

NORTH WEST CIVIL SERVICE RELAYS

WYRE COUNTRY PARK 31st March 2009

Race Report and All Time Ranking List

This was one of the best days for running at Stanah in the four years that the event has been held on this rural course. With warm sun it was a pleasure to be out and about and everyone who attended enjoyed the race and the friendly atmosphere. The event caters for all standards of athlete so please encourage more of your colleagues to attend next year or even the other events later in the year.

With a few mixed teams making for Departmental integration no-one was too concerned with the politics and the CSSC Sporting Code was certainly upheld today. It was a pleasure to welcome John Hogg, the North West BDE, to the event for the first time but he politely declined the offer of a stage and hopefully went away impressed with the quality of the event.

I cannot let this piece pass without a mention of John Wiseman who set off on the anchor leg with a commanding lead but also knowing that he had lost it a couple of years ago when in a similar position. This year John ran scared and brought the team home in first position to record a substantial PB for this course. Fastest stages went to London bound Caroline Betmead who set a new Women's Course Record and Gary Pennington who set the 2nd fastest Men's time which reflected the ideal conditions.

Thanks must go to Andrea Smith & Karen Dunford for providing the refreshments and to the marshals from Blackpool Wyre & Fylde AC. Liz Airnes was chief timekeeper and Tony Croft took the photos, some or perhaps all of which will appear on the CSAA website at www.csaa.org.uk along with results. Details and entry forms of the forthcoming NWCS Athletic Events for 2009 will also be advertised there when the dates have been finalized.

The Ranking Lists hopefully make interesting reading when comparing times from previous years.

FORTHCOMING ATHLETICS EVENTS

June NWCS Fell Race – Two Lads Fell Race Horwich

TBA NWCS 5 Mile Road Race – Lytham St Annes

TBA NWCS Cross Country – Lancaster University

RESULTS**WOMEN'S RACE 3* 3150m****1st HESKETH HOUSE**

| Leg | No | | Name | Time | Team Time |
|------------|-----------|----------|-------------|--------------|------------------|
| 1 | A | Caroline | Betmead | 11.37 | 11.37 |
| 2 | A | Bev | Wright | 11.58 | 23.35 |
| 3 | A | Tanya | Ashworth | 12.29 | 36.27 |
| | | | | 36.27 | |

2nd DWP/HMRC

| Leg | No | | Name | Time | Team Time |
|------------|-----------|----------|-------------|--------------|------------------|
| 1 | B | Jane | Devaney | 15.25 | 15.25 |
| 2 | B | Sue | Allen | 19.17 | 34.42 |
| 3 | B | Michaela | Dempsey | 13.35 | 48.17 |
| | | | | 48.17 | |

MEN'S RACE 4 * 3150m**1st PRESTON CSSC**

| Leg | No | | Name | Time | Team Time |
|------------|-----------|-------|-------------|--------------|------------------|
| 1 | 2 | Simon | Monk | 12.25 | 12.25 |
| 2 | 2 | Steve | Hallas | 10.03 | 22.28 |
| 3 | 2 | Gary | Pennington | 10.00 | 32.28 |
| 4 | 2 | John | Wiseman | 13.20 | 45.48 |
| | | | | 45.48 | |

2nd GREATER MANCHESTER CSSC

| Leg | No | | Name | Time | Team Time |
|------------|-----------|-------|--------------|--------------|------------------|
| 1 | 7 | Pete | Brocklehurst | 13.17 | 13.17 |
| 2 | 7 | Mark | Riches | 11.22 | 24.39 |
| 3 | 7 | Chris | Greenall | 11.45 | 36.24 |
| 4 | 7 | Paul | Targett | 10.56 | 47.20 |
| | | | | 47.20 | |

3rd DARESBUY LABS

| Leg | No | | Name | Time | Team Time |
|------------|-----------|-------|-------------|--------------|------------------|
| 1 | 55 | Pete | Weatherhead | 12.19 | 12.19 |
| 2 | 55 | John | Kewley | 12.32 | 24.51 |
| 3 | 55 | Joe | Herbert | 12.11 | 37.02 |
| 4 | 55 | Keith | Middleman | 10.57 | 47.59 |
| | | | | 47.59 | |

