

NORTHERN POLICE CROSS COUNTRY LEAGUE

Annual Report 2007



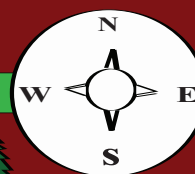
www.npccl.co.uk

Police forces eligible to participate

Cumbria - Lancashire - Cleveland - North Yorkshire - South Yorkshire - West
Yorkshire - Humberside - Cheshire - GMP - North Wales - Merseyside -
Northumbria - Durham - BTP Northern - Atomic Energy



NORTHERN POLICE CROSS COUNTRY LEAGUE



Foreword

By Northern Police Cross Country Secretary PC Steven Broadbent

Welcome to the 2007 Northern Police Cross Country League annual report. Though we have produced annual reports in the past, this magazine has been kindly provided courtesy of 'Force Travel and Leisure'. Information of their exclusive travel service appears in this publication.

Thank you to the director, Mr Eric Ormerod for providing us with this opportunity to produce a professionally presented and printed report that contains the past season news and results as well as features on some of our league runners and fixture lists for the forthcoming season.

Contents

- Season report 2006 - 2007
- 2006 - 2007 Season Results
- Runner Profiles - Malcolm Fowler - Kathy Winrow
- Results Police Sport UK Championships Cromer
- Fixtures - 2007 - 2008 Season

Season Report 2006/2007 - Best Ever Attendance in 10 years

Despite increasing pressures to be allowed time off police duties the League has attracted the highest overall attendance for many years. The table illustrates clearly the increase in popularity of the league. North Wales Police entered the league this season adding to the overall figures with attendance averaging 66 runners per fixture.

More forces who host a fixture are now staging their own in-force inter-divisional championships that inevitably boost the numbers for many fixtures. Says League secretary Steve Broadbent, "These figures are most encouraging and I think we are seeing a change in attitudes from senior managers who realise the importance of staff being allowed some time to keep fit and healthy for their demanding jobs".

■ 1998/1999	371	■ 2001/2002	366	■ 2004/2005	504
■ 1999/2000	298	■ 2002/2003	386	■ 2005/2006	482
■ 2000/2001	378	■ 2003/2004	431	■ 2006/2007	528



Runner Profiles

In this edition we take a look at two of our regular attendees who have supported the league in recent years. The questions may provide some inspiration to other runners or those who may be thinking of joining the league.

Profile No. 1

- **Name** Malcolm Fowler
- **Police Force** Cheshire
- **Where do you work** Eastern Area Custody Suite, Middlewich
- **What is your rank and job title** Custody Sergeant
- **How many years have you been running** 26yrs
- **How many years have you been running in the NPCCL** 21yrs
- **What makes you keep returning to the Northern Police League each year**



Enjoy the social side, free food after the race!

- **What is the highlight of your running calendar**

Enjoy the national police events; Police Sport UK Cross Country, 10 Mile Road Race and Fell Race as well as the Inter County Cross Country Championships (Running for a relatively weak county, I can still just scrape into the Cheshire County team)

- **What other types of running do you do and what other sports**

Have dabbled with Triathlons and Duathlons but find there is a lot of faffing about getting everything ready for three disciplines and all the hassle of transition from one event to another. Have taken up Orienteering though which I really enjoy, sometimes I can be quite successful, but other times I make a complete hash of it!

- **Do you have any other hobbies or interests outside sport**

Have always been very keen on Astronomy as well as science in general.

- **What are your running plans and ambitions for the future**

I find I get more injury-prone as I get older and am certainly slowing down each year, so ambition is to just try and continue running at a good standard for as long as I can. Still got eight years to go before retirement so haven't made any decisions yet, except that I will definitely be retiring as soon as I have completed 30 years, and will NOT be coming back to into an admin post like many retired bobbies seem to do!

Editor's comment: Malcolm has been the winner of the men's league 9 times in the previous 10 years.



