



## Latest Update

### COVID-19

Yes it headlines most things at the moment. You will see in the following newsletter that COVID-19 has had serious impacts on everything we are currently doing, however the main thing is that everyone keeps safe.

**Looking after yourself is the number one priority**, running comes second (you won't hear that from a runner often but it is the truth)

### The Beginners Course

The course has been put on hold pending the end of COVID-19 restrictions. We have informed all the beginners and will be posting updates regularly. As soon as we know more we will be in touch with beginners and volunteers alike.

### The Events

The first Social event of the year didn't happen (no prizes for guessing why).

The new first social of the year will now be a Post COVID celebration of all things non-social distancing, we have a lot to make up for so are hoping to include food as well.

We are looking into venues and currently aiming for July 25<sup>th</sup> (COVID19 allowing) in order to get a head start on bookings as we want to be able to come out the other side of these things with a BANG. As usual we will keep you updated by all communication mediums and will be looking for numbers closer to the date.

### The Light in the Dark

To try and bring a bit of cheer to these times of social isolation we have come up with a couple of ideas.

**Virtual Parkrun** – We will be publishing a route by all methods we can (Strava, GPX, Pictures etc) and people will be free to complete the run in their own time in a Social Distance sensitive way. It doesn't have to be a Saturday but only one counts per week!

Strava Link - <https://www.strava.com/routes/24842398> (there's a full print out and a large map at the end of this newsletter)

Can we ask that people submit their results/evidence from the virtual parkrun (Strava, photo of Garmin etc) by the end of Sunday of each week. You can send it to the Facebook Page or to the Kippax Harriers email address.

If anyone not in Garforth has alternative route suggestions for their village just drop us an email and we can look to create another.



**Run the World** – We will be asking people to post their distances run on our Facebook page (or if you are not a FB fan you can email them in) and we will be tracking our progress around the world. Our first objective is London just a short 167 miles away, after that it is on to the rest of the world.

You can submit your “Run the World” miles (miles please not those km things) on a daily basis via email or the Facebook Page.

**Runner of the Months** – As you will be aware we normally like to present this in person and as such have been unable to do so for a while now. Andy will be drip feeding us this backlog of good news over the coming weeks until we are all caught up.

If anyone has any suggestions for things they would like to do, please just send them in.

The final thing to cheer you up is a picture of us trying to agree these ideas over a cyber-meeting



## The Deadlines

New year means new Subs! As you will all have seen Subs are once again due and this year are;

Full Member                      £34.00



# KIPPAX HARRIERS



Second Claim            £20.00

Social Member           £15.00

The best and easiest way to pay is by Bank Transfer (BACS)

Please put your name and subs as a reference

ACCOUNT NAME           KIPPAX AND DISTRICT HARRIERS

SORT CODE                40-39-21

ACCOUNT NUMBER       01101536

BANK                        HSBC

Other Ways to Pay

Cash or cheque to a committee member, Cheques made payable to "KIPPAX AND DISTRICT HARRIERS"

Please put it in an envelope with your name on it.

## The Races

Vale of York 10	10 Mile	Changed to Oct 4th	<a href="#">Vale-of-York-10</a>
Willow Valley Flyer	7.5 Mile	Sunday May 3 <sup>rd</sup> – Assuming cancelled/Postponed	<a href="#">Willow Valley Flyer</a>
Kirklees 10k	10 K	Saturday May 16 <sup>th</sup> – Postponed Date TBC	<a href="http://www.kirklees10k.com/">http://www.kirklees10k.com/</a>
Top of the Wolds	10 K	Sunday June 7 <sup>th</sup> - Cancelled	<a href="#">Top of the Wolds 10K</a>
Eccup 10	10 Mile	Sunday June 28 <sup>th</sup> - Entries Suspended	<a href="#">Eccup 10</a>
St Aidan's 10k	10 K	Friday July 3rd	<a href="#">St Aidens 10k</a>
York Chocolate 10k	10 K	Sunday August 9th	<a href="#">Chocolate-10km</a>
Falls and Castles	7 Mile	Sunday September 27th	<a href="#">Falls and Castles</a>
Bridlington Half	13.1 Mile	Sunday October 4th	REMOVED
Parkrun TBA	5 K	Saturday October 24th	
Parkrun TBA	5 K	Saturday November 7th	
Tadcaster 10	10 Mile	Sunday November 22nd	<a href="#">Tadcaster 10</a>

Many of the above have now been cancelled or postponed, until the situation becomes clearer there are not many decisions we can make.



