

# WEST END NEWS SHEET

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

May 2007

## NEWS

A message from Sarah Hargreaves on behalf of the race committee: 'Thanks to all who volunteered to help for our **West End Race** on 20 May. Everyone played a vital role and it all went smoothly, including the weather. Good job it was not the bank holiday weekend. We enjoyed the day and I hope you all enjoyed it too. Do let me or any of the race committee know if you have any comments - actions to do again or ideas for improvements for next year...' And from Tim Walton: 'Special thanks must go to Sarah for her great organising skills and her powers of persuasion'.

Don't forget the date of the **Round Leicester Relay – 5 August**. One more person is needed to make up the three teams, plus some reserve names. In the next couple of weeks the team captains - Laura, Lesley and Michelle - will get in touch with you to let you know which leg you've got. Then it's down to you to reconnoitre it and make sure you know it well. There will be support to do this and you could try and team up with people on the same leg in other teams. The website is now up and running - <http://www.round-leicester-relay.co.uk/>

Another date for your diary - West End Barbeque on **Saturday 28 July**. Arrive at Beacon Hill lower car park, (for the field nearby) from 4.30 onwards, with 5pm relay followed by food and games (silly and not so silly) plus much eating and drinking. Please bring your own drink and food to barbeque, plus some food to share. Bringing picnic tables is also a help. The organisers are Sarah Hargreaves, Karim Slimane and Tony Cusack – please let them know if you plan to come and what food you intend to bring.

There will be a **measured mile** on Wednesday June 27th on Great Central Way. This is the chance to test your speed now and then measure your improvement when we do it again at the end of the summer.

Congratulations to team members who took part in the **1000 Metres peaks race** in Snowdonia Mountains on 3 June. Special congratulations to Sarah Hargreaves and Christine Middleton, who were first lady and first lady vet respectively and members of a team which finished in second place.

A reminder from Dave Rutherford that you need a **LRRL number** if you plan to run in summer league races and you want your results to count for the club. Numbers are on the noticeboard and the website – if you don't have a number please let Dave know a few days before the race.

## Runner of the month

### March

Lesley Booth, for a PB at Kibworth 6 by two minutes

### April

Ian Gladwell for his fantastic run in the London Marathon (2:58:20) in conditions which killed off many good club runners

## FUTURE RACES

More information at

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

The next West End Trophy race is the **Market Harborough 5M** on 19 June at 7.45.

## Leicestershire Road Running League 2007

### Summer League

Hungarton 7 - Wed 11 July

Joy Cann 5 - Wed 1 August

John Fraser 10 – Sunday 2 September

## MEMBERS' PERFORMANCES

West End Trophy – position at the end of April.

Name	Total Points	Total Races
Clive Simpkins	352.1	4
Christine Middleton	307.6	4
Dave Rutherford	273.5	4
Martin Chamberlain	258.8	3
Liz Taylor	237.3	2
Muhammad Ashraf	235.5	4

## RESULTS

**1000 Metres peaks race** on 3 June in Snowdonia Mountains - 10M race with 4500 feet of ascent.

**Mountaineers Class:** Sarah Hargreaves came in 8<sup>th</sup> as first Lady in 3:00:50. Christine Middleton came in at 18 in 3:38:55 as the first Lady Vet. Their team came in second.

**Fell Runners Class:** West End features here too. Chris Smith 7<sup>th</sup> (2:09:37), Andrew Middleton (2:44:00) and Yvonne Beckwith (2:52:35) who were the second team in this race. Other West End runners were Andrew Blackford (2:41:45), Laura Davison (2:41:45) and Tim Walton (3:23:44).

## Dog and Hedgehog Half Marathon, 13 May

Place	Time	Name
32	1:21:39	Ian Gladwell
44	1:23:24	Dave Rutherford
87	1:28:28	Clive Simpkins
91	1:28:43	Frederick Banda
103	1:29:43	Chris Seal
158	1:33:38	Denis Thompson
237	1:37:37	David Rennie
238	1:37:38	Jamie Rennie
299	1:41:40	Muhammad Asraf
475	1:52:53	Kathryn Voss
545	1:56:53	Barbra Hewitt
667	2:07:39	Paul Lefley

## West End 8, 20 May 2007

Place	Time	Name
36	0:50:09	David Rutherford
58	0:52:12	Karim Slimane
61	0:52:30	Clive Simpkins
70	0:53:12	Frederick Banda
110	0:55:47	Denis Thompson
145	0:57:38	Christopher Seal
146	0:57:46	Yvonne Beckwith
161	0:58:53	Muhammad Ashraf
164	0:59:04	Anna Didier
171	0:59:26	Laura Davison
180	1:00:59	Gary Davies
187	1:01:11	Martin Chamberlain
229	1:05:26	Christopher Smith
312	1:17:14	Peter Lott
333	1:33:43	Paul Lefley

## Swithland 6, 3 June 2007

Place	Time	Name
34	36:42	Ian Gladwell
57	37:50	Louise Kelly
69	38:25	Dave Rutherford
87	39:34	Frederick Banda
89	39:38	Chris Seal
115	40:51	Clive Simpkins
134	41:25	Lorraine Porter
186	42:56	Denis Thompson
225	44:44	Muhammad Ashraf
242	45:27	Gary Davies
252	45:48	Michael Gilding
320	49:13	Rachel Hardman
368	51:37	Rachel Tunstall
426	55:26	Kathryn Voss
431	55:39	Julie Martin
440	56:45	Nigel Courtney
441	56:59	Paul Lefley

## ROTAS

### Cobs

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

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

13 June	James Schreder
20 June	Claire Whelan & Sharon Beazer
27 June	Martin Chamberlain
04 July	Andrew Blackford
11 July	Dave Rutherford
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 from Dave Rutherford

In the event of an injury, treat it to start with or it could just get worse. Remember the key points are RICE:

1. Rest, rest and rest!!
2. Ice - to reduce the swelling.
3. Compression - slight compression can reduce the bleeding in the injured muscle or joint.
4. Elevation - of the ankle to prevent blood pooling in the injured muscles.

Apply ice no more than 15-20 minutes at a time several times a day, as often as once every two hours.

Always protect skin from tissue damage by using a cover over the ice pack.

Allow the skin to return to normal temperature before reapplying ice.

A re-usable ice pack can be purchased for £6 (VULKAN Reusable).