Profile No.2

- **Name** Kathy Winrow
- **Police Force** Cumbria Constabulary
- **Where do you work** Kendal Police Station
- **What is your rank and job title** Civilian Detention Officer
- **How many years have you been running** Approx 37 yrs
- **How many years have you been running in the NPCCL** Approx 2 1/2 yrs
- **What makes you keep returning to the Northern Police League each year**



The races, the excellent and sometimes challenging courses, the great social aspect, personal achievement - it gives me something to aim for each winter and the fitness advantages of running cross country give strength and fitness for road racing.

- **What is the highlight of your running calendar**

That's a difficult one as I look forward to each of the different events. I like the track and field because it is different by its very nature of events and I have a love of track running which stems back to my school days. I also look forward to the National Cross Country Championships because that's at the end of the season and is a good test of fitness and some thing to measure the season by. I also look forward to the Police Sport UK 10 mile race because that's my best distance and it's on the road.

- **What other types of running do you do and what other sports**

I currently train on the track twice a week and can run distances from 200m up to 1500m. I occasionally run 3,000 m for the club and have been known to run the odd 5,000m but neither are distances I would choose to run on a regular basis. I prefer the sprints 200, 400 and 800m and I am gradually reducing my times over all of these distances.

In the summer I compete for my club Lancaster and Morecambe in the Mid Lancs and Northern Ladies League for track (and x/c in the winter months)

I also compete in road races distances ranging from 5k up to half marathons.

My preferred and best distance is the 10 miles. I have done several marathons in the past but would only now run that distance for a special occasion.

I have toyed with the idea of a triathlon and incorporate swimming into my current training programme

- **Do you have any other hobbies or interests outside sport**

Painting and drawing, animals especially big game and theatre.

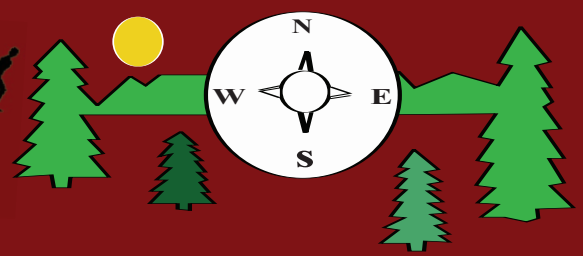
- **What are your running plans and ambitions for the future**

To run more races abroad, to lower all my pb's for road races from 5k to half marathons (as I now go into a new veteran category this year), to run road races which I haven't run before (because I hate hills) and to complete a triathlon.

