

POLICE SPORT UK

10 MILE ROAD RACE CHAMPIONSHIP

Rules for the competition.

1. Rules for this competition will be under current UK [Athletics] rules.
2. The host force shall appoint a race referee to decide on the technical aspects of the event (in preference this should be a UK [Athletics] qualified road race official who is NOT a serving police officer).
3. The host force shall:
 - (i) Appoint timekeepers and judges.
 - (ii) Organise recorders and marshals.
 - (iii) Arrange suitable first aid cover.
 - (iv) Have markers placed at each mile of the course.
 - (v) Appoint a safety Officer.
 - (vi) Appoint a person responsible for preparing a 'Risk Assessment' for the event. (Copy to be available to the PSUK Athletics Secretary at the event if required)
 - (vii) Make such other arrangements as are necessary, sufficient to ensure the smooth running of the championship.
 - (viii) Provide 'one number' [front] of a Waterproof type (such as Tyvek) & pins.
4. The race shall be open to Police personnel as defined by current PSUK rules, on the day of the event, both male and female.
5. The championship is a 'Closed' event and therefore NO force may permit GUEST RUNNERS, to participate. [If this rule is infringed then the whole force team introducing the guest runner is liable to disqualification].

NOTE: THIS RULE MUST BE PRINTED ON ALL ENTRY FORMS.

6. Any number of runners from any force, male or female may participate.
7. The race shall be run over an accurately measured 10-mile course, measured by an UK [Athletics] approved course measurer, the venue to be determined by the promoting force.
There will be only one race.

8. The race is an individual event incorporating a team championship event. ALL runners competing for their force team '**MUST**' wear their force colours', which should be declared on the entry forms and shown in the event, programme. [Failure to wear force colours may lead to disqualification of the team].

NOTE: THIS RULE MUST BE PRINTED ON ALL ENTRY FORMS.

Although there will only be one race, the men and women's races will be scored separately.

In both races the position for any individual or team event [Overall, Veterans and Minor forces] will be taken from the overall result sheet and there will not be a separate result list for determining these team awards.

9. In deciding the men's team award the first 'FOUR' male competitors from the same force will constitute 'The Team'. The race winner will score 1 point, the second 2 points, etc. The winning team will be the team whose first four runners aggregate the lowest score.
10. In deciding the ladies team award the first 'THREE' female competitors from the same force will constitute 'The Team'. The race winner will score 1 point, the second 2 points, etc. The winning team will be the team whose first three runners aggregate the lowest score.
11. In the individual awards, Male or Female, an athlete will only be entitled to ONE award.

If the race winner is a veteran, then he or she will only be eligible for the actual race winner's award and NOT the veteran award.

If it involves any other position, then the athlete concerned will have the option of weather to take the individual race award i.e. 2nd or 3rd or the appropriate veteran award. If the athlete concerned cannot be located within reasonable time then the race organiser will make a decision and that will be final.

12. No team will be eligible for more than one award
[i.e. There will be no 'A' or 'B' teams etc].

13. **AWARDS.**

Men.

Individual awards will be made to the first three competitors.

In addition the winner will hold the '**Cheshire Cup**' for 12 months, [or until the next championships].

Ladies.

Individual awards will be made to the first three competitors.

In addition the winner will hold the '**Milk Cup**' for 12 months [or until the next championships].

Men's Team.

Awards will be made to the first three teams as decided by rule 9, above. In addition the winning team will hold the '**Hird Trophy**' for 12 months [or until the next championships].

Ladies Team.

Awards will be made to the first three teams as decided by rule 10 above. In addition the winning team will hold the '**Tarka Trophy**' for 12 months [or until the next championships].

Veteran's (Men).

Individual awards will be made to the first three male veterans. In addition the winner will hold the '**The West Midlands Police Trophy**' for 12 months [or until the next championships]

*A veteran is a competitor who is 40 years of age **or over** on the day of the competition. If the host Force decides to award individual prizes to the different Veteran Age Groups, the **recommendation** is to have each age group in 5 year intervals to age 50 years and then at 10 year intervals*

[See note below]

Veteran's (Ladies).

An award will be made to the first three female veterans. In addition the winner will hold the '**Gurnard Pines Cup**' for 12 months [or until the next championships]

*A veteran is a competitor who is 35 years of age **or over** on the day of the competition. If the host Force decides to award individual prizes to the different Veteran Age Groups, the **recommendation** is to have each age group in 5 year intervals to age 50 years and then at 10 year intervals*

[See note below]

Veteran's (Team).

A veteran's team award will be made to the first Three teams of veteran competitors (over 40 years of age for men and over 35 for the ladies on the day of the competition).

In deciding the veteran's team award the first three veteran competitors from the same force will constitute 'The Team'.

In both races the position for any individual or team event [Overall race, veterans and Minor Forces] will be taken from the overall result sheet and there will not be a separate result list for determining these awards

NOTE: VETERANS MUST BE DECLARED ON THE ENTRY FORMS AND NO ADJUSTMENTS OR DECLARATIONS OF SAME WILL BE ACCEPTED OTHER THAN ON THE OFFICIAL ENTRY FORM. VETERANS SHOULD BE IDENTIFIED IN THE PROGRAMME BY THE MARK [V] AFTER THE COMPETITORS NAME.

NOTE:- VETERANS TROPHIES.

Both the Men's 'The West Midlands Police Trophy' and the woman's 'Gurnard Pines Trophy' must go to the FIRST VETERAN TO FINISH in the race irrespective of which veteran age category the competitor is entered. It may well be that the individual winner is in one of the veteran age categories then that athlete will take both the individual winners trophy and the appropriate veterans trophy. However, if the winner is a veteran then he or she will not take the appropriate age category award. He or she will only take the veterans trophy.

Minor Forces Team Award

Awards will be made to the first team only from a minor force, male and female (Forces with establishments of under 1500 authorised police officers).

See Appendix 'A'. (Obtained from the current Home Office Statistical Bulletin – Police Service Strength).

Men's Team

In deciding the Minor Forces award, the first four competitors from the same force of the forces as shown at Appendix 'A' will constitute 'The Team'.

In addition, the winning team will hold the '**PURKIS CUP**' for 12 months or until the next championships.

Ladies Team.

In deciding the Minor Forces award, the first three competitors from the same force of the forces as shown at Appendix 'A' will constitute 'The Team'.

If a Minor Force Team wins the main team championship then they will NOT be eligible for a minor force award.

The quality of awards (plaques, medals, etc.) should be to a standard worthy of PSUK championship status.

14. Any Athlete making use of any I-Pods, Radio's, Mobile Phones etc. or any other technical device whilst competing in the race will be disqualified.
(Contrary to UK (Athletics) Rule 240 S5 UKA Supplement- Headphones).
15. ***The race referee will be the final arbitrator in any dispute.***