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**Police Sport UK**

**Cross Country Championships**

**Lancaster University**

**Wednesday 10 April 2019**

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**Women’s Race – 1pm / Men’s Race – 2pm**

**Hosted by Lancashire Constabulary Athletic Club**

**Foreword**

**By Lancashire Constabulary Chief Constable**

**Andy Rhodes**

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I am delighted to welcome runners from police forces across the United Kingdom to Lancashire for the 2019 Police Sport UK Cross Country Event.

This year Lancashire Constabulary are proud to host this prestigious event close to the City of Lancaster, where we are able to enjoy the facilities of Lancaster University for the event, prize giving and gala dinner.

Lancaster actually hosted this event 18 years ago in 1991 and 15 of the runners who competed then are back to compete today! I am impressed that 40 police forces are participating and turning out 278 runners, 91 ladies and 187 men.

I am sure you will enjoy the scenic, undulating course which will take you over grass fields and through woodlands set within the grounds of the University.

I hope that you have a successful race and I look forward to meeting you at the Gala Dinner this evening.

**Lancashire Constabulary Athletic Club**

**Organising Team**

**Event Coordinator:**

**Steve Broadbent**

**Event Committee**

**Mark Porter - Laura Lawler**

**Sue Harrison - Mark Mulryan**

**Janine Fallon - Paul Johnson**

**Phil Corris - Dennis Nelson**

**Steve would like to thank his team for all their help with staging this big event.**

**Time-Table of Events**

**Toilets, Changing and Showers**

•          Pre-Race: Are available at the Sports Centre for anyone pre-race.

•          Post-Race: Those not going back to rooms may use showers at the Sports Centre

**Course Inspection**

10.00 – 13.00 – The course will be fully marked and open for race warm-up and inspection.

**The Races**

•          13.00 – Ladies Race – 5.4 miles

•          14.00 – Men’s Race – 7.2 miles

**The Course – Now Revised**

A revised course map is posted below and on the webpage. Due to unforeseen building work happening now, the original course has been diverted slightly to avoid a 20 foot trench that has been dug recently! The mileage remains similar to the original.

**Evening Post Race Activities – Presentation Dinner!**

Evening entertainment starts from 17.30 hours in the ‘Lica’ Function Room that is two minutes’ walk from the Campus Accommodation and five minutes from the Lancaster House Hotel. Precise directions will be provided when you arrive. The evening attire is ‘smart casual’.

The Bar is open with bottled beer and wine, spirits as well as real ale and lager on draft available.  
  
•          17.30 hours – Drinks – With some ad-hoc ‘Light Entertainment’ from Mason Ming

•          18.30 hours – Seated Prize Presentation – with table aperitifs available

•          19.30 hours – Buffet Carvery Dinner, Sweet, Cheese and Coffee

•          20.30 hours - ‘Light Entertainment’ from Mason King

•          21.00 hours – ‘The Secret’ Band and Disco by until 01.00 hours!

**Red Theme**

Lancashire is always traditionally known as the **‘Red Rose County’**. Our Lancon police crest depicts this and you will soon see when you arrive that our ‘red rose’ theme runs right through the PSUK event from start to finish! It would be appropriate therefore, that those attending the evening function wear ‘something red’!