4th FYLDE MIXED

| Leg | No | | Name | Time | Team Time |
|------------|-----------|--------|-------------|--------------|------------------|
| 1 | 1 | Andrea | Smith | 12.23 | 12.23 |
| 2 | 1 | Tony | Airnes | 12.47 | 25.10 |
| 3 | 1 | Karen | Dunford | 13.34 | 38.44 |
| 4 | 1 | Martin | Bates | 11.46 | 50.30 |
| | | | | 50.30 | |

5th FYLDE

| Leg | No | | Name | Time | Team Time |
|------------|-----------|--------|-------------|--------------|------------------|
| 1 | 22 | Darren | Slack | 12.09 | 12.09 |
| 2 | 22 | Willie | Richmond | 12.11 | 24.20 |
| 3 | 22 | John | Hickman | 13.21 | 37.41 |
| 4 | 22 | Dave | Worthington | 13.40 | 51.21 |
| | | | | 51.21 | |

| Leg | No | | Name | Time | Team Time |
|------------|-----------|-------|-------------|--------------|------------------|
| 1 | | Nigel | Simpkin | 13.14 | |

Fastest Leg (Men): Gary Pennington 10.00

Fastest Leg (Women): Caroline Betmead 11.37

NWCS Relay Ranking List for Wyre Country Park Course

| Overall Ranking | | Name | Men's Ranking | Women's Ranking | Time | Year |
|------------------------|----------|-------------|----------------------|------------------------|--------------|-------------|
| 1 | Steve | Hallas | 1 | | 9.56 | 2007 |
| 2 | Gary | Pennington | 2 | | 10.00 | 2009 |
| 3 | Steve | Hallas | 3 | | 10.03 | 2009 |
| 4 | Steve | Hallas | 4 | | 10.12 | 2006 |
| 5 | Steve | Hallas | 5 | | 10.18 | 2008 |
| 6 | Gary | Pennington | 6 | | 10.35 | 2008 |
| 7 | Roderick | Johnston | 7 | | 10.43 | 2006 |
| 8 | Paul | Targett | 8 | | 10.52 | 2007 |
| =9 | Roderick | Johnston | =9 | | 10.53 | 2007 |
| =9 | Paul | Targett | =9 | | 10.53 | 2006 |
| 11 | Paul | Targett | 11 | | 10.56 | 2009 |
| 12 | Keith | Middleman | 12 | | 10.57 | 2009 |
| 13 | Paul | Targett | 13 | | 11.02 | 2008 |
| 14 | Gary | Pennington | 14 | | 11.05 | 2007 |
| 15 | Simon | Birtles | 15 | | 11.08 | 2006 |
| 16 | Gary | Pennington | 16 | | 11.14 | 2006 |
| 17 | Mark | Riches | 17 | | 11.19 | 2008 |
| =18 | Mark | Riches | =18 | | 11.22 | 2009 |
| =18 | Roderick | Johnston | =18 | | 11.22 | 2008 |
| 20 | Keith | Middleman | 20 | | 11.27 | 2008 |
| 21 | Andrew | Collins | 21 | | 11.28 | 2008 |
| 22 | Nick | Hume | 22 | | 11.30 | 2006 |
| 23 | Martin | Bates | =23 | | 11.32 | 2007 |
| =23 | Harry | Melia | =23 | | 11.32 | 2006 |
| 25 | Damian | Jones | 25 | | 11.35 | 2008 |
| 26 | Mark | Riches | 26 | | 11.36 | 2007 |
| =27 | Caroline | Betmead | | 1 | 11.37 | 2009 |
| =27 | Chris | Greenall | 27 | | 11.37 | 2008 |
| 29 | Peter | Weatherhead | 28 | | 11.40 | 2006 |
| 30 | Angela | Allen | | 2 | 11.44 | 2006 |
| 31 | Chris | Greenall | 29 | | 11.45 | 2009 |
| 32 | Martin | Bates | 30 | | 11.46 | 2009 |
| =33 | Ali | Welsh | 31 | | 11.48 | 2006 |
| =33 | Martin | Bates | 32 | | 11.48 | 2008 |
| 35 | Caroline | Betmead | | 3 | 11.49 | 2008 |
| 36 | Danny | Angus | 33 | | 11.51 | 2008 |
| 37 | Keith | Middleman | 34 | | 11.52 | 2006 |
| 38 | Darren | Slack | 35 | | 11.55 | 2007 |
| =39 | Chris | Greenall | =36 | | 11.57 | 2007 |
| =39 | Colin | Laidlaw | =36 | | 11.57 | 2007 |
| 41 | Bev | Wright | | 4 | 11.58 | 2009 |
| 42 | Colin | Laidlaw | 38 | | 12.00 | 2006 |

