

Lancashire Constabulary Athletics Section
Carnforth Police Station
Grosvenor Road
Carnforth
LA5 9DQ



Lancashire
Constabulary

police and communities together

Tel: 01524 596424
Fax: 01524 596446
Mobile: 07974 795466
Home: 01539 824654
E-Mail: lancashire@policesport.co.uk

18 March 2007

Dear Force Athletics Secretary

Police Sport UK Track & Field and Tug of War Championships Wednesday 18 July 2007

The **Lancashire Constabulary Athletics Section** are pleased to host the 2007 Police Sport UK Track & Field and Tug of War Championships. Here is a brief itinerary of the event that will allow you to make necessary arrangements and also whet your appetite as to what is in store.

Event Forms: Official registration forms for entry, accommodation and meals are included in this document. These are in 'form fill' format and can be filled in on screen then printed off, signed and returned by post.

Event Venue: The track and field and tug of war events will be staged at Stanley Park Stadium, Stanley Park Blackpool. The stadium, track and field facilities are all of a high standard.

Travel:

- **By road:** All directions M6 then M55 into Blackpool.
- **By rail:** The West Coast main line to Preston then local service to Blackpool North.
- **By air:** Blackpool (Cheap Ryanair Stansted service) Manchester and Liverpool.
- **By sea:** Seaport at Heysham or Liverpool.

Courtesy pick-ups: Will be provided from and to Blackpool North Rail Station and Blackpool Airport. Please ring me in advance to make detailed arrangements.

Event HQ and Main Accommodation Venue: The main event hotel will be the De Vere at Herons' Reach Hotel, East Park Drive, Blackpool. This is located just walking distance from the Stanley Park Stadium. We have 70 twin/double rooms pre-booked. These will be allocated on a 'first come, first served' basis. The cost per person including breakfast is £45 per night.

Meals: Breakfast is included with the De Vere accommodation package. A lunch pack will be provided to all competitors on the event day.

De Vere Facilities: This hotel is a four star with first class facilities including swimming pool, gymnasium, squash, tennis courts and golf course.

Other Accommodation: There is a huge range of hotels located in Blackpool. Those wishing to find cheaper accommodation should contact the tourist information office on 01253 478222 or www.visitblackpool.com and make their booking and payment direct with the hotel.

Event Start: Men's and Ladies' track, field and tug of war events start at 11.30 hours through to approximately 17.30 hours.

Awards, medals and mementos: The usual annual Police Sport UK trophies will be presented at the trackside following the completion of each event. Gold, silver and bronze medals will also be awarded. An event memento pack will be given to every competitor when they arrive.

Event Gala Dinner: 7pm onwards in the De Vere Hotel. This will be followed by after dinner entertainment and a disco until midnight.

Entries and Payments: Race entry, accommodation and meal request forms are attached below. These should be completed and returned as soon as possible.

Contestants: Please make every effort to encourage members to participate from you force, in particular, new and younger members of staff who may be unaware of these championships. Also consider publicity in force magazines and other publications in the coming weeks.

Closing date: Monday 18 June 2007. Additional late entries, substitutions and changes will be permitted up to one week prior to the event provided an original team entry has already been declared prior to the 18 June closing date.

Final details and receipts of payment: Will be sent out mid-June. These will include a receipt for your payment, directions to the venues and any other final instructions.

Challenge Trophies: These must be returned engraved, in a clean and polished condition to either:

- De Vere Hotel event contact point on 17 July.
- Stanley Park Stadium event contact point by 11.30 hrs on the 18 July.

Internet website: You may visit the 2007 Police Sport UK Track & Field Official website to access further information, 2006 results, updates, final instructions and post event results - www.policessport.org. Entry forms will also be obtainable from this site address.

Finally: I am looking forward to receiving your entries and am confident that the 2007 event will be most enjoyable and memorable for you and your members.

Yours in sport,

Steve

PC Steven Broadbent

Secretary/Treasurer - Lancashire Constabulary Athletics Section

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**Force Secretary/Team Captain
Contact Details**

Force:

Name:

Address:

Post Code:

Phone:

Mobile:

E-Mail: _____@_____

Rules Governing Event Competitors

Rule 35. A competitor who is an amateur, or who has been re-instated to amateur status may compete in any Police Championship but a Competitor who has been granted a permit by the Governing Association or Society of his particular branch of sport, shall only be eligible to compete in the Police Championships relative to his or her particular branch of sport.

Rule 36. (a) Only members of affiliated clubs who have been sworn in as paid Constables, Special Constables, PSNI Part Time Reserves, paid Police Support Staff, retired Police Officers, retired Support Staff, or paid Cadets who are members of their Force Sports Clubs or Associations shall be eligible to participate in any event promoted by the Association. In pursuit of this rule, retired personnel as defined, shall only be permitted to obtain membership of affiliated clubs in the Force area in which they reside or in the force they have previously served in.

Rule 36. (b) The definition of paid Support Staff only covers paid employees of a Police Force. The definition does not cover other persons who are employed under contract to other organisations, whether or not they are employed on police premises.

