

# WEST END NEWS SHEET

January 2005

## NEWS

The cross-country season has seen three races so far with selected results listed on the other page.

For those of you who prefer to keep your shoes clean and shorts dry then the LRRL will be up your street with the first race of five being the Markfield 10K on Jan 23<sup>rd</sup>. This is the Jan 05 West End Trophy race.

Most of us already know the benefits of running but there are plenty of people out there that don't. At this time of year with resolutions still ringing in their ears it's an ideal opportunity to preach the virtues of running and West End in particular. Our beginners' programme begins on the 12<sup>th</sup> Jan. So, why not bring down a friend or colleague?

## RUNNER OF THE MONTH

**November 04** – Paul Winterton for his PB at the Leicester Half finishing in 1:48 knocking 5 minutes off his time for the event last year. Despatches: Paul Birdsall for his improved time of 1.43.51 at the Leicester Half.

**December 04** – Shaun Wright, Victoria Park 10k 35.16 mins, 4<sup>th</sup>.

Despatches: Laraine Porter 4<sup>th</sup> in 25.38 and Sue Porter, 5<sup>th</sup> in 25.57 Victoria Park women's 6k and Ian Gladwell for Cardington Cracker and 13<sup>th</sup> in 42.59 at Sinfin Derby Runner x country.

## LONDON CLUB ENTRIES

**London entries** – Congratulations to Ian Gladwell & Muhammad Ashraf whose rejection slips came out of the hat and have taken the 2 West End London Marathon places on 17th April

## WEST END TROPHY RACES

Jan 23 Markfield 10k LRRL

Feb 13 Derby Runner x country prob. Burton on Trent

March Belvoir Half marathon Date TBC

## FIXTURES

**Sat Jan 15th** Western Park Leics and Rutland Cross Country Championships . First race 12.30 p.m. Closing date 7 Jan.

**Sun Jan 23rd. 10:30am.** Markfield 10K. Charnwood High School. LRRL (closed league race). Race 1/5.

**Sun Jan 30th. 10:30am** Barrow 6 mile. Humphrey Perkins School, Barrow on Soar. LRRL (closed league race). Race 2/5

**Sun Feb 6<sup>th</sup> Charnwood Hills Race** 12 mile x country, forms at club, watch for closing date-it gets full.

**Sun Feb 13th. 11a.m** (Senior)/10:15am (Junior). Derby Runner Cross Country League. Venue TBC. Hatton Darts. Closed Race.

**Sun Feb 20th. 10:30am.** Wolvey 5 mile. LRRL (closed league race). Race 3/5.

**Sun Feb 27th. 10:30am.** Desford 5 mile. Sport In Desford. LRRL (closed league race). Race 4/5.

**Sun Mar 6th. 11 am.** (Senior)/10:15am (Junior). 'B' Final of Derby Runner Cross Country League. Venue TBC. Hinckley RC. Closed Race.

**Sun Mar 13th. 10:30am.** Kibworth 6 miles. LRRL (closed league race). Race 5/5.

**Sun Mar 20th.** National Final of Derby Runner Cross Country League. Venue TBC. Closed Race.

## FORTHCOMING RACES

**Sun Mar 6th. 11 am.** Farmyard Frolics & Mud Bath 2 Fun Run. Brooksby College, Melton Mowbray, Leicestershire. NHS Charity. cd 5/3/05

**Sun Mar 13th. TBC.** Ashby 20 Miles.

**Easter Sun Mar 27th.** Livingstone Relays. Teams 4 \* 3K men, 3\* 3K women. Loughborough University Campus. LRRL organised open event.