| | | | | | | |
|-----|----------|--------------|-----|-----|--------------|------|
| 43 | John | Kewley | 39 | | 12.05 | 2007 |
| 44 | Willie | Richmond | 40 | | 12.08 | 2007 |
| 45 | Darren | Slack | 41 | | 12.09 | 2009 |
| 46 | John | Kewley | 42 | | 12.10 | 2006 |
| =47 | Joe | Herbert | =43 | | 12.11 | 2009 |
| =47 | Willie | Richmond | =43 | | 12.11 | 2009 |
| 49 | Pete | Weatherhead | 45 | | 12.19 | 2009 |
| 50 | Joe | Herbert | 46 | | 12.22 | 2006 |
| 51 | Andrea | Smith | | 5 | 12.23 | 2009 |
| 52 | Bev | Wright | | 6 | 12.24 | 2008 |
| 53 | Simon | Monk | 47 | | 12.25 | 2009 |
| 54 | Darren | Slack | 48 | | 12.26 | 2006 |
| =55 | Andrea | Smith | | =7 | 12.27 | 2007 |
| =55 | Andrea | Smith | | =7 | 12.27 | 2008 |
| 57 | Joe | Herbert | 49 | | 12.27 | 2008 |
| 58 | Keith | Lester | 50 | | 12.28 | 2008 |
| 59 | Tanya | Ashworth | | 9 | 12.29 | 2009 |
| =60 | Pete | Brocklehurst | =51 | | 12.31 | 2007 |
| =60 | John | Kewley | =51 | | 12.31 | 2008 |
| 62 | John | Kewley | 53 | | 12.32 | 2009 |
| 63 | Jens | Thomas | 54 | | 12.33 | 2008 |
| 64 | Pete | Brocklehurst | 55 | | 12.36 | 2008 |
| 65 | Steve | Lang | 56 | | 12.40 | 2006 |
| 66 | Andy | Barclay | 57 | | 12.41 | 2008 |
| =67 | Andy | Smith | =58 | | 12.42 | 2006 |
| =67 | Andy | Smith | =58 | | 12.42 | 2007 |
| 69 | Tony | Airnes | 60 | | 12.47 | 2009 |
| 70 | Simon | Monk | 61 | | 12.49 | 2008 |
| 71 | Chris | Conlan | 62 | | 12.50 | 2007 |
| 72 | Tony | Bell | 63 | | 12.51 | 2008 |
| 73 | Colin | Charnock | 64 | | 12.52 | 2006 |
| 74 | Caroline | Betmead | | 10 | 12.54 | 2006 |
| 75 | Dave | Dyson | 65 | | 12.54 | 2008 |
| 76 | Nigel | Simpkin | 66 | | 12.57 | 2007 |
| 77 | Tony | Bell | 67 | | 13.01 | 2007 |
| 78 | Dave | Williamson | 68 | | 13.04 | 2008 |
| =79 | Sharon | Trusch | | =11 | 13.05 | 2007 |
| =79 | Michaela | Dempsey | | =11 | 13.05 | 2008 |
| =79 | Sharon | Trusch | | =11 | 13.05 | 2008 |
| 82 | John | Hickman | 69 | | 13.07 | 2007 |
| 83 | Michaela | Dempsey | | 14 | 13.12 | 2007 |
| 84 | Nigel | Simpkin | 70 | | 13.14 | 2009 |
| 85 | Andrea | Smith | | 15 | 13.15 | 2006 |
| =86 | Scott | Burrows | =71 | | 13.16 | 2006 |
| =86 | Nigel | Simpkin | =71 | | 13.16 | 2006 |
| 88 | Peter | Brocklehurst | 73 | | 13.17 | 2009 |
| =89 | Tony | Bell | =74 | | 13.18 | 2006 |

