**Dear Secretary**

**If you are not the current post holder in your force as secretary for athletics (Cross Country) then can you please forward to the appropriate person within your force or return to the sender Graham WHITT.**

Nottinghamshire Police Athletics Section will be hosting the 2015 PSUK Cross Country Championships on Wednesday 4th March 2015 at WOLLATON PARK, NOTTINGHAM. NG8 2AE.

Entry to the park is via the WOLLATON RD (A609) and competitors should follow signage to the car parks

The venue for this exciting event will be the historic and tranquil setting of Wollaton Park, home to an Elizabethan, English renaissance style hall built in 1588 as family home of Sir Francis Willoughby, which will provide a stunning backdrop to a challenging, neo-classical and bespoke X-country course.

The Ladies race will be over 4 miles (2 laps) commencing at 1300H and the Men’s race over 6 miles (3 laps) and will commence at 1400H.

The laps will consist of mainly grass occasional mud, and the crossing of gravel paths taking in a few short gradients with a flat, fast finish on a good quality grass path and as such is suitable for spikes and fell shoes.

Parking at the race venue is subject to a local parking fee and all attendees should be directed to our own race car park on the day.

Please notify Graham WHITT in advance if you plan to arrive in a coach or require any assistance with travel.

Attached you will find a team entry sheet. Please complete a separate sheet for the ladies and one for the men. The race entry fee is £12 per competitor. If you are entering veteran athletes (Ladies over 35 and men over 40 years on the day of the event) please ensure that you correctly indicate their age category.

Also attached is a team manager’s entry sheet which should be completed in full.

**Please return your entry by e-mail or by post to DC Tim DUNNE at the addresses as shown on the team entry and managers sheet. As noted on the entry forms, the closing date for entries is Friday 6th February 2015. NO LATE ENTRIES will be accepted so please ensure you contact either Graham WHITT or Tim DUNNE if there are any issues with your entries or payments. (contact details below)**

The evening function will take place at East Midlands Conference Centre and DeVeres Orchard Hotel situated within the equally scenic confines of The University of Nottingham, University Park, Nottingham NG72RU

The cost is £22.50 per head and the number of those attending must be completed on the Team Manager’s Sheet. Tickets will be issued for the meal and will be collected by the Team Managers on arrival at registration. If attendees have no ticket for the evening function they will not be permitted entrance to the dinner. If you have athletes in your team who have dietary requirements then please complete the attached form also.

Dress code for the evening presentation will be smart casual.

Registration will be open at the DeVeres hotel from 1200H-1900H on Tuesday 3rd March for those arriving early and also from 1000H-1200H at the start/finish location at Wollaton Park on Wednesday 4th March 2014.

A list of recommended hotels and accommodation has been provided with this letter. The designated hotel is the DeVeres Orchard Hotel, East Midlands Conference Centre The University of Nottingham, University Park, Nottingham NG72RU. This hotel is a 10-15 minute walk from the race venue and is providing an excellent level of service to competitors and participants should make use of the hotel car park where possible.

We have secured a limited amount of rooms to be retained for competitors-please book early to avoid disappointment.

The negotiated rates for room at the DeVeres Hotel are as follows:

* £75.00 Single occupancy including breakfast.
* £85.50 Twin/Double occupancy including breakfast.

When booking at DeVeres Orchard, please quote “Police Sport UK National X-C Championships 4th March 2015” . The designated event manager at the hotel is Carrie QUANTICK.

Telephone 01158760900 and ask for the reservations team or email emccreservations@deverevenues.co.uk

Medals will be presented as follows. Plus the appropriate trophies. (Subject to them being returned). Team Managers whose athletes won trophies at Cheshire last April are asked to ensure that the trophies are returned in a clean condition for presentation and fully engraved.

**MEN WOMEN**

1ST, 2ND & 3RD Teams of six 1st, 2nd & 3rd teams of three

 **Minor Forces Team: -**  **Minor Forces Team:-**

1st, 2nd & 3rd Teams of Four 1st, 2nd & 3rd Teams of Three

**Veterans Team** **Veterans Team**

1st, 2nd & 3rd Teams of Three 1st, 2nd & 3rd Teams of Three

**Individual** 1st, 2nd & 3rd **Individual**  1st, 2nd & 3rd

**Veteran 40** 1st, 2nd & 3rd **Veteran 35** 1st, 2nd & 3rd

**Veteran 45** 1st, 2nd & 3rd **Veteran 40** 1st, 2nd & 3rd

**Veteran 50** 1st, 2nd & 3rd **Veteran 45** 1st, 2nd & 3rd

**Veteran 55** 1st, 2nd & 3rd **Veteran 50** 1st, 2nd & 3rd

**Veteran 60** 1st Only **Veteran 55** 1st Only

For your information UKA guidance for competitors is that all your athletes are responsible for their own safety before, during and after the race. This includes the wearing of suitable clothing and footwear as appropriate for the conditions. Runners should have up-to-date tetanus injections. Athletes are advised to write any medical conditions on the back of their race number in permanent ink in case of any emergency.