**Sun Apr 17th.** London Marathon

**Sun Apr 24th. 1pm.** Shakespeare Half and Full Marathon. Stratford Upon Avon. cd 11/4.

## DATES FOR THE DIARY

**Wed Jan 12th. 7:15 for 7:30pm.** West End Runners 6 weeks **beginners course**

**Mon Jan 24th.** LRRL meeting. Groby Ex-Servicemans Club. 8pm

**Sat Jan 29th. 7pm. West End Runners Awards Evening.** Leicester Rowing Club. Please tell Annie Griffith if coming for numbers. £1 each. Partners welcome.

**Wed Apr 13th. TBC.** West End Runners Pre-London meal.

## CALLING ALL VOLUNTEERS

The club is in urgent need of volunteers to help out with selling tea and **cobs** after the Wednesday night run (see Annie Griffith) and with serving behind the **bar** (see Yvonne Beckwith). This will be done on a **rota** basis so no one has to help out every week.

We also would like to hear from any budding journalists who may have an article for the West End magazine. (See Annie or Chris Smith)

## WEST END MEMBERS PERFORMANCES

### Burbage Common X-Country 31<sup>st</sup> Oct 2004

#### Women

Pos	Time	Cat		Name
16	43.35	VL40	Westend	L.Porter
18	44.46	VL40	Westend	S.Porter
37	50.27		Westend	E.Parkin

#### Men

Pos	Time	Cat		Name
2	32.00		Westend	N.Walker
12	32.32		Westend	J.Knowles
22	34.29		Westend	S.Wright
30	34.59	VM40	Westend	I.Gladwell
74	38.10	VM50	Westend	C.Seal
86	39.17	VM40	Westend	S. McLaughlin
103	40.52	VM40	Westend	M.Gilding
108		VM40	Westend	M.Rawlinson
124	42.18	VM40	Westend	P.Low
163	50.36	VM70	Westend	P.Lott
164	50.36	VM40	Westend	N.Courtney
165	50.36	VM40	Westend	D.Sadler

### Desford Striders X-Country 28th Nov 2004

#### Women

POS	TIME	CLUB	NAME
13	46.27	Westend	S.Hargreaves
22	48.58	Westend	L.Porter
24	49.50	Westend	Y.Beckwith
40	55.17	Westend	S.Lyons
45	57.23	Westend	C.Middleton
62	70.04	Westend	A.Griffith

#### Men

POS	TIME	CLUB	NAME
16	37.24	Westend	I.Gladwell
18	37.27	Westend	J.Knowles
58	39.57	Westend	T.Cusack
65	39.57	Westend	M.Gilding
70	42.03	Westend	S.McLaughlin
74	42.15	Westend	P.Moran
86		Westend	C.Seal
88		Westend	A.Blackford
96		Westend	P.Low
98	44.58	Westend	M.Rawlinson
108		Westend	A.Middleton
117		Westend	M.Wheeler
139	48.45	Westend	C.Smith

### Sinfin X-Country 12th Dec 2004

#### Women

POS	TIME	CAT	CLUB	NAME
15	53.06	VL40	Westend	S.Porter
22	55.18		Westend	Y.Beckwith
32	59.04		Westend	E.Parkin
37	62.33	VL50	Westend	C.Middleton

#### Men

POS	TIME	CAT	CLUB	NAME
13	42.59	VM40	Westend	I.Gladwell
41		VM50	Westend	C.Seal
42		VM40	Westend	T.Cusack
69		VM40	Westend	P.Low
82		VM50	Westend	A.Middleton
107		VM40	Westend	M. Wheeler
117		VM40	Westend	D.Sadler

### Leicester Half-Marathon 21st Nov 2004

#### Women

Place	Time	Name
345	1:52:39	Rachel Tunstall
366	1:54:11	Emma Parkin
407	1:58:07	Barbara Hewitt
441	2:00:53	Elaine Elliot
539	2:32:26	Liz Millward
540	2:32:26	Carolyn Oldfield

#### Men

Place	Time	Name
78	1:33:14	Denis Thompson
216	1:43:51	Paul Birdsall
263	1:48:03	Paul Winterton
347	1:52:41	Chris Batty