| | | | | | | |
|-----|----------|-------------|-----|----|--------------|------|
| =89 | Barry | Sims | =74 | | 13.18 | 2008 |
| 91 | John | Wiseman | 76 | | 13.20 | 2009 |
| 92 | John | Hickman | 77 | | 13.21 | 2009 |
| 93 | Dave | Worthington | 78 | | 13.22 | 2006 |
| =94 | Tony | Airnes | =79 | | 13.27 | 2006 |
| =94 | Chris | Isherwood | =79 | | 13.27 | 2008 |
| 96 | Andy | Barclay | 81 | | 13.28 | 2007 |
| 97 | Karen | Dunford | | 16 | 13.34 | 2009 |
| 98 | Michaela | Dempsey | | 17 | 13.35 | 2009 |
| 99 | Phil | Taylor | 82 | | 13.39 | 2006 |
| 100 | Dave | Worthington | 83 | | 13.40 | 2009 |
| 101 | John | Wiseman | 84 | | 13.44 | 2008 |
| 102 | Ben | Johnson | 85 | | 13.46 | 2008 |
| 103 | John | Wiseman | 86 | | 13.51 | 2006 |
| 104 | John | Wiseman | 87 | | 13.55 | 2007 |
| 105 | Dave | Worthington | 88 | | 13.59 | 2008 |
| 106 | Louise | Nicholson | | 18 | 14.01 | 2008 |
| 107 | John | McLellan | 89 | | 14.07 | 2008 |
| 108 | Chris | Hatton | 90 | | 14.09 | 2006 |
| 109 | Karen | Dunford | | 19 | 14.14 | 2008 |
| 110 | Gordon | Stone | 91 | | 14.20 | 2008 |
| 111 | Karen | Dunford | | 20 | 14.40 | 2007 |
| 112 | Jane | Bowles | | 21 | 14.43 | 2008 |
| 113 | Tracey | Cartwright | | 22 | 15.11 | 2008 |
| 114 | Jane | Bowles | | 23 | 15.16 | 2007 |
| 115 | Leslyann | Wild | | 24 | 15.21 | 2008 |
| 116 | Jane | Devaney | | 25 | 15.25 | 2009 |
| 117 | Jane | Devaney | | 26 | 15.29 | 2008 |
| 118 | Chris | Senior | 92 | | 15.43 | 2006 |
| 119 | Chris | Senior | 93 | | 15.51 | 2008 |
| 120 | Julie | Taberner | | 27 | 15.52 | 2008 |
| 121 | Sue | Allen | | 28 | 15.54 | 2006 |
| 122 | Margaret | Brown | | 29 | 15.59 | 2007 |
| 123 | Margaret | Brown | | 30 | 16.01 | 2006 |
| 124 | Graham | Bell | 94 | | 16.03 | 2008 |
| 125 | Margaret | Brown | | 31 | 16.11 | 2008 |
| 126 | Helen | Clarke | | 32 | 16.15 | 2008 |
| 127 | Chris | Senior | 95 | | 16.54 | 2007 |
| 128 | Sue | Allen | | 33 | 17.01 | 2008 |
| 129 | Zoe | Dixon | | 34 | 17.37 | 2008 |
| 130 | Sue | Allen | | 35 | 17.52 | 2007 |
| 131 | Claire | Dougan | | 36 | 17.55 | 2008 |
| 132 | Julie | Rae | | 37 | 18.06 | 2007 |
| 133 | Sue | Allen | | 38 | 19.17 | 2009 |