Race organisers:

T/PS Graham WHITT

Oxclose Lane Police Station

Oxclose Lane

Nottingham

NG56FZ

Telephone 01159670999 ext 8034088

Blackberry 07595074181

Graham.whitt@nottinghamshire.pnn.police.uk

**Tim Dunne**
DC 2305
East Midlands Special Operations Unit - Major Crime
Nottinghamshire (Northern Hub)
St Anns Police Station
St Anns Wells Rd, Nottingham. NG3 3HR Telephone 01159670999 ext 811 1922

Tim.dunne@nottinghamshire.pnn.police.uk

**POLICE SPORT UK CROSS COUNTRY**

**CHAMPIONSHIPS**

**WOLLATON PARK NOTTINGHAM**

**NG82AE**

**WEDNESDAY 4TH MARCH 2015**

**Team Manager’s Sheet**

**THE TEAM MANAGER MUST COMPLETE THIS FORM AND SEND BACK WITH THE COMPLETED MALE AND FEMALE TEAM SHEET.**

**THE CLOSING DATE IS 6TH FEBRUARY 2015; NO LATE ENTRIES WILL BE ACCEPTED.**

**PLEASE NOTE THAT CHANGES TO COMPETITORS ON RACE DAY ARE NOT PERMITTED.**

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| **DETAILS****FORCE: ......................................... Force Colours.................................****Team Manager Full Name……………………………………………………..........****Mobile Telephone Number..........................................................................****Email Address** (Must be provided for receipt of payment) **……………………………….** |
| **ENTRIES****Number of Entries (Please ensure team entry sheet is completed).....................................** **Total Race Entry Fee Enclosed (£12 per entry) £……………..** |
| **PRESENTATION MEAL AND FUNCTION****Number of places required for evening meal and function...............****Total Evening Function Fee Enclosed (£22.50 per person) £.......................****Dietary requirements must be entered on the separate sheet attached.** |
|  |
| **ACCOMMODATION****I/we will be staying at ...........................................................................................................****For no. Nights...............................** |
| **RULES AND DECLARATION** **The Championship is a closed event and therefore NO FORCE may permit GUEST RUNNERS to participate.** (Any infringement may result in team and individual disqualification).1. **The race is an individual event incorporating a team championship. ALL runners competing for their Force MUST wear their Force colours, these Force colours must be stipulated on the Team Entry Sheets. The wearing of Earphones/iPods/mp3 players by athletes during the race is not permitted. Failure to comply with these rules will lead to disqualification by the race referee.**

**Declaration (To be signed by Team Manager and accepted by all participating runners)****I declare that I/we will abide by the laws and rules of UK ATHLETICS and I/we accept that the race organisers will not be liable for any loss, damage, action, claim, costs or expenses which may arise in consequence of my participation in this event.  I/we declare that I/we will not compete in this race unless I/we am/are in good health on the day of the race and that, in any event, I/we will only compete at my/our own risk.****Signed...........................................................Date...............................................................** |

**POLICE SPORT UK**

**CROSS COUNTRY CHAMPIONSHIPS**

**WOLLATON PARK NOTTINGHAM**

**NG8 2AE**

**MALE ENTRIES**

**FORCE …………………….......**

**TEAM MANAGER’S NAME …………………………………........………….**

**Please complete this team spreadsheet in clear, bold and printed text. Ensure Veterans Ages are accurate. Once completed, return direct by email to the race co-ordinator Tim DUNNE at tim.dunne@nottinghamshire.pnn.police.uk or by post to**

**DC Tim DUNNE EMSOU MAJOR CRIME (NORTHERN HUB)**

**ST ANNS POLICE STATION**

**ST ANNS WELL ROAD**

**NOTTINGHAM**

**NG3 3HR**

**Please ensure full payment by cheque payable to NOTTINGHAMSHIRE POLICE SPORTS AND SOCIAL CLUBS AND SOCIETIES**

 **is sent prior to the closing date of 6TH FEB 2015**

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| **OFFICIAL USE ONLY****RACE No** | **Forename** | **Surname** | **If Veteran, Age on race day?** |
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**Entry Fee is £12 per competitor. Total Number of Entries...................................**

**POLICE SPORT UK**

**CROSS COUNTRY CHAMPIONSHIPS**

**WOLLATON PARK NOTTINGHAM**

**NG8 2AE**

**FEMALE ENTRIES**

**FORCE …………………….......**

**TEAM MANAGER’S NAME …………………………………........………….**

**Please complete this team spreadsheet in clear, bold and printed text. Ensure Veterans Ages are accurate. Once completed, return direct by email to the race co-ordinator Tim DUNNE at tim.dunne@nottinghamshire.pnn.police.uk or by post to**

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 **is sent prior to the closing date of 6TH FEB 2015**

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| **OFFICIAL USE ONLY****RACE No** | **Forename** | **Surname** | **If Veteran, Age on race day?** |
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**Entry Fee is £12 per competitor. Total Number of Entries...................................**

Accomodation List:

Presentation Hotel/Race HQ-recommended hotel.

(10-15 min walk from race start)

DeVeres Orchard Hotel

University Park, Nottingham NG7 2RJ

08712224836

Reservations 01158760900

emccreservations@deverevenues.co.uk

[www.devere.co.uk](http://www.devere.co.uk)

(within 4 miles of race venue)

Holiday Inn Nottingham

[www.holidayinn.com/Nottingham](http://www.holidayinn.com/Nottingham)

Park Plaza

[www.parkplaza.com/hotels/gbnottin](http://www.parkplaza.com/hotels/gbnottin)

Jurys Inn

<http://nottinghamhotels.jurysinns.com>

Crowne Plaza Hotel

[http://www.ihg.com/crowneplaza/hote;s/us/en/nottingham/notws/hoteldetail/](http://www.ihg.com/crowneplaza/hote%3Bs/us/en/nottingham/notws/hoteldetail/)