**Course Map and Profile**

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**Competitors 2019**

|  |  |  |  |
| --- | --- | --- | --- |
| **PSUK Entries** | | | |
| Total Entries | **278** | Note: 1st, 2nd and 3rd  place medals or prizes will  be awarded in **every** category | |
| Participation Police Forces | **40** |
| Male Entries | **187** | Female Entries | **91** |
| Senior  Male | **61** | Senior Female | **18** |
| MV40 | **27** | FV35 | **19** |
| MV45 | **28** | FV40 | **18** |
| MV50 | **31** | FV45 | **13** |
| MV55 | **14** | FV50 | **12** |
| MV60 | **16** | FV55 | **6** |
| MV65 | **9** | FV60 | **4** |
| MV70 | **1** | FV65 | **1** |
| MV75 | **0** | FV70 | **0** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Who's running today who ran in the PAA Cross Country Championships at Lancaster University in 1991?** | | | | |
| Michael | Bond | Male | Essex Police | MV60 |
| Steve | Broadbent | Male | Lancashire Constabulary | MV55 |
| Steve | Cairns | Male | Lothian & Borders | MV50 |
| Andy | Carnall | Male | West Midlands Police | MV50 |
| Malcolm | Fowler | Male | Cheshire Constabulary | MV55 |
| Barry | Frost | Male | Devon & Cornwall Police | MV60 |
| Peter | Gray | Male | Northamptonshire Police | MV65 |
| Stephen | Hague | Male | Hertfordshire Police | MV50 |
| William | Hamilton | Male | Central Scotland | MV60 |
| Iwan P G | Jones | Male | North Wales Police | MV65 |
| Laura | Lawler | Female | Lancashire Constabulary | FV50 |
| Desmond | Michael | Male | Hertfordshire Police | MV65 |
| Heather | Mitchell | Female | West Yorkshire Police | FV65 |
| David | Needham | Male | South Yorkshire Police | MV70 |
| Anthony | Price | Male | West Midlands Police | MV55 |

