

East Lancs Inter Club League

Accrington RR - Blackburn RR – Darwen D – Ribble Valley R - Riversway R - Trawden AC

Overview

Your club has been invited to be a founder member of an annual team event series. It will be known as the 'East Lancs Inter-Club Championship'.

- The league will be comprised of 6 local clubs of similar ability.
- The emphasis is the inclusivity of all club members with every runner competing contributing to their club's overall score.
- Only members of the joining clubs will be allowed to run (so no guest runners) due to insurance requirements of English Athletics.
- All competing runners **MUST** wear club vests.

We hope to create a unique race series with a friendly rivalry and social atmosphere. For the first season, the league will be based over 3 races, hosted by different clubs. In future years, we expect 6 races – one hosted by each club and held between late Spring and early Autumn.

The races will be “no frills” run over new routes (4 to 6 miles) not normally used for other races. Some venues will have limited carparking spaces, so car sharing is essential. Every effort will be made for the routes to avoid walkers and traffic but in the event “our paths cross”, patience, safety and courtesy must be priority. Light refreshments and Team/Club Prizes will follow races.

We will be open to constructive feedback and/or suggestions during this first season. We hope that you enjoy it ultimately!!

Format

- A team sheet detailing the names of each runner will be submitted before each race.
 - This will be used for safety purposes so we know who might still be out running.
 - There will be a tail-runner for some/all races.
- Clubs will enter a minimum of 20 runners with at least 10 men & 10 ladies required for team results.
- We intend to have a unique format with results based on teams and NOT individuals.
- No names or times will be recorded - just the club's name and gender will be given at the finishing line e.g. Trawden Male, Darwen Female etc.
- This makes it simple and easy for our first season and does not require timing or race numbers.
- Results and a league table will be compiled after each race.
- Scoring is simple - results count on position
 - 1st = 1 Point
 - 2nd = 2 Points
 - 3rd = 3 Points etc.

Please support the club by offering to be involved with this new league and making it a success. Although some marshals will be required on the day we host the race, it is essential we have enough runners to complete a full team.

There are no requirements that all runners compete in all races, we just need 20 runners as described above.

Inter Club Race 1 – hosted by Blackburn Road Runners

Thursday, 11th June 2026

18:00 Arrival time from 6pm + warm-up (at your discretion - there is a flat field to run round).
18:45 Pre-race brief
19:00 Race start

Location: Witton Park, Blackburn BB2 2TP

Head towards the red pavilion (past the athletics track on the tarmac 'road') or towards "Go Ape!" if you're following Google Maps.

What 3 Words: decide.refuse.rising

Car parking:

1. Witton Park 80p for 2 hours or £2 for all-day. Approx. 200m from start
2. Pleasington Playing fields car park (off Tower Road, Blackburn). Free. Approx. 600m walk / warm-up run to the start.
(3. Possible off-road parking next to Grange Road, Blackburn. Free. Approx. 600m to the start but pls check local signs as it may no longer be allowed.)

Requirements of the Runners:

- Pls try and car share where possible.
- Assume no toilet facilities is the safest option. I am hoping to have the pavilion toilets open but only 1 cubicle for men in theirs and only two cubicles for the ladies.
 - Pls check with your Club Lead nearer the time who are listed below whether the toilets will be available.
- Club vests of the same colour **MUST** be worn (some clubs have two tops!!)
- Normal road trainers will be sufficient. There is a small amount of off-road on a trail-type surface but 90% is on tarmac and solid ground.
- Route is just under 4 miles.
- We would prefer the faster runners to start at the front to make it safer for everyone.
- The marshals will be in hi-vis yellow jackets. They are mainly there to point you in the right direction but there are two areas in very close proximity whereby traffic could cross your path: one is the main Witton entrance and the other is about 50 metres before that when you're running (entrance to the Astroturf pitches).
- Pls **stay in line** after the race finish (in a comparable way to parkrun) and receive your raffle ticket that indicates your finishing position. You then identify your club and gender at the Results Area near the finish line so that your position is logged.
- Once the tail-runner is back and the results are logged, we will announce the finishing positions.
- It is anticipated that you will be on your way home at around 8.30pm.
- Pls either take your rubbish home or put in one of the very few bins on your way back to the carpark!!

Bag Drop

You can leave a bag at the start/finish area but it is un-covered and will **NOT** be monitored throughout the race so don't leave any valuables in them.

Pls be courteous to your fellow runner after all, this is the inaugural year!

Follow the guidance of the marshals and be aware of traffic. This is not a closed road event.

Water bottles will be provided afterwards by way of refreshment.

Results will be announced on the night:

1. Men's team
2. Women's team
3. Club team

No individual prizes or timings. There will be a league table produced after each race.

Club Leads

Accrington RR	– Graham Morris
Darwen Dashers	– Rick Marsden
Ribble Valley	– Ian Smith
Riversway RR	– Marc Potter
Trawden	– Stuart Hayton

Next race is being hosted by the Accrington Road Runners on Tuesday, 7th July.

The final race is being hosted by the Riversway Runners on Tuesday, 1st September.