

WEST END NEWS SHEET

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

June 2006

Christine Middleton reports on two recent highlights for the club. 'There was a strong turnout at the **Welsh 1000 Metre Race**, with good performances all round. Everyone except Glynn Smith did the short course – 'only' 10 miles and finishing on the top of Snowdon! Chris Smith was the fifth man, while Johnny Walton was the eighth man. Lorraine Porter was first veteran woman and Sarah Hargreaves was first lady veteran over 50. In the long course, which starts on the Welsh coast and also finishes on the top of Snowdon, Glynn Smith finished in the very good time of 7 hours 10 minutes.

'The **Coast to Coast** took place on the weekend of 16 June. 37 of us ran the Dragon's Back, a continuous relay from the North Wales coast to the South Wales coast on the Gower peninsula. We were raising money for Childline and will publish the amount later. The route covered nearly 200 miles with approximately 20,000 feet of climbing. Each leg had its own special challenges! This was a great club event with everyone working hard and pulling together. The weather was fantastic and, apart from one or two little glitches, everything went remarkably well. We finished in a time of 43 hours 56 minutes - tired but happy. Seeing Rosemary, Lesley, Anna, Kathryn and Michelle running across the beach in their West End vests and then jumping into the sea was wonderful. Thanks to everyone who took part, and to the committee - Andrew B, Yvonne, Glynn and Sarah. Special thanks to Andrew M, Tim and our supporter from Gaddesby, Simon Hargrave.'

The next big event for the club will be the **Round Leicester Relay** on 6 August. On a less strenuous note, there will be a club **barbecue** at Beacon Hill (lower car park) on Saturday 29 July, organised by Christine, Sarah and Karim. Bring your own meat, fish or veggie choices - plus salads etc. to share – and your own drink. Barbecues are also needed. More details will follow, but there will be lots of fun and games. This was a great event two years ago, so try and come this year!

Dave Rutherford has two of the club **speed/distance monitors**. He has checked that they still work, at least on high ground (but he has never been able to get them to work around the canal, Watermead Park or Freemans Common). The club also has a heart rate monitor, thought to be with Chris Seal or Martin – contact them to use it.

Finally, congratulations to Ash and Paul Lefley for staying in contention for the **LRRL 100%** award after seven of the 11 races.

*RUNNER OF THE MONTH * May

Laura Davison - third lady in the Arnesby 5 – finishing in 31st place overall, in 36:18.

BIG APOLOGIES to **Yvonne Beckwith**, runner of the month for April – her time of 3 hours 21 minutes was of course for the Lochaber *marathon*, not half-marathon as stated.

Marshalls are still needed for the **Race for Life** on 9 July. This year there are two races, both full, at 10.30 and 2.30 in Western Park. Volunteers could turn up an hour before the start for a briefing, but it would help if you could let the organisers know via the Race for Life website or contact Dave R.

FUTURE RACES

More information at

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

Leicestershire Road Running League 2006

Sunday 2 July: Barrow Classic 10 – (also non-league women's 10K) <http://www.barrow-runners.fsnet.co.uk>

Wednesday 12 July: Hungarton 7 - <http://www.wreakerunners.co.uk>

Wednesday 2 August: Joy Cann Memorial 5 - <http://www.huncoteharriersac.co.uk>

Sunday 17 September: Chris Ingram Memorial 10km - <http://www.stilton-striders.supanet.com>

West End Trophy: fixtures so far for 2006

Month	Race	Website
Wed 12 July	Hungarton 7	http://www.wreakerunners.co.uk
Wed 2 August	Joy Cann 5	http://www.huncoteharriersac.co.uk

MEMBERS' PERFORMANCES

Oaks Cross Country, 29 May 2006. 76 finishers

Place	Time	Name
10	53:02	Dave Rutherford
21	54:51	Chris Seal
32	57:01	Andrew Blackford
58	64:37	Phil Low

Arnesby County Fair, 29 May 2006. 80 finishers

Place	Time	Name
13	34:34	Michael Gilding
23	35:31	Tim Walton
31	36:18	Laura Davison
33	36:37	Sarah Hargreaves
45	38:25	Sam Stabler
62	42:44	Peter Lott
69	45:02	Christine Middleton

Swithland 6, 4 June 2006. 508 finishers

Place	Time	Name
66	37:51	Dave Rutherford
78	38:23	Christopher Seal
168	42:13	Denis Thompson
175	42:35	Michael Gilding
287	46:58	Anna-Louise Didier
300	47:16	Muhammad Ashraf
342	49:25	Liz Taylor
370	50:45	Rebecca Sore
386	51:50	Nicola Singleton
388	51:55	Paul Lefley
420	53:44	Michelle Roehrig
432	54:56	Nigel Courtney
440	55:34	Pete Lott

Rothley 10K, 14 June. 346 finishers

Place	Time	Name
132	46:38	Muhammad Ashraf
137	46:49	Anna-Louise Didier
145	47:21	Liz Taylor
178	49:25	Dave Bellingham
241	54:17	Paul Lefley
264	55:48	Nigel Courtney
271	56:05	Michelle Roehrig
276	56:24	Glynn Smith

ROTAS

Cobs

5 July	Lesley Booth
12 July	Chris Bosley
19 July	Christine Middleton

Bar

5 July	Andrew Blackford
12 July	Martin Chamberlain
19 July	James Schreder
26 July	Dave Rutherford
2 August	Tony Cusack
9 August	Ian Gladwell
16 August	Stuart McCloughlin
23 August	Paul Moran
30 August	Andrew Blackford

Tea

5 July	Martin Chamberlain
12 July	Andrew Blackford
19 July	Uta
26 July	Annie
2 August	Sarah
9 August	Mark Rawlinson
16 August	Pat
23 August	Martin Chamberlain
30 August	Andrew Blackford
6 September	Uta
13 September	Annie
20 September	Sarah
27 September	Mark Rawlinson