**Women’s Race – 91 Athletes**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Forename** | **Surname** | **Force** | **Cat.** | **Minor Force** |  | **No.** | **Forename** | **Surname** | **Force** | **Cat.** | **Minor  Force** |
| 1 | Caroline | Brophy | Cheshire | FV50 |  |  | 47 | Sarah | Stephens | Metropolitan | FV35 |  |
| 2 | Lindsay | Dixon | Cheshire | FV45 |  |  | 48 | April | Withers | Metropolitan | Open |  |
| 3 | Vicky | Kehoe | Cheshire | FV45 |  |  | 49 | Lucy | Campbell | Norfolk | FV50 |  |
| 4 | Beverley | Loxley | Cheshire | Open |  |  | 50 | Hazel | Flower | Norfolk | FV45 |  |
| 5 | Ciara | Murphy | Cheshire | FV40 |  |  | 51 | Michelle | Farrell | North Wales | FV35 | Yes |
| 6 | Dominique | Searle | Cheshire | FV40 |  |  | 52 | Chloe | Morgan | North Wales | Open | Yes |
| 7 | Ali | Guihen | City of London | Open |  |  | 53 | Kate | Aspey | North Yorkshire | FV45 | Yes |
| 8 | Kate | Hogarth | City of London | FV45 |  |  | 54 | Caroline | Glover | North Yorkshire | FV55 | Yes |
| 9 | Sally | Prinsloo | City of London | FV40 |  |  | 55 | Jill | Rawson | North Yorkshire | FV35 | Yes |
| 10 | Christine | Howard | Derbyshire | FV45 |  |  | 56 | Angela | Richardson | North Yorkshire | FV40 | Yes |
| 11 | Jo | Church | D&C | FV50 |  |  | 57 | Kendra | Wedgwood | North Yorkshire | FV35 | Yes |
| 12 | Shirley | Newnham | D&C | FV55 |  |  | 58 | Madeleine | Moutrie | Northamptonshire | FV55 | Yes |
| 13 | Zoe | Smith | D&C | FV35 |  |  | 59 | Kate | Williams | Northamptonshire | FV55 | Yes |
| 14 | Sarah | Evans | Dyfed-Powys | FV35 | Yes |  | 60 | Helen | King | Northumbria | FV40 |  |
| 15 | Melanie | Gaul | Dyfed-Powys | FV45 | Yes |  | 61 | Sally | Youden | Northumbria | FV40 |  |
| 16 | Pauline | Bowers | Essex | FV60 |  |  | 62 | Laura | Sims | Nottinghamshire | Open |  |
| 17 | Sue | Hellier | Essex | FV35 |  |  | 63 | Laura | Wallace | Nottinghamshire | FV35 |  |
| 18 | Deborah | Hitching | Essex | FV40 |  |  | 64 | Kirsty | Baird | Scotland | FV45 |  |
| 19 | Angela | Parsons | Essex | FV50 |  |  | 65 | Ailsa | Currie | Scotland | FV35 |  |
| 20 | Tanya | Straight | Essex | FV35 |  |  | 66 | Debi | Forsyth | Scotland | Open |  |
| 21 | Jane | Brown | GMP | FV50 |  |  | 67 | Rhona | Fraser | Scotland | FV40 |  |
| 22 | Cheryl | Hughes | GMP | FV40 |  |  | 68 | Kaylin | Wilson | Scotland | Open |  |
| 23 | Marianne | Greening | Gwent | FV40 | Yes |  | 69 | Eryl Sian | James | South Wales | FV55 |  |
| 24 | Nicky | Baker | Hampshire | FV35 |  |  | 70 | Samantha | Thompson | South Wales | FV50 |  |
| 25 | Lauren | Dalley | Hampshire | FV35 |  |  | 71 | Frances | Williams | South Wales | FV50 |  |
| 26 | Claire | Learnihan | Hampshire | FV45 |  |  | 72 | Laura | Agu | Staffordshire | FV35 |  |
| 27 | Carla | Nation-Hague | Hertfordshire | FV40 |  |  | 73 | Melonie | Deakin | Staffordshire | FV45 |  |
| 28 | Carina | Quayle | Hertfordshire | FV60 |  |  | 74 | Liz | Deans | Staffordshire | FV50 |  |
| 29 | Veronica | Singleton-Lawley | Hertfordshire | FV55 |  |  | 75 | Nia Rose | Nokes | Staffordshire | Open |  |
| 30 | Rachel | Love | Humberside | FV50 |  |  | 76 | Charlotte | White | Staffordshire | FV35 |  |
| 31 | Wendy | Gilham | Kent | FV50 |  |  | 77 | Frances | Barnard | Suffolk | Open | Yes |
| 32 | Karen | Hall | Kent | FV45 |  |  | 78 | Colette | Clark | Suffolk | FV45 | Yes |
| 33 | Elise | Rendall | Kent | FV40 |  |  | 79 | Lucy | Driver | Suffolk | FV35 | Yes |
| 34 | Lisa | Riddle | Kent | Open |  |  | 80 | Soraya | Francis | Suffolk | FV45 | Yes |
| 35 | Sarah | Tulk | Kent | FV35 |  |  | 81 | Kate | Hutson | Suffolk | FV35 | Yes |
| 36 | Janine | Fallon | Lancashire | FV40 |  |  | 82 | Nicola | Turner | Suffolk | Open | Yes |
| 37 | Susan | Harrison | Lancashire | FV60 |  |  | 83 | Lisa | Sammons | Thames Valley | Open |  |
| 38 | Natalie | Iddon | Lancashire | Open |  |  | 84 | Sophie | Clement | West Midlands | FV40 |  |
| 39 | Laura | Lawler | Lancashire | FV50 |  |  | 85 | Angela | Fisher | West Midlands | FV60 |  |
| 40 | Nikki | Marshall | Lancashire | Open |  |  | 86 | Sarah | Rose | West Midlands | FV40 |  |
| 41 | Jo | Moss | Lancashire | FV40 |  |  | 87 | Gillian | Russon | West Midlands | FV50 |  |
| 42 | Victoria | Shackleton | Lancashire | Open |  |  | 88 | Heather | Mitchell | West Yorkshire | FV65 |  |
| 43 | Nicola | Parsons | Merseyside | Open |  |  | 89 | Emma | Moorhouse | West Yorkshire | Open |  |
| 44 | Kat | Alpe | Metropolitan | Open |  |  | 90 | Anna | Sykes | West Yorkshire | FV40 |  |
| 45 | Anna | Douglas | Metropolitan | FV35 |  |  | 91 | Alexandra | Spargo | Wiltshire | FV40 | Yes |
| 46 | Sarah | Green | Metropolitan | FV35 |  |  |  |  |  |  |  |  |

