

WEST END NEWS SHEET

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

July/August 2006

The big news over the summer was the **Round Leicester Relay**, when the A team came second in the mixed team competition – the first time the club has won a prize in the RLR. They completed the 100 mile circuit in just over 11 hours – an average pace of 6:40 mpm on mixed road and cross-country. See below for the mixed team results.

Christine Middleton summed it up: 'the Round Leicester Relay was a hugely successful day for the club. It was a real club event with lots of support from many people. Many thanks to the organising team of Ian Gladwell, Liz Taylor and Chris Smith but particular thanks to Liz who was RLR supremo this year. The A team did exceptionally well to take second prize in the mixed category. West End C narrowly beat West End B. Well done everyone.'

Congratulations also to everyone involved in this year's **Coast to Coast**. The team raised a grand total of £2,120.05 for Childline, exceeding the target figure of £2,000. Andrew Middleton congratulated everyone who made this possible, describing it as a fabulous achievement, which 'symbolises everything that is good about West End Runners'.

* RUNNER OF THE MONTH *

June

Glynn Smith - 1000m Long Course Mountaineers (in boots!). First M60, finishing in 7 hours 12 mins.

July

Paul Lefley for his time improvement in the Hungarton 7 (4:16, finishing in 1:02:52).

Club news

Christine Middleton reports:

The **AGM** will be Wednesday 18 October. Martin Chamberlain will be resigning as chair so we are looking for a replacement. We also need a replacement for Martin as one of our reps to the Running League meetings. The next meeting is on Monday 18 September. If anyone is interested in either of the above, please talk to me or Martin.

A call also went out for a volunteer to replace Annie as **tea rota coordinator** – thanks to Anna-Louise Didier for offering to take this on.

Christmas – yes, it's already time to start thinking about this. Do we have a volunteer to organise the **Christmas bash** this year?

FUTURE RACES

More information at

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

Leicestershire Road Running League 2006

Sunday 17 September: Chris Ingram Memorial 10km - <http://www.stilton-striders.supanet.com> – last LRRL for the year.

West End Trophy

24 September – Crossdale 10k Trail - <http://www.crossdale10k.co.uk/>

22 October – Bestwood Park 10k - <http://www.redhillroadrunners.com>

Other races

15 October - Leicester Marathon and Half-marathon - <http://www.leicestermarathon.org.uk/>

5 November – Shepshed 7 - <http://www.shepshedrc.org.uk/235.html>

Cross country season

The cross-country season gets under way next month. Dates and venues are listed below. Senior races start at 11am, and distances vary from between 8 to 11k. Junior races (1 to 2 miles) start at 10.15. **Club vests or tee shirts must be worn** for all races.

Six prizes are awarded in each category, including all Vet categories. Runners must complete four out of the first five races to be eligible for prizes.

Date	Club	Venue
29 October	Hinckley	Mallory Park
26 November	Wreake	Swithland
17 December	Desford	Bagworth Heath
21 January	Roadhoggs	Castle Hill Park
18 February	Hatton	Burton-on-Trent
4 March	Shepshed	GraceDieu - relay

MEMBERS' PERFORMANCES

International Snowdon Race, Saturday 22 July 2006. Congratulations to Ian Gladwell who came in at 77 of 376 finishers. His category position was 13, in a time of 1:29:23 (up in 58:35, down in 30:48).

West End Trophy

After eight races, the first six runners in the are:

Name	Total Points	Total Races
Anna-Louise Didier	457.8	6
Ian Gladwell	392.6	5
Laura Davison	357.7	6
Dave Rutherford	325.9	4
Paul Lefley	295	4
Muhammad Ashraf	232.8	4

RESULTS

Hungarton 7, 12 July 2006

Place	Time	Name
27	0:43:17	Ian Gladwell
57	0:45:33	Chris Seal
68	0:46:15	Dave Rutherford
76	0:46:48	Louise Kelly
92	0:47:57	Karim Slimane
110	0:49:06	Paul Moran
118	0:49:28	Denis Thompson
126	0:49:40	Tony Cusack
183	0:52:20	Andrew Blackford
214	0:54:04	Martin Chamberlain
223	0:54:32	Mark Rawlinson
227	0:54:42	Muhammad Ashraf
246	0:55:53	Laura Davison
262	0:56:51	Anna-Louise Didier
276	0:58:06	Rosemary How
296	0:59:35	Liz Taylor
326	1:02:14	Michelle Roehrig
331	1:02:52	Paul Lefley
332	1:02:53	Glynn Smith

Huncote Joy Cann 5, 2 August 2006

Place	Time	Name
36	00:29:01	Ian Gladwell
66	00:30:31	Dave Rutherford
93	00:31:28	Karim Slimane
98	00:31:35	Christopher Seal
113	00:32:03	Tony Cusack
163	00:33:39	Denis Thompson
177	00:34:02	Michael Gilding
232	00:35:43	Muhammad Ashraf
241	00:36:06	Anna-Louise Didier
243	00:36:14	Laura Davison
290	00:37:51	Andrew Middleton
347	00:40:33	Nicola Singleton
368	00:41:45	Paul Lefley
414	00:44:57	Christine Middleton
418	00:45:12	Nigel Courtney
450	00:47:43	Lesley Booth

Stathern Festival 10k, 25 June 2006

Place	Time	Name
9	37:57.7	Ian Gladwell
11	39:14.3	Dave Rutherford
55	46:17.8	Andrew Blackford
61	46:49.6	Laura Davison
62	47:02.4	Anna-Louise Didier
75	49:21.4	Sue Porter
126	55:15.7	Nigel Courtney
154	57:43.6	Pete Lott

Barrow Classic 10, Sunday 2 July 2006

Place	Time	Name
48	1:07:38	Dave Rutherford
51	1:07:54	Karim Slimane
78	1:11:11	Chris Seal
112	1:13:42	Denis Thompson
167	1:18:44	Michael Gilding
212	1:23:50	Anna-Louise Didier
233	1:25:41	Muhammad Ashraf
304	1:35:02	Paul Winterton
306	1:35:16	Lesley Booth
306	1:35:47	Michelle Roehrig
321	1:37:11	Paul Lefley
347	1:42:45	Pete Lott
374	1:48:11	Nigel Courtney

Round Leicester Relay, 6 August 2006 – mixed team results

Overall position	Team name	Team time
7	Barrow Mixed A	10:07:10
11	West End Mixed A	11:01:16
18	Barrow Mixed B	11:59:36
20	Hinckley Mixed	12:20:39
25	Desford Mixed A	13:19:18
27	Barrow Mixed C	13:27:22
28	West End Mixed C	13:36:13
29	West End Mixed B	13:48:38
30	Wreake Mixed	14:18:51
32	Desford Mixed B	15:12:47

Tea Rota

Anna-Louise Didier has kindly offered to take over running the tea rota from Annie.

6 September	Uta
13 September	Annie
20 September	Sarah
27 September	Mark Rawlinson

More rotas in the next news sheet.