**Lancashire Constabulary Athletics Section**

**Police HQ**

**Saunders Lane**

**Hutton**

**Preston**

**PR4 5SB**

Tel: 01772 412872

Mobile: 07974 795466

Home: 01253 732815

E-Mail: steven.broadbent@lancashire.pnn.police.uk

First Draft: 18 February 2017

2nd Update: 12 May 2017

Dear Force Athletics Secretary

**Police Sport UK Track & Field and Tug of War Championships**

###### Wednesday 28 June 2017

The ***Lancashire Constabulary Athletics Section*** are pleased to host the 2017 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 all 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 **Uclan Sports Areana, Tom Benson Way, Preston. PR2 1SG** The stadium, track and field facilities are all of a high standard.

**Travel:**

* **By Road:** All directions M6 then exit Junction 32/M55.
* **By Rail:** The West Coast main line to Preston
* **By Air:** Manchester and Liverpool.
* **By Sea:** Seaport at Heysham or Liverpool.

**Courtesy pick-ups**: Will be provided from Preston Rail Station and Manchester/Liverpool Airport. Please ring me in advance to make detailed arrangements.

**Event HQ and Main Function Venue:** The main event hotel will be the Ibis Hotel, Preston. This is located just 5 minutes drive from the Uclan Sports Arena.

**Ibis Hotel – Phantom Winger Hotel - Preston:** This hotel is a three star with a pub/restaurant on site. The room prices are excellent and provide comfortable accommodation.

**Hotel Location:** Just off the M6/M55 Junction 32 **Sat Nav:** PR3 5JE

**Location from UCLAN Sports Arena:** 5 minute drive

**Gala Venue – 10 minute walk or 2 minute drive**

**Twin/Double Room** Price: £60.00 (Incl. Breakfast)

**Single Occupancy:** Price: £56.00 (Incl. Breakfast)

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**McDonald Tickled Trout - Preston:** This hotel is a three star with some facilities

**Hotel Location:** Just off the M6 Junction 31 **Sat Nav:** PR5 0UJ

**Location from UCLAN Sports Arena:** 10 minute drive

**Location from Event HQ IBIS Hotel** – 5 minute drive

**Twin/Double Room Price:** £89.00 (Incl. Breakfast)

**Single Occupancy:** £79.00 (Incl. Breakfast)

**Other Accommodation:**

Please use the internet to search for other accommodation in the area. UCLAN Arena Post Code: **PR2 1SG.**

**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 Preston Grasshoppers Rugby Club. This will be followed by after dinner entertainment until midnight. Transport will be provided to and from the two hotels. The cost is included in your Gala Dinner fee.

**Entries and Payments:** Race entry, accommodation and meal request forms are attached below. These should be completed and returned as soon as possible. Event entry fee includes a packed lunch.

**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 – Accommodation and Function Bookings:** Friday 19 May 2017.

**Closing date – Track & Field/Tug of War Entries:** Friday 23 June 2017 - Additional late entries, substitutions and changes will be permitted up to 9pm on 27 June provided an original team entry has already been declared prior to the 23 June closing date.

**Final instructions:** Will be sent by email periodically leading up to the event.

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

* Preston Marriott Hotel contact point on 27 and 28 June.
* Uclan Sports Arena Stadium event contact point by 11.30 hrs on the 28 June.

**Internet website:** You may visit the 2017 Police Sport UK Track & Field Official website to access further information, results, updates, final instructions and post event results - [www.policesport.org](http://www.policesport.org). Entry forms will also be obtainable form this site address.

**Finally:** I am looking forward to receiving your entries and am confident that the 2017 event will be most enjoyable and memorable for you and your members.

Yours in sport,

##### *Steve*

**Steven Broadbent**

**Secretary/Treasurer - Lancashire Constabulary Athletics Section**

Police Sport UK Track and Field and Tug of War Championships - Wednesday 28 June 2017

Hosted by the Lancashire Constabulary AC

## Force Secretary/Team Captain

## Contact Details

## Use the TAB Key to move around this document

**Force:**

**Name:**

**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:**

**……….……..……………………………………….**

**Signed - Team captain/secretary**

Full rules governing this event will be posted on the website at [www.policesport.org](http://www.policesport.org)