**Results at: www.policesport.org**

**Men’s Race – 187 Athletes**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Forename** | **Surname** | **Force** | **Cat.** | **Minor Force** |  | **No.** | **Forename** | **Surname** | **Force** | **Cat.** | **Minor  Force** |
| 101 | Bill | Abram | Bedfordshire | MV45 | Yes |  | 150 | Michael | Bond | Essex | MV60 |  |
| 102 | Ian | Mawdesley | Bedfordshire | MV40 | Yes |  | 151 | Peter | Bryan | Essex | MV60 |  |
| 103 | Andy | Parsons | Bedfordshire | MV50 | Yes |  | 152 | John | Jackson | Essex | MV50 |  |
| 104 | Chad | Wright | British Transport | MV45 |  |  | 153 | John | Mackenzie | Essex | MV60 |  |
| 105 | Jack | Downes | Cheshire | Open |  |  | 154 | Christopher | Mathlin | Essex | MV50 |  |
| 106 | David | Edon | Cheshire | MV50 |  |  | 155 | Charles | Quaey | Essex | MV50 |  |
| 107 | Malcolm | Fowler | Cheshire | MV55 |  |  | 156 | Simon | Costello-Byrne | Gloucestershire | MV50 | Yes |
| 108 | Rob | Grantham | Cheshire | MV45 |  |  | 157 | Chris | Hanson | Gloucestershire | MV45 | Yes |
| 109 | Simon | Hignett | Cheshire | MV45 |  |  | 158 | Lyndon | Price | Gloucestershire | MV45 | Yes |
| 110 | Kevan | Hinett | Cheshire | MV55 |  |  | 159 | Ash | Shingler | Gloucestershire | Open | Yes |
| 111 | Jacques | Locke | Cheshire | Open |  |  | 160 | David | Whitfield | Gloucestershire | MV50 | Yes |
| 112 | Philip | Monks | Cheshire | MV40 |  |  | 161 | Gary | Corns | Greater Manchester | MV40 |  |
| 113 | Roger | Need | Cheshire | MV45 |  |  | 162 | David | Crewe | Greater Manchester | Open |  |
| 114 | Jack | Pilkington | Cheshire | Open |  |  | 163 | Anthony | Kane | Greater Manchester | MV65 |  |
| 115 | Darren | Varley | Cheshire | MV40 |  |  | 164 | Bryan | Lawton | Greater Manchester | MV50 |  |
| 116 | John | Verry | Cheshire | Open |  |  | 165 | Craig | Ellis | Gwent | Open | Yes |
| 117 | Iain | Wedge | Cheshire | MV50 |  |  | 166 | Ian | Munro | Gwent | MV45 | Yes |
| 118 | Ryan | Willis | Cheshire | MV40 |  |  | 167 | Paul | Cardy | Hampshire | Open |  |
| 119 | Simon | Boghurst | City of London | MV50 |  |  | 168 | Martin | Drysdale | Hampshire | MV45 |  |
| 120 | James | Curtis | City of London | Open |  |  | 169 | Paul | Farquharson | Hampshire | Open |  |
| 121 | Trevor | Holden | City of London | MV50 |  |  | 170 | Andrew | Proctor | Hampshire | MV40 |  |
| 122 | Peter | Lucas | City of London | Open |  |  | 171 | Alex | Reading | Hampshire | MV45 |  |
| 123 | Harry | Paton | City of London | Open |  |  | 172 | Jayson | Richards | Hampshire | MV45 |  |
| 124 | Simon | Lowther | Cleveland | MV45 | Yes |  | 173 | Rob | Spall | Hampshire | MV45 |  |
