

WEST END NEWS SHEET

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

October 2006

CLUB NEWS

The club committee

The AGM saw a number of changes to the club's officers, including **Martin Chamberlain** resigning as chairperson. Club secretary Christine Middleton expressed the club's gratitude to him: 'Many thanks to Martin for all the excellent work he has done as chairperson over the last three years. A lot of the work as chairperson is unseen, and behind the scenes Martin has been working very hard: supporting people, organising and liaising and oiling the wheels to make the club run smoothly. Very many thanks Martin.'

The **new officers** are:

Chairperson: Liz Taylor
Vice Chair: Andrew Blackford
Women's Captain: Laura Davison
Men's Captain: Ian Gladwell
Secretary: Christine Middleton
Treasurer: Chris Bosley
Membership Secretary: Uta Praekelt
Publicity Officer: Holly Draper

Andrew Middleton continues to coordinate the West End Trophy committee, whose members are Laura Davison, Sue Porter, Elaine Elliott, Dave Sadler and Glynn Smith.

Other news

A reminder to everyone that this years **subs are now overdue**. Please pay Uta as soon as possible.

The **club mince pie social run** will be on 24 December at 10a.m from Swithland Woods. Bring food and drink for after the run. More details from committee members.

Liz Taylor has the details of the

Christmas Bash.

Finally, great news – the club race, the **West End 8**, has been awarded summer league status next year.

*** RUNNER OF THE MONTH ***
September

Dave Rutherford for his performance in the Chris Ingram 10K (39:03)

FUTURE RACES

More information at

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

West End Trophy

Sunday 5 November – **Shepshed 7** -
<http://www.shepshedrc.org.uk/235.html>

Cross-country season 2006-07

The cross-country season gets under way this month. Dates and venues are listed below. Senior races start at 11am, and distances vary from between 8 to 11k. Junior races (1 to 2 miles) start at 10.15. **Club vests or tee shirts must be worn** for all races.

Six prizes are awarded in each category, including all Vet categories. Runners must complete four out of the first five races to be eligible for prizes.

| Date | Club | Venue |
|-------------|-----------|-------------------|
| 26 November | Wreake | Swithland |
| 17 December | Desford | Bagworth Heath |
| 21 January | Roadhoggs | Castle Hill Park |
| 18 February | Hatton | Burton-on-Trent |
| 4 March | Shepshed | GraceDieu - relay |

Leicestershire Road Running League 2007

The race dates and venues for 2007 were agreed at the LRRL meeting on 23 October.

Winter League

Barrow 6 - Sunday 14 January
Ashby 5 - Sunday 11 February
Markfield 10K - Sunday 25 February
Desford 10K - Sunday 11 March
Kibworth 6 - Sunday 25 March

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 - Weds 1 August
John Fraser 10 – Sunday 2 September

Other races

Langton Run - 17 June
Barrow Classic 10 - 1 July
Chris Ingram 10K - 16 September

MEMBERS' PERFORMANCES

After nine races, the first six runners in the **West End Trophy** are:

| Name | Total Points | Total Races |
|--------------------|--------------|-------------|
| Anna-Louise Didier | 521 | 7 |
| Ian Gladwell | 443.1 | 6 |
| Laura Davison | 422.3 | 7 |
| Dave Rutherford | 373.5 | 5 |
| Paul Lefley | 295 | 4 |
| Muhammad Ashraf | 282.8 | 5 |

Ian Gladwell and Clive Simpkins both achieved PBs in the **Daventry 6 Mile Road Race** on 1 October. Ian finished in fifth place in 35:38, while Clive came in at 26th place in 39:50.

Leicester Marathon, 15 October 2006

| Place | Time | Name |
|-------|---------|--------------------|
| 73 | 3:49:01 | Rachel Hardman |
| 100 | 4:05:14 | Martin Chamberlain |

Leicester Half Marathon, 15 October 2006

| Place | Time | Name |
|-------|---------|--------------------|
| 16 | 1:25:17 | Dave Rutherford |
| 37* | 1:31:00 | Laraine Porter |
| 44 | 1:32:45 | Clive Simpkins |
| 50 | 1:34:07 | Denis Thompson |
| 67 | 1:38:21 | Sandy Macmillan |
| 87 | 1:40:32 | Anna-Louise Didier |
| 289 | 2:09:03 | Elaine Elliott |

* first F40

Bestwood Country Park 10k, 22 October 2006

| Place | Time | Name |
|-------|-------|------------------|
| 10** | 38:12 | Ian Gladwell |
| 29 | 40:54 | Dave Rutherford |
| 89 | 46:28 | Laura Davison |
| 243 | 57:30 | Michelle Roehrig |

** second M40

ROTAS

Bar Rota

| | |
|----------|--------------------|
| 01.11.06 | Martin Chamberlain |
| 08.11.06 | James Schreder |
| 15.11.06 | Karim Slimane |
| 22.11.06 | Dave Rutherford |
| 29.11.06 | Tony Cusack |
| 06.12.06 | Ian Gladwell |
| 13.12.06 | Stuart McCloughlin |
| 20.12.06 | Paul Moran |

Cob Rota

| | |
|----------|--------------------|
| 01.11.06 | Sarah Hargreaves |
| 08.11.06 | Annie Griffith |
| 15.11.06 | Martin Chamberlain |
| 22.11.06 | Andrew Blackford |
| 29.11.06 | Pat Osborne |
| 06.12.06 | Glyn Campbell |
| 13.12.06 | Anna Didier |
| 20.12.06 | Nicky Singleton |

Tea Rota

| | |
|----------|------------------|
| 01.11.06 | Sarah Hargreaves |
| 08.11.06 | Mark Rawlinson |
| 15.11.06 | Anna Didier |