

# WEST END NEWS SHEET

<http://www.westendrunners.ukgateway.net/>

November 2005

## NEWS

The club had a great result in the first **Derby Runner** race. Christine reported a high turnout, resulting in the club finishing sixth in the Men's, Women's and Mixed Teams. It was an important day for Christine too – her first race back after the accident, and she describes herself as delighted just to finish.

Congratulations also to Chris Smith and Yvonne Beckwith on their performances in the **Portsmouth half marathon**. Both achieved PBs: Chris did 1.28 - an improvement of 10 minutes in 12 months - and Yvonne did 1.33, an improvement of eight minutes since April.

Two WER teams completed this year's **Karrimor challenge**, generally considered to be one of the toughest events for some years. In Class B, Andrew and Glynn were third out of 30 Vet entrants (of whom only seven finished), coming 104 overall. Lorraine and Mark came in 78 out of 285 starters in Class C, making them the second Mixed Vet team.

The draw for the club places for the **London Marathon** will be on Wednesday 14 December at 7.40 pm. In order to qualify for a place you must be a paid up member, have raced once for the club within the past year and have been rejected from this year's London Marathon draw. Please bring your reject slips or give them to someone else to bring.

Finally, **Glyn C says 'THANKS** to the club for putting on a social do (skittles at the Star & Garter Wigston, 10 September) to mark my birthday and becoming an old git (50). All those who came along made it a good evening, so once again thanks everyone.'

## \* RUNNER OF THE MONTH \* October

**Runner Of The Month for October is Paul Deeping for his time in the Bestwood 10K of 44.12.**

## CLUB NEWS

The following people are **new members** of the club: Chris Bosley, Sarah Jenkins, Terri Lowe, Nicola Coates, Lesley Booth, Tracey Mould, Susan O'Dea, Anna Didier, Rebecca Sore, Rosemary How and Mark Pierce. Please welcome them and show them that they have made an excellent choice in joining West End.

*Uta Praekelt, membership secretary.*

Please let Sarah Hargreaves, Glynn Smith or Andrew Middleton know if you are interested in joining the cross country or fell running groups. They will add you to the **special interest group** email list. Let Dave Rutherford or Chris Smith know if you want to be on the road running and track list. You can join one or both groups.

The presentation for the **West End Runner annual awards** will be on 14 January at the Rowing Club. Do put the date in your diary now. It will probably be a 'bring and share' meal - any suggestions of how we do food this year will be welcome, plus offers for games and quizzes.

Pat Osborn has recently taken over **Kit Control**. She plans to make an order to the suppliers very soon. Please see, ring or email her with your orders as soon as possible. She will need to know type of garment and size.

Sarah says thanks to those who have booked for the **Christmas meal** – she plans to be down on 23 and 30 November to collect completed menus and deposits. Do ring her if you want to come and are not coming down. Also remember to bring a raffle prize - wrapped.

The **Christmas mince pie run** will take place on Sunday 18 December, meeting at 10 am at Swithland car park. Everyone is welcome - runners of all abilities and there is usually also a walking group. Bring food and drink.

## FUTURE RACES

More information at

<http://www.westendrunners.ukgateway.net/events.htm>

The West End Trophy Race for December is on 4 December at Newbold Heath run by Desford Striders (see below).

## Derby Runner Cross-Country League

Date	Club	Probable venue
4 December	Desford Striders	Newbold Heath
8 January	Shelton Striders	Foremark Reservoir
29 January	Hatton Darts	Burton on Trent
19 February	Hinckley	Unknown
5 March	Shepshed	Grace Dieu
	'B' Final	Relay
26 March	National Final if we qualify	26 March

## Derby Runner Cross-Country League (cont.)

Senior races (8 to 11K) start at 11.00, junior races at 10.15 .Suitable footwear is studded fell shoes or cross country spikes. Club vests or tee-shirts must be worn. More information is available from Glynn Smith, Andrew Middleton or Sarah Hargreaves, or just turn up on the day of the race.

## Leicestershire Road Running League 2006

### Winter Series

Sunday 22 January: Barrow 6  
Sunday 12 February: Ashby 5  
Sunday 26 February: Markfield 10km  
Sunday 12 March: Desford 5  
Sunday 26 March: Kibworth 6

### Summer Series

Sunday 7 May: Hinckley Dog & Hedgehog Half Marathon (inc. County Championships)  
Sunday 4 June: Swithland 6  
Sunday 2 July: Barrow Classic 10  
Wednesday 12 July: Hungarton 7  
Wednesday 2 August: Joy Cann Memorial 5  
Sunday 17 September: Chris Ingram Memorial 10km

<http://www.athletics-leics.com/news.html>

## MEMBERS' PERFORMANCES

### Shepshed Seven, 6 November

Place	Time	Name
80	00:49:01	Denis Thompson
87	00:49:17	Paul Deeping
171	00:53:50	Paul Winterton
229	00:57:04	Liz Taylor
359	01:03:38	Elaine Elliott
370	01:04:02	Nigel Courtney
373	01:04:07	Laraine Porter
381	01:04:40	Glyn Campbell

### Derby Runner Cross-Country League - Wreake runners 20 November at Swithland

#### Women

Place	Time	Name
17	40:32	S. Hibberd
21	41:19	J. Needham
22	41:22	S. Hargreaves
25	41:41	L. Davidson
40	44:21	L. Taylor
49	46:31	A. Didier
54	48:04	L. Booth
58	48:38	M. Rowley
61	49:43	R. How
70	52:15	C. Middleton

### Wreake runners 20 November

#### Men

Place	Time	Name
27	32:37	I. Gladwell
41	33:40	A.Reid
47	34:14	S. McLaughlin
67	35:53	P. Deeping
69	36:02	C. Seal
71	36:04	P. Moran
75	36:15	M. Pierce
83	36:49	A. Cusack
100	37:32	D. Rutherford
113	38:32	C. Simpkins
119	38:46	P. Low
134	40:10	M. Rawlinson
141	40:34	A. Middleton
143	40:40	M. Chamberlain
157	42:10	T. Walton
174	44:55	G. Smith
190	50:19	P. Lott
191	51:00	D. Sadler

## ROTAS

### Cob rota

30 November	Glyn Campbell
7 December	Sarah Hargreaves
14 December	Nicky Singleton
21 December	James Schreder
4 January 2006	Tim Walton
11 January	Christine Middleton

### Tea rota

23 November	Uta
30 November	Sarah
7 December	Mark R
14 December	Pat
21 December	Martin C
28 December	Andrew B
4 January 2006	Annie
11 January	Uta
18 January	Sarah
25 January	Mark R
1 February	Pat
7 February	Martin C
15 February	Andrew B
22 February	Annie

Please arrange any changes yourselves..