| 125 | Anthony | Oliver | Cleveland | MV50 | Yes |  | 174 | Paul | Allen | Hertfordshire | MV55 |  |
| 126 | Aaron | Baglee | Cumbria | MV45 | Yes |  | 175 | Stephen | Hague | Hertfordshire | MV50 |  |
| 127 | Phil | Cooper | Cumbria | MV40 | Yes |  | 176 | Desmond | Michael | Hertfordshire | MV65 |  |
| 128 | Paul | Cullen | Cumbria | MV55 | Yes |  | 177 | Andrew | Guest | Humberside | MV45 |  |
| 129 | James | Graham | Cumbria | Open | Yes |  | 178 | Carl | Horth | Humberside | Open |  |
| 130 | Ross | Jenkin | Cumbria | Open | Yes |  | 179 | James | Cattermole | Kent | Open |  |
| 131 | Richard | Mavin | Cumbria | MV55 | Yes |  | 180 | Mark | Penny | Kent | Open |  |
| 132 | Andrew | Slattery | Cumbria | MV50 | Yes |  | 181 | Peter | Wilcoxon | Kent | MV50 |  |
| 133 | Richard | Unwin | Cumbria | MV60 | Yes |  | 182 | Steven | Broadbent | Lancashire | MV55 |  |
| 134 | Shaun | Bott | Derbyshire | Open |  |  | 183 | Phil | Corris | Lancashire | MV65 |  |
| 135 | Simon | English | Derbyshire | Open |  |  | 184 | Paul | Johnson | Lancashire | MV60 |  |
| 136 | Karl | Webster | Derbyshire | MV45 |  |  | 185 | Stu | Kane | Lancashire | Open |  |
| 137 | Alex | Daniels | D&C | MV45 |  |  | 186 | Mark | Mulryan | Lancashire | MV50 |  |
| 138 | Andrew | Dudley | D&C | MV50 |  |  | 187 | Dennis | Nelson | Lancashire | MV55 |  |
| 139 | Barry | Frost | D&C | MV60 |  |  | 188 | Dave | Pearson | Lancashire | MV45 |  |
| 140 | Daniel | Jones | D&C | Open |  |  | 189 | Mark | Porter | Lancashire | MV55 |  |
| 141 | Steven | Mahoney | D&C | Open |  |  | 190 | Dean | Thompson | Lancashire | Open |  |
| 142 | Clive | Ramsden | D&C | MV40 |  |  | 191 | Jon | Wright | Lancashire | Open |  |
| 143 | Kevin | Richards | D&C | MV50 |  |  | 192 | Peter | Dargue | Leicestershire | MV60 |  |
| 144 | Langdon | Williams | D&C | MV50 |  |  | 193 | Joe | Parker | Leicestershire | Open |  |
| 145 | William | Young | D&C | Open |  |  | 194 | Steven | Plumb | Leicestershire | MV50 |  |
| 146 | Darren | Brown | Dyfed-Powys | MV45 | Yes |  | 195 | Dan | Robberts | Leicestershire | Open |  |
| 147 | Matt | Scrase | Dyfed-Powys | MV55 | Yes |  | 196 | Richard | Watson | Leicestershire | MV50 |  |
| 148 | Martin | Slevin | Dyfed-Powys | MV55 | Yes |  | 197 | Christopher | Bristow | Merseyside | Open |  |
| 149 | David | Steer | Dyfed-Powys | MV50 | Yes |  | 198 | Gary | Kilshaw | Merseyside | MV45 |  |
|  |  |  |  |  |  |  | 199 | Scott | Patterson | Merseyside | Open |  |
|  |  |  |  |  |  |  | 200 | Keith | Swift | Merseyside | MV40 |  |
|  |  |  |  |  |  |  | 201 | Craig | Walsh | Merseyside | Open |  |

