



From Policing to 'Running' Lancashire

Steve Broadbent, 64, is a retired police constable and is currently a volunteer at the Lancashire force as a Special Constable.

He was a police officer in the North West for over 30 years and retired from the Lancashire Constabulary on 31 December 2007.

However, he took over the role as secretary of the Northern Police Cross Country League in 1991 and is still doing it now.

In his time as secretary of the running club he has been proud of the love it has received from the police force in the North West.

"It is both competitive but also just a bit of fun. Being in the police force is a tough and crueling job so it can be refreshing for many in the police.

"It can be a good escape and allow them to have some fun and have a laugh.

“There’s a bunch of different activities and it isn’t just running, such as walking and playing some football.”

Due to the popularity of the league and many people getting involved, he has been able to increase the number of events that occur, as they went from only having eight races a few years ago to now being able to do 11 or 12 fixtures.

They will be hoping to add a 10k trail series and will be done between April and September.

He said each fixture they can get a range from 40 racers to 80 racers and the majority will be police officers but sometimes they do include a few guests.

Most of the people that take part in the races are police officers who usually work on the weekends. Therefore, It was important for the league to make the races take place on Wednesdays as it is the only day they are available.

Since being secretary at the Lancashire Constabulary Athletics section in 1992 he has been involved in many sports posts encouraging sports for the police and is still currently secretary at three police sporting groups.

He was on the committee team of the Police Sport UK Athletics section and was there from 2006 to 2013.

Steve said despite how much fun he’s having in his role, he knows that there will come a time where he needs to step down.

“I have been secretary for the Northern Police Cross Country League now for 30 years and at some point I’ll have to give it up but at the moment I’m still enjoying it and at the end of each season we give away prizes for the runners.”

He has always been interested in long distance running but his best times have come from the years after he took over the secretary role.

Steve competed in the London marathon in 1997 (2.54.25), the Ultra marathon which ran from London to Brighton in 2000 (7.50.26) and a double marathon in Paris and London in 2004 (2.55 and 3.04).

Looking back at his career, he spoke about his bravery award he won in 1995.

He said: “The reason for the award is for stopping a man who was attacking people with an axe.

“Luckily for me it was right in front of me so I was able to stop the man before it got any worse.”

After this Steve moved away from the 'front line' and began to work behind the scenes and training the new police officers.

But during his time as a coronary officer he was involved in the Morecambe Bay Cockling tragedy (in which 30 Chinese cockle pickers were at Morecambe Bay and 23 ended up drowning).

"This was difficult as it was my job to identify the bodies and only a couple weeks ago, it was the 20th anniversary of the tragedy."

He was most proud of the work he had done in 1986 in which over a six month period he was responsible for a high volume of arrests for serious crimes, which included drug busts but he wouldn't go into too much detail.

Steve spoke about why he got into the police.

He said: "The police force was something that I always wanted to do, I was always watching police shows and dramas.

"One show in particular I remember was Z cars (mobile uniformed police which was based on Kirby, near Liverpool) and after watching shows like this it was my mum that persuaded me to join the police."

After his retirement he tried a number of different occupations from acting to being part of the cabin crew at Monarch airlines. But ultimately went back to the police force in 2014.