

# WEST END NEWS SHEET

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

**December 2005**

## NEWS

This news sheet contains details of the West End Trophy races. These include road and cross-country events, with distances ranging from 5K to half-marathons. Andrew Middleton urges as many people as possible to take part. The WET is assessed against self-improvement rather than absolute ability, so provide a great opportunity (and incentive) to demonstrate improvement over the season.

Season's greetings and best wishes for a peaceful, injury-free 2006.

### \* RUNNER OF THE MONTH \* November

**Chris Smith: for the Gosport Half Marathon:  
1.28.52**

**Also commended are:**

**Yvonne Beckwith: Gosport Half Marathon:  
1.33.58**

**Christine Middleton: Swithland XC – first race  
after major injury**

**Ian Gladwell: Dovedale Dash: 37<sup>th</sup> out of 943**

## CLUB OFFICERS

Following the AGM on 26 October, the club officers are:

Chair	Martin Chamberlain
Secretary/Vice Chair	Christine Middleton
Membership Secretary	Uta Praekelt
Treasurer	James Schreder
Publicity Officer	Annie Griffith
Results Officer	Glynn Smith

Andrew Middleton will be the West End Coordinator from the end of 2005. Ian Gladwell and Liz Taylor are the team captains.

## FUTURE RACES

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

### West End Trophy: fixtures so far for 2006

Month	Race	Type	Promoter
22 January	Barrow 6m	Road	Elaine
12 February	Ashby 5m	Road	Andrew
5 March	Grace Dieu Relays	XC	Glynn
29 April	Barrow Bruiser 4m (To be confirmed)	XC	Sue

The WET is based on the concept of self improvement *not* absolute ability. The points for each race are awarded on the basis of your improvement over previous races so a season of steady improvement usually gives the best scores. Your best eight races out of a possible 12 count towards your final tally.

### Derby Runner Cross-Country League

Date	Club	Probable venue
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

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.

## MEMBERS' PERFORMANCES

### Correction to the November news sheet:

Two wrong entries for the **Shepshed 7 results**.

Uta Praekelt ran in place of place of Laraine Porter, and Dave Sadler ran instead of Glyn Campbell. The times are correct (01:04:07 and 01:04:40 respectively).

Uta Praekelt and Rosemary How both achieved PBs in the **Keyworth Turkey Trot** on 11 December. Rosemary finished in 1:51:32, while Uta ran it in 2:03:08.

### Bagworth Heath XC – 4 December - women

Place	Time	Name
17	48.06	Y. Beckwith
22	49.07	J. Needham
24	49.21	L. Davison
42	54.07	L. Taylor
49	56.17	K. Voss
50	56.25	N. Singleton
51	56.54	L. Booth
52	57.03	U. Praekelt
53	57.04	M. Roehrig
61	60.00	E. Elliott
63	61.16	C. Middleton

**Bagworth Heath XC – 4 December - men**

Place	Time	Name
33	39.39	A. Reid
43	40.37	S.McLaughlin
47	40.49	C. Seal
57	41.55	P. Deeping
78	43.03	D. Rutherford
79	43.07	C. Smith
86	43.38	P. Moran
110	46.11	C. Simpkins
122	46.42	P. Low
126	47.09	M. Rawlinson
131	48.00	A. Blackford
133	48.19	T. Walton
139	49.26	A. Middleton
154	52.11	G. Smith
167	55.52	P. Lott

**ROTAS****Cob rota**

4 January 2006 Tim Walton  
11 January Christine Middleton

**Tea rota**

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.