

**NORTH WEST CIVIL SERVICE
CROSS COUNTRY RACE
LANCASTER UNIVERSITY
14th October 2008**

Now in its 4th year at Lancaster University this was the wettest conditions that the race had been held in, especially after the lovely sunny day of 2007. This was real cross-country weather with the ground getting wetter and wetter as the race progressed. However this did not deter the runners, many of whom actually said how much they were enjoying it as they completed each lap. Due to last minute instructions from the University the course was amended and ended up somewhat longer than previous years for which the organiser apologises.

The numbers entering on the day were higher than expected but all were welcome and John Hogg, the NWCSSC BDE, was left in no doubt as to what competitors thought of the race entry procedure. In the Women's race **Caroline Betmead** completed a hat-trick of victories and then had to dash home to collect her daughters from school. The team race was dominated by the Hesketh House trio. In the Men's Race **Malc Eadie** took his first title at Lancaster leading a strong HMRC team to victory. It was good to see a couple of newcomers to the event and hopefully they will compete in the events next year, just like the loyal following who always support these competitions.

Special thanks go to Andrea Smith and Karen Dunford for providing the refreshments and to Tony Croft, Dave Wood and John Bradley for marshalling in such wet weather. Without their support this race could not take place. John Hogg had a busier afternoon than expected handing out all the medals and nice to see him supporting the event.

Photos (plus results) will be on the CSAA website at www.csaa.org.uk and thanks to Tony Croft for maintaining it. Photos were taken by Tony and Dave and if anyone is interested I am sure they will only be too happy to provide a copy.

Fylde retained the Bob Miller Trophy based on results across the year.

2009 Planned Events – see CSAA Website for details when dates decided

Relay
5m Road Race
Cross Country

Nick Hume