**Results at: www.policesport.org**

**Men’s Race – Page 2**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Forename** | **Surname** | **Force** | **Cat.** | **Minor Force** |  | **No.** | **Forename** | **Surname** | **Force** | **Cat.** | **Minor Force** |
| 202 | Andy | Collings | Metropolitan | MV50 |  |  | 251 | Daniel | Burns | PSNI | Open |  |
| 203 | Kevin | Concannon | Metropolitan | MV60 |  |  | 252 | Andy | Gardiner | South Wales | Open |  |
| 204 | Jim | Cooper | Metropolitan | MV45 |  |  | 253 | David | Needham | South Yorkshire | MV70 |  |
| 205 | Steven | Evans | Metropolitan | MV40 |  |  | 254 | Thomas | Smith | South Yorkshire | Open |  |
| 206 | Trevor | Normoyle | Metropolitan | MV40 |  |  | 255 | Darren | Mattocks | Staffordshire | MV45 |  |
| 207 | Liam | Phair | Metropolitan | Open |  |  | 256 | Glyn | Pattinson | Staffordshire | MV45 |  |
| 208 | Tom | Ryan | Metropolitan | Open |  |  | 257 | Robert | Williams | Staffordshire | Open |  |
| 209 | Matt | Speed | Metropolitan | Open |  |  | 258 | Stephen | Harvey | Suffolk | Open | Yes |
| 210 | Maximilian | Wells-Pestell | Metropolitan | Open |  |  | 259 | Benjamin | Hudson | Suffolk | Open | Yes |
| 211 | Richard | Wilson | Metropolitan | MV60 |  |  | 260 | Alan | Oliver | Suffolk | MV50 | Yes |
| 212 | Lance | Barr | NCA | MV40 |  |  | 261 | Dave | Solomon | Suffolk | MV50 | Yes |
| 213 | Tim | Wright | NCA | MV45 |  |  | 262 | Graham | Gillham | Surrey | MV55 |  |
| 214 | Stu | Barnard | Norfolk | MV40 |  |  | 263 | Alexander | Mckend | Thames Valley | Open |  |
| 215 | Kris | Barnard | Norfolk | MV40 |  |  | 264 | Colin | Wood | Thames Valley | MV40 |  |
| 216 | Michael | Flower | Norfolk | MV40 |  |  | 265 | Paul | Baker | West Midlands | MV40 |  |
| 217 | Peter | Laddiman | Norfolk | MV60 |  |  | 266 | Matthew | Barnsley | West Midlands | MV40 |  |
| 218 | Neil | Coppack | North Wales | MV50 | Yes |  | 267 | Jonathan | Beard | West Midlands | MV40 |  |
| 219 | Bob | Hind | North Wales | MV65 | Yes |  | 268 | Jenson | Bloomer | West Midlands | MV50 |  |
| 220 | Iwan P G | Jones | North Wales | MV65 | Yes |  | 269 | Andy | Carnall | West Midlands | MV50 |  |
| 221 | Luke | Magness | North Wales | Open | Yes |  | 270 | Christopher | Cheek | West Midlands | MV40 |  |
| 222 | Chris | Myles | North Wales | Open | Yes |  | 271 | Nick | Dale | West Midlands | MV40 |  |
| 223 | Simon | Fricke | North Yorks | Open | Yes |  | 272 | Michael | Dobson | West Midlands | MV50 |  |
| 224 | Christopher | Gill | North Yorks | MV45 | Yes |  | 273 | Chris | Harris | West Midlands | MV40 |  |
| 225 | Richard | Harrison | North Yorks | Open | Yes |  | 274 | Michael | Hill | West Midlands | MV60 |  |
| 226 | James | Pearson | North Yorks | MV40 | Yes |  | 275 | Robert | Mills | West Midlands | MV60 |  |
| 227 | Phil | Slingsby | North Yorks | Open | Yes |  | 276 | Stuart | Parker | West Midlands | MV45 |  |
| 228 | Geoff | Wynn | North Yorks | Open | Yes |  | 277 | Matthew | Parsons | West Midlands | Open |  |
| 229 | Graham | Curtis | Northants | MV65 | Yes |  | 278 | Anthony | Price | West Midlands | MV55 |  |
| 230 | Peter | Gray | Northants | MV65 | Yes |  | 279 | Christopher | Rowe | West Midlands | Open |  |
| 231 | Paul | Spick | Northants | MV65 | Yes |  | 280 | Daniel | Ullah | West Midlands | Open |  |
| 232 | Oliver | Webb | Northants | Open | Yes |  | 281 | David | Wilson | West Midlands | Open |  |
| 233 | Ken | Willis | Northants | MV60 | Yes |  | 282 | Andrew | Brown | West Yorkshire | MV65 |  |
| 234 | Craig | Brown | Northumbria | Open |  |  | 283 | Kevin | Chippendale | West Yorkshire | MV60 |  |
| 235 | Ian | Ritchie | Northumbria | Open |  |  | 284 | Simon | Newton | West Yorkshire | MV40 |  |
| 236 | Peter | Boddy | Notts | MV50 |  |  | 285 | Ben | Brewster | Wiltshire | Open | Yes |
| 237 | Matt | Etchells-Jones | Notts | Open |  |  | 286 | Stuart | Dinwoodie | Wiltshire | MV55 | Yes |
| 238 | Peter | Gilbert | Notts | MV60 |  |  | 287 | Jordan | Frapwell | Wiltshire | Open | Yes |
| 239 | David | Hodson | Notts | Open |  |  |  |  |  |  |  |  |
| 240 | Graham | Whitt | Notts | MV40 |  |  |  |  |  |  |  |  |
| 241 | Eric | Anderson | Scotland | MV45 |  |  |  |  |  |  |  |  |
| 242 | Paul | Anderson | Scotland | MV45 |  |  |  |  |  |  |  |  |
| 243 | Martin | Brown | Scotland | Open |  |  |  |  |  |  |  |  |
| 244 | Steve | Cairns | Scotland | MV50 |  |  |  |  |  |  |  |  |
| 245 | Glen | Chalmers | Scotland | MV40 |  |  |  |  |  |  |  |  |
| 246 | William | Hamilton | Scotland | MV60 |  |  |  |  |  |  |  |  |
| 247 | George | Lambie | Scotland | MV55 |  |  |  |  |  |  |  |  |
| 248 | Adam | Mckim | Scotland | MV40 |  |  |  |  |  |  |  |  |
| 249 | James | Wales | Scotland | Open |  |  |  |  |  |  |  |  |
| 250 | Cameron | Wilson | Scotland | Open |  |  |  |  |  |  |  |  |