Police Sport UK National Cross Country Championships

Cromer - Norfolk - Wednesday 14 March 2007

NORTHERN POLICE CROSS COUNTRY LEAGUE



Northern Police Cross Country league competitors

Men							Men						
Position	No.	Name	Surname	Class	Force	Time	Position	No.	Name	Surname	Class	Force	Time
4	25	Malcolm	FOWLER	Men 40-44	Cheshire	00:41:45	153	Steve	BROADBENT	Men 45-49	Lancashire	00:57:27	
8	218	Matthew	TOMLINSON	Senior Men	Northumbria	00:43:07	155	Liam	O'BRIEN	Men 45-49	North Wales	00:57:31	
11	314	Simon	NEWTON	Senior Men	West Yorkshire	00:43:27	163	Neil	PATTERSON	Senior Men	Humburside	00:58:45	
18	104	Guy	HEYES	Senior Men	Greater Manchester	00:44:56	166	Martin	DANDY	Senior Men	Lancashire	00:58:54	
19	317	Nigel	BEDELL	Men 40-44	West Yorkshire	00:45:00	172	Peter	SMITH	Men 45-49	Greater Manchester	00:59:26	
24	28	Phil	MONKS	Senior Men	Cheshire	00:45:43	174	Simon	HUGHES	Senior Men	North Wales	00:59:39	
25	26	William	HEATON	Men 40-44	Cheshire	00:45:51	181	Dave	NEEDHAM	Men 55+	South Yorkshire	01:00:10	
36	96	Andrew	PILLING	Men 40-44	Greater Manchester	00:47:02	193	James	BENTLEY	Men 45-49	Greater Manchester	01:01:48	
40	222	Craig	JONES	Senior Men	North Wales	00:47:24	198	Gareth	JAGGARD	Senior Men	North Wales	01:02:03	
44	27	Myles	ROBERTSON	Men 40-44	Cheshire	00:47:38	206	David	WATKINSON	Men 50-54	Lancashire	01:05:25	
49	319	Peter	LYCETT	Men 45-49	West Yorkshire	00:48:18	209	David	WOOD	Men 45-49	Greater Manchester	01:05:50	
52	99	David	FULTON	Men 40-44	Greater Manchester	00:48:29	210	Darren	HYDE	Men 45-49	North Wales	01:05:56	
53	321	Christopher	WALKER	Men 45-49	West Yorkshire	00:48:31	228	Bill	MURRAY	Men 50-54	Lancashire	01:14:09	
54	29	Iain	WEDGE	Senior Men	Cheshire	00:48:34	Women						
69	322	Richard	WEST	Men 50-54	West Yorkshire	00:49:25	Position	No.	Name	Surname	Class	Force	Time
76	158	Ian	PUDGE	Senior Men	Lancashire	00:49:53	11	Sally	YOUDBEN	Senior Women	Northumbria	00:30:35	
79	97	Mark	EVANS	Men 45-49	Greater Manchester	00:50:00	15	Lorraine	PATTERSON	Women 35-39	Humburside	00:31:12	
86	103	Alun	HOPKINS	Senior Men	Greater Manchester	00:50:38	22	Joanne	GLYNNE	Women 35-39	Greater Manchester	00:32:14	
88	102	Stewart	JONES	Men 45-49	Greater Manchester	00:50:54	24	Gabrielle	WARING	Women 45-49	North Wales	00:32:26	
89	263	Andy	LAKELAND	Senior Men	South Yorkshire	00:50:58	30	Melanie	SIDDALL	Women 45-49	West Yorkshire	00:33:18	
90	95	Bryan	LAWTON	Men 40-44	Greater Manchester	00:51:03	31	Ginette	SMITH	Women 40-44	Greater Manchester	00:33:30	
95	315	Paul	SANDFORD	Senior Men	West Yorkshire	00:51:29	38	Tracey	MARSHALL	Women 40-44	West Yorkshire	00:33:57	
97	316	Carl	QUINN	Senior Men	West Yorkshire	00:51:46	39	Katherine	WINROW	Women 40-44	Cumbria	00:34:08	
114	142	Mark	OSBORN	Senior Men	Humburside	00:53:04	41	Yvle	VAN de Broek	Senior Women	North Wales	00:34:18	
115	264	Kevin	LINCOLN	Men 50-54	South Yorkshire	00:53:05	50	Pauline	ELLIS	Women 40-44	South Yorkshire	00:35:27	
117	163	Paul	JOHNSON	Men 45-49	Lancashire	00:53:09	60	Heather	MITCHELL	Women 50+	West Yorkshire	00:37:07	
126	216	Steve	KYTE	Men 40-44	Northumbria	00:53:55	63	Julie	YATES	Women 40-44	Lancashire	00:37:32	
127	30	Mike	HARRINGTON	Senior Men	Cheshire	00:53:59	64	Jill	BOUSTEAD	Senior Women	Greater Manchester	00:37:36	
129	221	Nick	BROWN	Men 45-49	North Wales	00:54:36	69	Nichola	TAPLEY	Senior Women	Lancashire	00:39:14	
132	318	Peter	MERIFIELD	Men 45-49	West Yorkshire	00:55:00	75	Susan	HARRISON	Women 50+	Lancashire	00:41:15	
141	225	Chris	JEFFS	Men 45-49	North Wales	00:55:59	77	Jade	LEFSON	Women 35-39	Lancashire	00:42:27	
145	313	Graham	DYSON	Senior Men	West Yorkshire	00:56:24	82	Gail	HICKSON	Women 40-44	Lancashire	00:47:21	



League Fixtures 2007/2008 Season

The next season will start in October 2007 when we will have another eight venues lined up across the north of England each starting at 2pm. North Wales Police will host their inaugural fixture on 24 October.

