

# WEST END NEWS SHEET

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

March 2006

## NEWS

Thirteen West End runners turned out for the National Final of the Derby Runner League – the first time that the club has reached the finals. We finished in 9<sup>th</sup> place. In the women's race, Lorraine Porter and Sarah Hargreaves finished in 9<sup>th</sup> and 15<sup>th</sup> places respectively (with 51 women completing the race), while Chris Seal came in first for WER men, in 67<sup>th</sup> place (142 finishers). Congratulations to all involved – see below for the full details.

After five races, the contenders for the **LLRL 100% award** are Dave Sadler, Paul Lefley, Ash and Clive Simpkins. This award is presented to any runner who completes all 11 (5 winter, 6 summer) races.

**Other achievements** to note are: Will Rawlinson was first in his age category at the county cross-country championship on 25 March; Karim Slimane completed the Liverpool half-marathon on March 26<sup>th</sup> in an excellent time of 1:32; and Phil Low and Mike Gilding represented the club at the Wreake Valley Stomp, with Phil doing his fastest ever time by approximately six seconds.

**Big birthdays** – congratulations to James, who was 40 on 15 March.

**T-shirt bargains** – t-shirts (blue instead of the usual white) from the first West End Runners race are on sale at £3 each – see Pat Osborn at the club.

Finally, a plea from Sarah Hargreaves – at least 20 more people are needed to help with the **West End 8** on Sunday 21 May. Most people will be needed from 9am to 12.30, with some staying behind to tidy up until around 2 pm – please contact Sarah as soon as possible with offers of help.

## \* RUNNER OF THE MONTH \* February

Runner of the month for February is **Chris Smith** for his performance in the Mickleden Straddle.

## Club news

Martin is organising a **pre-London Marathon meal** at Zizzi's on Belvoir St on Wednesday 19 April. He needs a £5 deposit in the week beginning 4 April.

Following the open meeting on 22 March, it was agreed that Chris Bosley will take over as **acting treasurer** until the AGM in September.

## 2006 Derby Runner Cross Country

### National finals - 26 March

#### Men

Place	Time	Name
67	42.51	C Seal
93	45.46	P Deeping
95	45.59	P Moran
108	48.31	A Blackford
114	49.47	M Brodel
115	49.57	S McMillan
116	50.01	T Walton
134	56.20	G Smith

#### Women

Place	Time	Name
9	46.17	L Porter
15	51.01	S Hargreaves
30	54.01	S Porter
43	57.40	L Booth
47	61.25	Uta Praekelt

**Individual total scores**, for those who completed at least four out of the five races, are as follows:

**Senior men:** Clive Simpkins – 439 points over five races.

**VM40:** Ian Gladwell (93 points), Stuart McLaughlin (214), Paul Deeping (241), David Rutherford (280), Paul Moran (306), Phil Low (462) and Mark Rawlinson (510) - all completed four races.

**VM50:** Chris Seal came second with 197 points for the five races. Andrew Blackford completed four races (429 points), as did Tim Walton (554).

**VM60:** Glynn Smith also came second (609 points over five races).

**Senior ladies:** Michelle Roehrig - 213 points over five races.

## FUTURE RACES

More information at

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

## Leicestershire Road Running League 2006

### 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](http://www.athletics-leics.com/home_page.html)

## West End Trophy: fixtures so far for 2006

Month	Race	Type	Promoter
29 April	Barrow Bruiser 4m	XC	Sue
13 May	Gaddesby half-marathon	Road	

### Top runners in WET so far

Position	Name	Points	Races run
1.	Anna Louise Didier	323.7	3
2.	Uta Praekelt	228	3
3.	Tim Walton	300	3
4.	Clive Simpkins	196.9	3
5.	Paul Lefley	163.2	2
6.	Michelle Roehrig	142	3

## MEMBERS' PERFORMANCES

### Markfield 10km Sunday 26 February 2006

#### Women

Place	Time	Name
42	49.16	Anna Didier
59	51.27	Liz Taylor
70	53.49	Nicola Singleton
72	54.21	Lesley Booth
75	54.45	Michelle Roehrig
77	55.32	Uta Praekelt
84	57.14	Tracey Mould

#### Men

Place	Time	Name
32	37.47	Ian Gladwell
68	40.31	Christopher Seal
69	40.41	Tony Cusack
103	42.19	Dennis Thompson
134	43.46	Clive Simpkins
191	48.30	Muhammad Ashraf
194	49.04	Michael Brodel
222	53.37	Glynn Smith
227	54.51	Paul Lefley
232	56.36	David Sadler
237	58.09	Nigel Courtney

### Desford 10k 12 March 2006

#### Men

Place	Time	Name
42	36.58	Ian Gladwell
121	40.46	Christopher Seal
165	42.29	Dennis Thompson
193	44.04	Clive Simpkins
235	46.01	Michael Brodel
255	47.10	Muhammad Ashraf
272	48.46	Chris Housden
303	50.37	Glynn Smith
327	53.31	Paul Lefley
334	54.27	Nigel Courtney
353	57.21	David Sadler

### Desford 10k - Women

Place	Time	Name
236	46.06	Anna Didier
296	50.06	Liz Taylor
301	50.32	Kathryn Voss
332	54.17	Uta Praekelt
343	55.40	Christine Middleton

### Kibworth 6 mile Sunday 26 March 2006

#### Women

Place	Time	Name
11	42.00	Yvonne Beckwith
51	52.50	Kathryn Voss
63	55.32	Nicola Singleton
65	55.51	Michelle Roehrig
79	61.55	Christine Middleton

#### Men

Place	Time	Name
43	38.48	Chris Smith
86	41.39	Karim Slimane
118	42.54	Dennis Thompson
120	42.56	Dave Rutherford
138	43.39	Clive Simpkins
205	47.53	Muhammad Ashraf
212	48.44	Chris Housden
232	51.12	Andrew Middleton
268	54.30	Paul Lefley
277	56.02	Dave Sadler

## ROTAS

### Bar

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

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

### Tea

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

More people are needed to join the cob and tea rotas – offers please to Yvonne and Annie respectively.