

WEST END NEWS SHEET

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

February 2006

NEWS

West End came top in Division 2 in the overall **Derby Runner League** results announced after the last race. We were 8th overall, with both men's and women's teams in 8th place. This means we are in the **National Final on Sunday 26 March** at Bramcote Park Nottingham. Anyone who has done two or more of the five races is eligible to run for the team - put it in your diary now. The Kibworth Winter League race is also on the same day and team captains will be talking to you about which race you want to do and how we can have a full men's and women's team in both races.

The **B final** (local Midlands one) is on **Sunday 5 March at Grace Dieu**, near Shepshed. It is also a West End Trophy race. This is a fun relay event – one lap each of 2.5 miles, followed by presentations. There are four in a men's team, and three in a women's team. Forms will be available at the club, or email Sarah Hargreaves. Remember to wear your West End vest!

The new **West End trophy** series got off to a flying start when 25 club members took part in the Barrow 6 in January – congratulations to Anna Louise Didier, Dave Rutherford and Stuart McLaughlin who head the table following this race.

Andrew Blackford is offering members a chance to borrow his DVD of '**Joss Naylor 60 at 60.**' This records Joss Naylor's 60th birthday achievement of 60 Lakeland summits in 36 hours. He ran 110 miles and climbed over 40,000 feet - 1.5 times the height of Everest.

Finally, remember to put **21 May** in your diary – it's the date of the **West End 8**, and help will be needed from all members.

* RUNNER OF THE MONTH * January

Runner of the Month for January was **Anne-Louise Didier** for her big improvement in her age performance in the Barrow 6.

FUTURE RACES

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

Leicestershire Road Running League 2006

Winter Series (remaining)

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/home_page.html

A reminder that for **winter races**, you need a club vest or T-shirt, plus your LRRL number – from the club notice board or the website. Alternatively, see Dave Rutherford at the club, or pick your number up at the West End table at the race. You pay £2.50 at the club table, and remember the 10.30 start.

For **summer races**, make sure you put your LRRL number down on entry forms so you count for the club. Enjoy the 11 races and let Martin or Dave R know of any issues that need reporting at the LRRL meetings.

West End Trophy: fixtures so far for 2006

Month	Race	Type	Promoter
5 March	Grace Dieu Relays	XC	Glynn
29 April	Barrow Bruiser 4m (tbc)	XC	Sue

Welsh Coast to Coast update

Planning for our attempt to run down the backbone of Wales (16-18 June) is in full swing and we have nearly 40 club members taking part. Everyone knows what section they are on and weekends have been arranged to visit the areas to carry out all-important reconnaissance, to ensure that the magic pebble that will be picked up on the beach at Llanfairfechan on the North Welsh coast is safely delivered to Caswell Bay near Swansea to be flung into the sea!

Although we aim to complete it in the fastest possible time (we expect around 45 hours), safety is paramount. It is particularly important that people who are doing sections in the night and get little sleep do not try to drive home afterwards. In this connection we are looking for volunteer drivers with cars who would be willing to transport weary people. If any club member is willing to help in this way to support what promises to be a great adventure, please speak to Andrew Middleton or Tim Walton.

MEMBERS' PERFORMANCES

Hatton Darts Sinai XC, 29 January 2006

Women

Place	Time	Name
6	40.25	L Porter
20	44.10	S Hargreaves
49	52.39	M Roehrig
54	54.13	U Praekelt

Men

Place	Time	Name
22	34.57	I Gladwell
50	37.05	D Rutherford
53	37.24	C Seal
54	37.28	A Cusack
58	38.02	P Deeping
60	38.26	S.McLaughlin
75	39.46	P Moran
85	40.19	A Blackford
100	42.42	C Simpkins
109	44.00	T Walton
114	44.35	M Rawlinson
142	54.43	D Sadler

Charnwood Hills, 5 February 2006

Women

Place	Time	Name
6	1:53:41	L Porter
19	2:01:49	S Hargreaves
45	2:13:39	S Porter
49	2:15:45	L Davison
65	2:32:34	L Taylor
66	2:32:34	K Voss
67	2:32:34	M Roehrig
71	2:39:08	U Praekelt

Men

Place	Time	Name
58	1:44:48	D Rutherford
108	1:52:35	D Thompson
128	1:54:57	C Simpkins
171	2:02:35	M Rawlinson
210	2:09:26	M Chamberlain
216	2:10:47	T Walton
288	2:42:37	D Sadler

Ashby 5 mile, Sunday 5 February 2006

Women

Place	Time	Name
44	37:39	A Didier
77	42:18	T Mould
82	42:47	N Singleton
86	43:27	M Roehrig
91	44:10	C Middleton
95	44:41	N Sore
96	44:44	U Praekelt
107	49:17	P Osborn
114	54:07	J Smith
115	55:19	K Taylor-Okelo

Ashby 5 mile, Sunday 5 February 2006

Men

Place	Time	Name
71	31:35	C Seal
72	31:39	T Cusack
105	32:52	C Simpkins
178	36:30	T Walton
189	37:28	P Winterton
202	38:28	M Ashraf
207	38:38	D Bellingham
213	39:04	A Middleton
245	43:24	N Courtney
246	43:24	P Lefley
248	44:10	D Sadler
254	45:55	M Osborn

Bosworth Country Park, 19 February 2006

Men

Place	Time	Name
22	31.59	I Gladwell
46	34.02	A Cusack
49	34.09	C Seal
74	35.51	P Moran
95	37.19	A Blackford
101	38.07	P Low
106	38.24	M Gilding
119	39.21	C Simpkins
121	39.24	P Conway
126	40.16	S McMillan
136	41.01	M Rawlinson
152	45.01	G Smith

Women

Place	Time	Name
28	41.25	S Hargreaves
31	42.01	A Didier
37	42.48	S Porter
51	47.52	L Taylor
53	48.19	M Roehrig
57	49.51	U Praekelt

Three club members took part in the **Mickleden Straddle** in early February. This was a tough course (Class B Long, 14 miles, 2000 ft) starting and finishing at Langsett Barn, Dark Peak.

Chris Smith came in 49th in 2:06, Andrew Blackford was 125th in 2:31 and Yvonne Beckwith came in at 133 in 2:36.

ROTAS

Bar

22 February	Paul Moran
1 March	Yvonne Beckwith
8 March	Andrew Blackford
15 March	Martin Chamberlain
22 March	James Schreder
29 March	Dave Rutherford
5 April	Tony Cusack
12 April	Ian Gladwell
19 April	Stuart McCloughlin
26 April	Paul Moran
3 May	Yvonne Beckwith
10 May	Andrew Blackford

Cobs

22 February	Andrew Blackford
1 March	Pat Osborn
8 March	Glyn Campbell
15 March	Sarah Hargreaves
22 March	Nicky Singleton
29 March	Tim Walton
5 April	Lesley Booth
12 April	Chris Bosley
19 April	Christine Middleton

Tea

22 February	Annie Griffith
1 March	Uta Praekelt
8 March	Sarah Hargreaves
15 March	Mark Rawlinson
22 March	Pat Osborn
29 March	Martin Chamberlain
5 April	Andrew Blackford
12 April	Annie Griffith
19 April	Uta Praekelt
26 April	Sarah Hargreaves
3 May	Mark Rawlinson
10 May	Pat Osborn
17 May	Martin Chamberlain
24 May	Andrew Blackford
31 May	Uta Praekelt
7 June	Annie Griffith
14 June	Sarah Hargreaves
21 June	Mark Rawlinson
28 June	Pat Osborn