

WEST END NEWS SHEET

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

March 2007

NEWS

The **pre-London marathon meal** will be held on Wednesday 18 April at Zizi's. Please give a £5.00 deposit to Michelle. There will be an early run at 7pm. And good luck to all the London entrants - Ian Gladwell, Rachel Hardman, James Rennie Tom Taylor, Karim and Ash.

The next **Open Meeting** will be held on Wednesday 25 April at 8pm. This is your chance to be involved in the running of the club so please attend. Any agenda items to Christine by 18 April please. There will be a short run at 7pm.

* Runner of the Month *

Liz Taylor for a personal best at Ashby 5M

WEDBack Challenge Trophy

The Dragon Back experience in summer 2006 has breathed life into a new Challenge Trophy, to be called the WEDBack Challenge Trophy (West End Dragon Back).

The new trophy will recognise those members who consistently perform for the club at local and national races but who will effectively never be mentioned in despatches. It will be presented to the WER Club member who has covered the highest mileage during a year running in organised races. The following criteria have to be satisfied:

- The award is only open to fully paid up members of WER;
- The 'miles run' have to be notified within four weeks;
- The run has to be run for WER as a first claim club member where prizes are awarded;
- The award can only be claimed by any particular WER member once in every five years; and
- All distances will be measured to the nearest half mile.

The committee feel that the miles should be counted from 1 January 2007. Tim Walton is now seeking a small group to administer the award so that the first trophy can be awarded at the awards evening in January 2008. A full set of rules will be posted shortly, though every member should start to count miles run in competition and notify Tim every time they add some more to their tally so that he can log them.

FUTURE RACES

More information at

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

West End Trophy races 2007 (so far)

Month	Race	Type	Promoter
24 April or 9 April	London Marathon Easter 10K Wollaton Park	Road Park/ track	 Andrew
13 May or 28 May	Dog & Hedgehog Half Marathon Arnesby Fair 5m Cross Country	Road Cross- country	Laura Laura
19 June (7.45)	Market Harborough 5m	Road	Glynn

Where two races are shown you can do either race. If you do both races in that month, your performance will be based on the first race. Your best 10 races count towards your final score.

Leicestershire Road Running League 2007

Summer League

Dog & Hedgehog Half Marathon - Sunday 13 May
West End 8 – Sunday 20 May
Swithland 6 – Sunday 3 June
Hungarton 7 - Wed 11 July
Joy Cann 5 - Wed 1 August
John Fraser 10 – Sunday 2 September

MEMBERS' PERFORMANCES

West End Trophy – position after the first three races - first six places.

Name	Total Points	Total Races
Clive Simpkins	300.2	3
Christine Middleton	263.6	3
Martin Chamberlain	258.8	3
Liz Taylor	237.3	2
Dave Rutherford	223.5	3
Kathryn Voss	208	3

RESULTS

Desford 10K, 11 March 2007

Women

Place	Time	Name
15	42:20	Yvonne Beckwith
20	44:18	Liz Taylor
57	50:56	Kathryn Voss
67	52:30	Rebecca Sore
68	52:30	Julie Cox
89	56:05	Christine Middleton
98	58:15	Uta Praekelt

Men

Place	Time	Name
44	37:47	Dave Rutherford
83	39:47	Clive Simpkins
93	40:15	Frederick Banda
101	40:36	Tony Cusack
109	40:51	Christopher Seal
130	41:51	Dennis Thompson
154	43:04	Oliver Ng
176	44:18	Muhammad Ashraf
189	45:03	Martin Chamberlain
201	45:26	Phil Low
238	47:46	Gary Davies
241	47:57	Chris Housden
248	48:58	Ken Peacock
278	55:20	Paul Lefley

Kibworth 6M, 24 March 2007

Men

Place	Time	Name
35	36:53	Tom Taylor
37	37:08	Ian Gladwell
50	37:52	Dave Rutherford
79	39:44	Clive Simpkins
88	40:30	Frederick Banda
103	41:18	Christopher Seal
136	42:41	Dennis Thompson
209	48:19	Dale Gillibrand
210	48:22	Muhammad Ashraf
241	54:26	Paul Lefley
243	54:44	Pete Lott
247	57:19	Nigel Courtney

Women

Place	Time	Name
36	48:56	Lesley Booth
46	50:54	Kathryn Voss
56	52:12	Julie Cox
78	59:45	Uta Praekelt

ROTAS

Cobs

04 April	Martin Chamberlain
11 April	Andrew Blackford
18 April	Pat Osborn
25 April	Anna Didier
02 May	Dale Gillibrand
09 May	Chris Bosley
16 May	Christine Middleton
23 May	Yvonne Beckwith
30 May	Sarah Hargreaves
06 June	Martin Chamberlain
13 June	Andrew Blackford
20 June	Pat Osborn
27 June	Anna Didier
04 July	Kathryn Voss
11 July	Chris Bosley
18 July	Christine Middleton
25 July	Yvonne Beckwith
01 August	Sarah Hargreaves