**Police Sport UK Track and Field and Tug of War Championships - Wednesday 28 June 2017**

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## Summary of Arrangements

**Entries**

## Use the TAB Key to move around this document

# Track and Field Entries (Include packed lunch)

Number of individual entries =       @ £15 = £

Number of individual entries =       @ £5 = £

### Team Relay Events

Number of team entries =       @ £16 = £

# Tug of War Entries (Include packed lunch)

Number of team entries =       @ £100 = £

Other Weights team entries =       @ £15 = £

### Preston Grasshoppers Presentation Dinner and Entertainment

Number of Tickets =       @ £30 = £

Specify # vegetarian meals? =

**Accommodation**

**All accommodation is within 5 to 10 minute drive from the Uclan Sports Arena**

**Ibis Preston North - Phantom Winger Hotel**

**5 minute drive to Sports Arena - 10 minute walk to Preston Grasshoppers**

**Garstang Road, Preston. PR3 5JE**

**Tuesday 27 June 2017**

Twin Room =       @ £60 = £

Double Room =       @ £60 = £

Single Occupancy Room =       @ £56 = £

**Wednesday 28 June 2017**

Twin Room =       @ £60 = £

Double Room =       @ £60 = £

Single Occupancy Room =       @ £56 = £

**McDonald Tickled Trout Hotel**

**15 minute drive to Sports Arena - 10 minute drive to Preston Grasshoppers**

**A59, Salmesbury, Preston PR5 0UJ**

**Tuesday 27 June 2017**

Twin Room =       @ £89 = £

Double Room =       @ £89 = £

Single Occupancy Room =       @ £79 = £

**Wednesday 28 June 2017**

Twin Room =       @ £89 = £

Double Room =       @ £89 = £

Single Occupancy Room =       @ £79 = £

**Grand Total £**

**Payments**

**BACS Payment: Lancashire Constabulary County Sports Club**

**Account Number: 08638284**

**Sort Code: 01-67-14**

**Reference: PSUK TF – “Your Force or Surname”**

**Cheque - Payable to: “LCSSC”**

**Post:** Steven Broadbent, PSUK T&F

Police HQ, Saunders Lane, Hutton, Preston. PR4 5SB,

**Closing dates: 1st - Accommodation and Presentation Meal -** 19 May 2017

**Closing dates: 2nd Track & Field/Tug of War Entries -** 23 June 2017

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#### Events to be contested

|  |  |
| --- | --- |
| Track - Men and Women* 100 metres + Veteran 100m

200 metres 400 metres800 metres1500 metres5000 metres* Relay – Ladies 4 x 100 metres
* Relay – Men’s Medley (800x200x200x400)

Track - Men Only* 100 metres Men’s Veteran 40+
* 110 metres hurdles
* 400 metres hurdles

3000 metres steeplechase* 5000 metres Veteran 40+
 | Field - Men and WomenShotDiscusHammerLong jumpHigh jumpPole VaultJavelin* Triple jump

**Tug of War*** 640k
* 680k
* 720k
* Catch Weight
 |

## Event Entry Form

## Individual Men and Women

## All events (Except Relays that are declared on the day)

**Force**:

**Name:** **Surname:**

**Email:       @**

# Rank/Post       Gender:       Age:

**Event 1:** **Season/Personal Best:** **Fee: £15**

**Event 2:** **Season/Personal Best:       Fee: £5**

**Event 3:** **Season/Personal Best:       Fee: £5**

**Event 4:** **Season/Personal Best:       Fee: £5**

**Event 5:** **Season/Personal Best:       Fee: £5**

**Notes:**

Entry fee includes lunch. No refunds allowed. Closing date 23 June 2017. This may be extended if a force wishes to add additional competitors or make changes to existing arrangements up to 9pm on 27 June 2017.

**Police Sport UK Track and Field and Tug of War Championships - Wednesday 28 June 2017**

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**Accommodation Form – Hotel Choice:**

**Force**:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **No.** | **Name** | **Surname** | **Twin / Double****or Single** | **Tuesday** **27/6/2017** | **Wednesday****28/6/2017** |
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**Timetable of Events (Provisional)**

# Track Events

11.30 hrs 100 Heats Men + Veteran 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 + Veteran 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

16.15 hrs 400 Final Women

16.30 hrs 1500 Final Men

16.40 hrs 1500 Final Women

16.50 hrs 200 Final Women

17.00 hrs 200 Final Men

17.10 hrs 3000 Steeplechase Final Men

17.20 hrs 4 X 100 Relay Final Women

17.30 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 & Women

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

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