00	1:40:00	2:12:00	4:55:00
V65 Silver	34:30	39:00	54:30	1:09:00	1:53:00	2:30:00	5:55:30
V65 Bronze	36:40	41:30	1:00:30	1:16:00	2:00:00	2:39:00	6:25:30
V65 Copper	40:20	45:30	1:07:30	1:24:30	2:12:00	2:56:00	7:04:00
V65 Pewter	44:00	49:45	1:13:30	1:31:15	2:24:00	3:12:00	7:43:30
V70 Diamond	29:45	33:30	48:00	1:02:30	1:40:00	2:12:00	4:44:00
V70 Gold	32:30	36:45	52:15	1:06:00	1:48:00	2:22:00	5:13:00
V70 Silver	37:30	42:30	58:45	1:14:30	2:02:00	2:41:00	6:17:00
V70 Bronze	40:00	45:00	1:06:00	1:23:30	2:10:00	2:50:00	6:50:30
V70 Copper	44:00	49:00	1:14:00	1:32:00	2:22:30	3:08:00	7:32:00
V70 Pewter	48:00	54:00	1:21:00	1:40:00	2:35:00	3:25:00	8:15:00

Times for TCRC Mens Club Standards

	<u>5 kilometers</u>	<u>3.5M Handicap</u>	<u>5 miles</u>	<u>10 kilometers</u>	<u>10 miles</u>	<u>Half marathon</u>	<u>Marathon</u>
U40 Diamond	16:00	18:10	26:20	33:00	54:00	1:12:00	2:35:00
U40 Gold	17:30	19:50	28:45	36:00	1:00:00	1:20:00	3:00:00
U40 Silver	18:30	21:00	30:30	38:00	1:03:00	1:23:00	3:10:00
U40 Bronze	20:00	22:45	33:00	41:00	1:08:00	1:30:00	3:30:00
U40 Copper	23:00	26:00	36:15	45:00	1:15:45	1:39:00	3:51:00

U40 Pewter	24:45	28:00	40:30	49:15	1:22:30	1:48:00	4:12:00
V40 Diamond	16:30	18:45	27:10	34:00	56:00	1:15:00	2:40:00
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V40 Pewter	25:30	28:45	42:00	52:15	1:26:30	1:55:15	4:30:00
V45 Diamond	17:10	19:30	28:00	35:15	58:00	1:18:00	2:45:00
V45 Gold	19:10	21:45	31:30	39:30	1:05:00	1:28:00	3:12:00
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V45 Copper	25:00	28:03	42:00	51:15	1:24:30	1:52:15	4:24:00
V45 Pewter	27:15	30:45	45:45	56:45	1:31:15	2:02:30	4:48:00
V50 Diamond	17:30	19:45	28:50	36:15	59:40	1:20:00	2:50:00
V50 Gold	20:15	23:00	33:15	41:40	1:08:00	1:32:00	3:20:00
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V50 Pewter	29:00	33:00	47:30	59:30	1:36:00	2:10:30	5:06:00
V55 Diamond	18:40	21:15	30:30	38:30	1:03:30	1:25:00	3:00:00
V55 Gold	21:10	24:00	34:45	43:30	1:11:00	1:36:00	3:30:00
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V55 Bronze	26:00	29:30	42:30	53:00	1:25:30	1:55:00	4:33:00
V55 Copper	29:30	33:30	47:45	58:15	1:34:00	2:07:30	5:00:00
V55 Pewter	31:15	35:30	51:00	1:04:30	1:43:30	2:18:00	5:28:30
V60 Diamond	20:10	22:45	33:00	41:15	1:07:30	1:30:00	3:15:00
V60 Gold	22:30	25:30	36:45	46:00	1:15:00	1:41:00	3:40:00
V60 Silver	24:30	27:45	40:00	50:00	1:21:40	1:48:00	4:05:00
V60 Bronze	27:45	31:30	45:15	56:30	1:32:00	2:02:00	4:55:00
V60 Copper	31:30	36:00	50:45	1:02:15	1:41:15	2:14:15	5:25:30
V60 Pewter	33:15	38:30	54:15	1:08:45	1:50:30	2:26:30	5:54:00
V65 Diamond	21:45	24:45	35:30	44:30	1:13:30	1:37:00	3:30:00
V65 Gold	24:00	27:30	39:15	49:00	1:20:00	1:50:00	3:55:00
V65 Silver	26:00	29:45	42:30	53:00	1:26:00	1:59:00	4:23:00
V65 Bronze	29:30	33:30	48:00	1:00:00	1:38:45	2:13:00	5:17:00
V65 Copper	32:30	36:45	53:45	1:06:00	1:49:30	2:26:15	5:50:00
V65 Pewter	35:30	40:30	58:30	1:12:00	1:59:30	2:40:30	6:20:00
V70 Diamond	22:52	26:00	38:10	47:45	1:18:30	1:45:00	3:45:00
V70 Gold	25:08	29:00	41:45	52:15	1:25:30	1:58:00	4:10:00
V70 Silver	27:08	31:00	45:00	56:15	1:32:00	2:08:00	4:45:00
V70 Bronze	30:45	35:00	50:45	1:03:30	1:44:00	2:23:00	5:40:00
V70 Copper	34:45	40:00	56:45	1:10:45	1:54:30	2:37:15	6:14:00
V70 Pewter	38:00	43:00	1:01:45	1:16:15	2:05:30	2:52:30	6:48:00
V75 Diamond	24:28	30:30	40:30	50:55	1:24:00	1:52:00	4:00:00
V75 Gold	27:00	33:45	44:30	56:00	1:32:15	2:03:00	4:25:00
V75 Silver	29:00	36:20	48:00	1:00:00	1:39:30	2:14:30	5:00:00
V75 Bronze	32:38	40:45	53:30	1:07:15	1:51:00	2:30:00	6:00:00
V75 Copper	36:00	45:00	57:30				
V75 Pewter	39:00	48:45	1:02:30				
V80 Diamond	26:30	30:00	43:30	0:55:00	1:27:30	2:00:00	4:15:00
V80 Gold	29:00	32:50	47:30	1:00:15	1:35:45	2:12:00	4:40:00
V80 Silver	31:00	35:15	51:15	1:04:15	1:43:00	2:25:00	5:20:00
V80 Bronze	34:45	39:30	57:15	1:11:45	1:55:15	2:41:00	6:20:00
V80 Copper	38:45	48:45	1:03:30				
V80 Pewter	42:00	50:30	1:07:00				