

From: Kippax Harriers Committee Kippaxharrierscommittee@gmail.com
Subject: Kippax Harriers Update
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KC



Latest Update...

Hi Everyone,

We hope you have all had a good week so far.

Notices...

Annual Membership

Don't forget that the membership subs for the coming year are now being collected. You will have probably seen an email with all the information regarding this as well as post on the facebook group. Please can you all start thinking about paying these in the next couple of weeks. Any questions please contact one of the Committee.

Club Run

Our first Pub Run of the year is to The Boat at Allerton Bywater on Thursday 9th March 2017, meeting at 6.50 for a 7.00 pm start.

It will be off road and head torches and off road shoes are advisable.

The main route is approx 7.5 miles, although a more direct route continuing along the lines of approx. 5.5 miles is also possible.

It is a fun run and it will be a steady pace to suit all.

Please confirm ASAP whether you would like to attend and your preferred option of food (meat or veggie).

Food at The Boat will be around 8.30-8.45.

If anyone is available to transport clothes and bags from the Squash Club to the Boat can they please let Paul Durkin know.

7pm Club Run Trial

After conducting the earlier start over a 4 week period we will be reverting back to 7.30pm this week. Unfortunately we deemed this trial as unsuccessful and will be reverting the time back to its normal slot going forward.

Peco Xc Relays - 12th March (Northowram Cricket Club, Halifax)

Teams of 3 compete and carry out a relay of 3 miles per runner. Teams can be mixed and it is good fun. If you are interested please see the Peco website link listed below for full details and contact us with team details if interested.

UPCOMING EVENTS:

Peco XC - Race 5 (Roundhay Park) - 5th March 2017

Pub Run (to The Boat at Allerton Bywater) - 9th March 2017 - 7pm start

Peco XC - Relays (Northowram Cricket Club, Halifax) - 12th March 2017

<http://www.pecoxc.co.uk/pages/relay.html>

Thirsk 10 - Championship race - 19th March 2017

https://bookitzone.com/elizabeth_wordsworth/sH2FFX

Wakefield 10k - Championship Race - 2nd April 2017

<http://www.wakefield10k.org.uk/register/>

Race Results

Peco xc - Race 4 - Barnbow/Pendas Fields (Champ Race)

Chris Bartle	00:35:55
Chris Carrick	00:37:21
Nick Rushton	00:38:19
David Semmence	00:38:44

Ian Downham	00:39:13
Alan Davy	00:39:23
Andrew Hill	00:39:44
Ian Storey	00:41:25
Emily Follows	00:43:12
Robert Gummerson	00:46:59
John Messenger	00:47:17
Paul Durkin	00:48:34
Alison Hunter	00:50:36
Linda Durkin	00:51:34
Karen Glynn	00:51:40
Sue Holmes	00:51:46
Jay Kitchen	00:53:16
Kate Penrose	00:53:41
Karen Downham	00:54:22
Claire Gough	00:56:23
Kelly Palmer	00:56:24
Wendy Chapman	00:57:31
Val Pell	00:57:43
Suzanne Spink	01:02:02
Marina Dobbs	01:05:07
Stevie Roberts	01:05:59
Helen Frith	01:06:50

Harewood Half Marathon / 10k

As far as we can tell the following competed over the two distances. Apologies as the results listing on the website is shocking for this race...

Mark George (half)
Helen Smith (half)
Karen Glynn (10k)

Snake Lane 10

Nick Rushton	01:11:07
Paul Durkin	01:26:32
Katherine Penrose	01:30:32
Linda Durkin	01:30:28
Valerie Pell	01:32:13
Zoe Smith	01:33:49
Ann Martin	01:41:36
Samira Lambert	01:42:29

Ilkley Moor Fell Race

Chris Carrick	01:00:34
Dean Brown	01:03:17

Oulton Park Half Marathon

Judy Lankester 02:36:02

A massive well done to everyone!

That's it for this week. Keep up the good work and happy running!

Kind Regards

Kippax Harriers Captains

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