Rule 36. (c) The definition of a retired Police Officer is a person who has retired as a member of a Home Department Police Force and is in receipt of a police pension. The definition of retired Support Staff is a person who has been an employee of a police force as defined in (b) who is in receipt of a police authority pension.

Rule 36. (d) The rule excludes personnel who have terminated their employment with a police force mid term and who at the time, although not qualifying for a police pension, have nevertheless frozen their pension contributions for the sole purpose of obtaining a pension at some later stage.

I confirm that all of my team members are eligible to compete as defined by Police Sport UK rules:

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Signed - Team captain/secretary

Full rules governing this event will be posted on the website at www.policessport.org

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Summary of Arrangements

Track and Field Entries

Number of individual entries	=	@ £10	=	£
Number of individual entries	=	@ £3	=	£

Team Relay Events

Number of team entries	=	@ £12	=	£
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Tug of War Entries

Number of team entries	=	@ £90	=	£
Other Weights team entries	=	@ £15	=	£

De Vere Hotel Accommodation, Breakfast and Facilities

Tuesday 17 July 2007

Twin Room	=	@ £90	=	£
Double Room	=	@ £90	=	£
Single Occupancy Room	=	@ £80	=	£

Wednesday 18 July 2007

Twin Room	=	@ £90	=	£
Double Room	=	@ £90	=	£
Single Occupancy Room	=	@ £80	=	£

Presentation Dinner, Entertainment and Disco

Number of Tickets	=	@ £26	=	£
Specify vegetarian meals?	=			

Grand Total **£**

Please forward a cheque payable to: "LCSSC".

Send to: PC Steven Broadbent, PSUK T&F, Carnforth Police Station,
Grosvenor Road, Carnforth. LA5 9DQ.

Closing date: 18 June 2007

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Events to be contested

Track - Men and Women	Field - Men and Women
<ul style="list-style-type: none"> • 100 metres • 200 metres • 400 metres • 800 metres • 1500 metres • 5000 metres • Relay – Ladies 4 x 100 metres • Relay – Men's Medley (800x200x200x400) <p style="text-align: center;">Track - Men Only</p> <ul style="list-style-type: none"> • 3000 metres steeplechase • 5000 metres Veteran 40+ <p style="text-align: center;">Field - Men Only</p> <ul style="list-style-type: none"> • Triple jump 	<ul style="list-style-type: none"> • Shot • Discus • Hammer • Long jump • High jump • Pole Vault • Javelin <p style="text-align: center;">Tug of War</p> <ul style="list-style-type: none"> • 640k • 680k • 720k • Catch Weight

**Event Entry Form
Individual Men and Women
All events (Except Relays)**

Force:

Name:

Surname:

Rank/Post

Gender:

Age:

Event 1:

Season/Personal Best:

Fee: £10

Event 2:

Season/Personal Best:

Fee: £3

Event 3:

Season/Personal Best:

Fee: £3

Event 4:

Season/Personal Best:

Fee: £3

Event 5:

Season/Personal Best:

Fee: £3

Notes:

Entry fee includes light lunch. No refunds allowed. Closing date 18 June 2007. This may be extended if a force wishes to add additional competitors or make changes to existing arrangements.

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Timetable of Events (Provisional)

Track Events

11.30 hrs	100	Heats	Men
11.40hrs	100	Heats	Women
11.50 hrs	Other heats if required	Heats	Men & Women
12.30 hrs	110 Hurdles	Final	Men
13.00 hrs	3000 Walk	Final	Men
13.30 hrs	100	Final	Men
13.40 hrs	100	Final	Women
13.50 hrs	400	Heats	Men
14.00 hrs	400	Heats	Women
14.10 hrs	5000	Final	Men & Veteran Men
14.40 hrs	200	Heats	Men
14.50 hrs	200	Heats	Women
15.00 hrs	400 Hurdles	Final	Men
15.10 hrs	800	Final	Women
15.20 hrs	800	Final	Men
15.30 hrs	5000	Final	Women
16.00 hrs	400	Final	Men
16.35 hrs	400	Final	Women
16.45 hrs	1500	Final	Men
16.55 hrs	1500	Final	Women
17.05 hrs	200	Final	Women
17.15 hrs	200	Final	Men
17.20 hrs	3000 Steeplechase	Final	Men
17.35 hrs	4 X 100 Relay	Final	Women
17.45 hrs	Medley Relay (800-200-200-400)	Final	Men

Notes: A male veteran's 5000m race will be incorporated in the open men's 5000m championship final. Please indicate on the entry form which category you wish to compete in.

Field Events

12.00 hrs	High Jump – Women	Pole Vault – Men & Women
13.15 hrs	Long Jump – Women	High Jump – Men
14.30 hrs	Shot – Men	Triple Jump – Men
15.45 hrs	Long Jump – Men	Shot – Women
11.30 hrs	Long Throws from in order but will just follow on Hammer –Men & Women Discus - Men Javelin – Women Javelin – Men Discus – Women	

Tug-of-War Championships

11.00 hrs	Weigh-in
13.00 hrs	Start pulling