**Thank-you to everyone who is taking part and hope you have an enjoyable race!**

**Important Competitor Information**

**Risks Athletes Should Expect**

Athletes should expect to encounter the following (up to a point):

* Hard physical effort
* Adverse weather conditions (e.g. cold, wet, wind, snow)
* Rough, uneven ground
* Mud and other slippery surfaces
* Trees (including roots and branches)
* Water hazards (e.g. streams, puddles)
* Tight turns
* Jostling
* Possible spike injuries

Athletes should bring/wear suitable clothing/footwear. However, the ages, abilities and experience of athletes must be taken into account by organisers.

**Team Colours**

PSUK Cross Country is a Team Championship and therefore all competitors competing for their respective Forces in this event must wear their respective Force Team Colours.

**Prizes to be contended**

**Individual**

1st, 2nd and 3rd place in all below categories….

* Senior Male, Senior Female, Minor Forces Male, Minor Forces Female
* Veteran Over 40 Male
* Veteran Over 35 Female
* Veteran Male 45-49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70 – 74
* Veteran Female 40 – 44, 45-49, 50 – 54, 55 – 59, 60 – 64, 65 – 69

**Teams**

1st, 2nd and 3rd place in all categories (Except Minor Forces – 1st, 2nd only)

* Male (6 to count)
* Female (3 to count)
* Veteran 40+ Male (3 to count)
* Veteran 35+ Female (3 to count)
* Minor Forces Male (4 to count)
* Minor Forces Female (3 to count)