- Fixture 1 - 10/10/2007 - Cumbria
- Fixture 2 - 24/10/2007 - North Wales
- Fixture 3 - 14/11/2007 - Cheshire
- Fixture 4 - 05/12/2007 - South Yorkshire + North v Midlands
- Fixture 5 - 09/1/2008 - West Yorkshire
- Fixture 6 - 30/1/2008 - Humberside
- Fixture 7 - 20/2/2008 - Lancashire
- Fixture 8 - 05/3/2008 - GMP

Each venue will have changing facilities, showers and a hot meal will also be provided after the race.

Other Police Fixtures 2007/2008

- Police Sport UK 10 Mile Road Race - Essex 12 September 2007
- Police Sport UK 5k and 10k Race Walk - Birmingham - 18 September 2007
- Police Sport UK National Cross Country Championships - February 2008



F O R C E
TRAVEL & LEISURE GUIDE

Working in Partnership
with Police Sport UK

A NEW SERVICE FOR POLICE SPORT UK

We offer a wide range of discounted accommodation to suit all your requirements have a look at our web site to see our full range of services: www.ftandl.co.uk



APARTMENTS:

We can offer you some of the very best privately owned apartments which are available to rent at extremely competitive prices. Which ever time of year you are looking to take your holiday we have the ideal accommodation tailor made for all of your requirements.



CAMP SITES - CARAVAN PARKS:

We have quality sites across the UK and Europe for those intrepid lovers of the outdoors. Can't find what you're looking for? Our helpful telephone advisors can create your perfect travel arrangements, so give them a call to find the fresh air and great setting you are searching for.



COTTAGES:

Discover a huge selection of cottages available to rent in the UK and overseas and book a relaxing break in one of the many stunning settings we have to offer. With self catering cottages of all sizes and suitable for all needs we can create the perfect break for you.



HOTELS:

From international chains to privately owned hotels, trust us to find accommodation of the highest standard to match your needs and your budget. Our easily searchable website features numerous fantastic offers which change on a regular basis, so check them out today.



VILLAS:

Search by region, town or city through our extensive portfolio of superb self catering villas which are available to rent throughout the year. We have quality properties all over Europe, the United States and the rest of the World, which range from two to eight bedrooms and many feature their own pool.

UNBEATABLE SPECIAL OFFERS

We offer a wide range of travel and leisure services to suit all your every need have a look at our web site to see our full range of services: www.ftandl.co.uk



F O R C E
TRAVEL & LEISURE GUIDE

Working in Partnership
with Police Sport UK



CRUISING:

Weather you are looking for that 'once in a lifetime' cruise or you are a seasoned seafarer, we specialise in arranging cruises with all the main companies and most popular routes. We have a wide range of discounted cruises to suit all tastes and destinations so why not see what else we have to offer?



FERRIES:

Give yourself the best start to your holiday by relaxing on a ferry as you travel to your destination. Why choose to start your break stuck in an airport or cooped up on a train when you can sit back and enjoy the sea views and fresh air to get into the holiday mood. We deal with all the major ferry companies and cover all popular routes and destinations.



FLIGHTS:

Long or short haul we're happy to offer you the best prices on flights to the world's major, and even not-so-major, destinations. Call us today for our best offers by region or take advantage of one of today's top deals.



LEISURE PURSUITS:

Our wide range of discounted leisure pursuits include canoeing, cave exploration, fishing, golf, jet skiing, kayaking, mountain biking, power kiting, sailing, water sports plus much much more. We also offer our customers a wide range of discounted tourist attractions including London Eye, Blackpool Pleasure Beach, Legoland, Chester Zoo, and many many more.



TRAVEL INSURANCE:

Force Travel & Leisure offer a wide range of travel insurance policies and we pride ourselves on our quick, efficient and hassle free service. Our policies are provided via Columbus Direct who have been established or nearly 20 years and we are driven by customer satisfaction and value for money.

www.npccl.co.uk