Tea

04 April	Martin Chamberlain
11 April	Andrew Blackford
18 April	Pat Osborn
25 April	Anna Didier
02 May	Paul Eglen
09 May	Mark Rawlinson
16 May	Andrew Blackford
23 May	Pat Osborn
30 May	Sarah Hargreaves
06 June	Martin Chamberlain
13 June	Andrew Blackford
20 June	Pat Osborn
27 June	Anna Didier
04 July	Paul Eglen
11 July	Mark Rawlinson
18 July	Martin Chamberlain
25 July	Anna Didier
01 August	Sarah Hargreaves

Bar

04 April	Paul Moran
11 April	James Schreder
18 April	Claire Whelan & Sharon Beazer
25 April	Martin Chamberlain
02 May	Andrew Blackford
09 May	Dave Rutherford
16 May	Tony Cusack
23 May	Ian Gladwell
30 May	Stuart McCloughlin
06 June	Paul Moran
13 June	James Schreder
20 June	Claire Whelan & Sharon Beazer
27 June	Martin Chamberlain
04 July	Andrew Blackford
11 July	Dave Rutherford SWAP?
18 July	Tony Cusack
25 July	Ian Gladwell
01 August	Stuart McCloughlin

If you can't make a day, please arrange a swap with another member. More people are always needed to join the rotas – please contact Anna Didier with any offers.

Top tips

Top tip from Dave Rutherford:

Turn your socks inside out regularly, so there is no build up of small particles which could cause rubbing. Especially cross country socks.

LRRL meetings by Dave Rutherford

The LRRL meetings often discuss non-LRRL related items as this is the only time representatives from running clubs get together (ask me if you want to know why). The last two LRRL meetings have had a few special items that may be of interest and missed unless you read the minutes of meeting on the notice board. I've not included anything relating to affiliation issues as this is a whole subject of its own.

Livingstone Relays. 4 x 3 miles. Date for your diary: Easter Sunday 8 April. This is a LRRL organised event, not part of the leagues. In other years West End has been one of a few local clubs that has not fielded any teams. In my opinion, this is generally because all our top runners are either tired from racing, injured or doing the London Marathon. This year we think we can get a mixed male team (senior and vet men) together. Teams have to be entered by 6 April, but not named until the day. If you want to race or can help out organising let me know. If we can get two male teams together, perhaps we could arrange their composition so that they are racing each other?

National Endurance Handicap Scheme. The LRRL volunteered to be one of the pilots for this national scheme. The concept is that everyone will have a handicap similar to that assigned in golf. Money is given to the LRRL to support the scheme through prizes. As well as 100%, individual and team prizes, there will be individual awards based upon an individual's performance against their handicap for Winter and Summer leagues. The Winter awards will be presented at our West End 8 race. More information on the scheme is on the notice board or I can email details to you. The Winter League based results are coming soon. After Desford, Paul Lefley was joint 7th for the men, Liz 32nd and Julie 38th in the women's handicap results.

John Skevington (responsible for Endurance Running locally) asks if there is any support for **hiring Saffron Lane track** over a series of weeks (say 10) for 10 to 20 people from all clubs. I would be interested, would anybody else?

County Track Meeting. Date for your diary: 12-13 May. Instead of single counties having their own weekend meeting, this year's County Track championships for Leicestershire, Nottinghamshire and Northamptonshire (plus more?) are being jointly held at Saffron Lane. This will be a big event and help is needed. 13 May is also the Hinckley Half Marathon. Could anyone wanting to help please contact me with an idea of hours they could be available over the weekend. Track and field officials do officiate at road and cross country events so it would be nice to show how much we appreciate this by helping them. This is your chance to put something back into the sport, see Saffron Lane, and find out how a large event is organised.

Leicester Marathon and Half Marathon. Date for your diary: 14 October. The event this year is to be city based (90 per cent sure or it will not be held at all) and has council and police support. A lot more volunteers will be needed than usual. Each club will have a contact to liaise between volunteers and race organisers - TBA. West End usually provides three or four volunteers – this year we probably need to help out more.

Race for Life Leicester. Date for your diary: Sunday 8 July, 11:00 and 14:30. Nobody has asked for helpers yet, but based upon last year there will probably be a request for marshalls at one or both events.

Finally, if you are interested in finding out how to become an **official timekeeper or course measurer**, please let me know. Current athletics organisational issues indicate it would be better if road and cross country were less reliant upon track and field volunteers. Financial help is probably available for things like course fees.