That being said Vale of York 10 has been postponed to the same date as Bridlington Half, as Vale of York has already sold tickets (and some of us have bought them) we have decided to remove Bridlington Half as we can be sure nobody has bought entries.

For any race that is re-arranged rather than cancelled and Harriers have already entered, the results will be honoured in the league, as the races are re-arranged please let us know whether you are still competing.

## The Results

Results Update for the last couple of months.

<b>Red Hot Toddy 10k</b>	
Alison Hunter	00:58:11
Cheryl Stanton	01:02:41
Graham Hoy	00:52:24
Ian Downham	00:46:22
John Messenger	00:55:28
Kelly Palmer	01:09:46
Zoe Smith	01:03:02
Andy Hill	00:43:51
Emma Richardson	01:00:20
James Copley	00:55:56
Polly Hardy	00:52:57
Zoe Hoy	01:18:33
Phil Goss	00:54:43
Andrew Barnett	00:47:39
Jamie Wainwright	00:57:43
<b>Pontefract 10k</b>	
Judith Jones	00:57:01
Ruth Moore	00:59:24
Mark Albon	00:47:42
<b>Snake Lane - 23/02/2020</b>	
Kate Penrose	01:42:05
Sam Lambert	01:49:38
Valerie Pell	01:43:36
Pete Blackburn	01:12:54
Phil Goss	01:25:58
<b>Great North Western Half - 18/02/2020</b>	
Judy Lankester	02:28:40
<b>Run Your Heart Out 10k</b>	
Lee Mitchell	01:01:23



# KIPPAX HARRIERS



<b>Ashbourne Seesaw Half - 01/03/2020</b>	
Judy Lankester	(blank)
<b>Retford Half Marathon - 08/03/2020</b>	
Sam Lambert	02:34:29
<b>Spen 20 - 15/03/2020</b>	
Danny Mann	02:18:14
Emily Follows	02:43:51
Alan Davy	02:43:51
Andy Hill	02:43:51
Robert Ward	03:11:28

## The Grovelling Apology

We incorrectly published a result that any sane individual would have immediately recognised as wrong, for that my apologies to Rachael Mason

Dewsbury 10k	
Rachael Mason	00:59:01

And definitely not 11 hours.

## The Freebies

This month's Sportsshoes.com discount code (valid for April) is LDL4 and gives 10% off and free standard delivery.

Please remember this is a code specific to us and should not be shared outside the club, it definitely should not be posted on social media or we will lose future discounts.

## Race Reports

Fancy having a go at writing a race report? We'd love to hear about all your trials and tribulations, elation and despair. The reports can be as long or short as you like and we'll put them on our super revamped website so everybody can share your experience and get an idea about different races. We've already got some on there to give you an idea.

<https://kippaxharriers.org.uk/race-reports/>

You can Post them directly on Facebook and we will happily copy them to the website or you can send them to [info@kippaxharriers.org.uk](mailto:info@kippaxharriers.org.uk)



**STRAVA**

## Kippax Harriers COVID19 Virtual Parkrun

<https://www.strava.com/routes/24842398>

3.10 mi

Distance

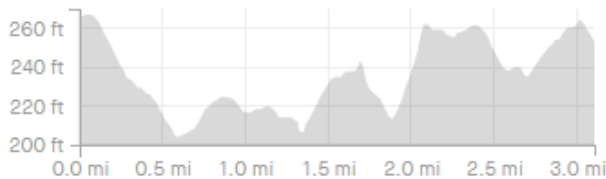
136 ft

Elevation Gain

Road

Run Type

Est. Moving Time: 24:44



Route recommendations may be incomplete and/or inaccurate and may contain sections of private land and/or sections of terrain that could be challenging or hazardous. Always use your best judgement about the safety of road and trail conditions and follow traffic and property laws. Est. Moving Time based on your avg pace of 7:58/mi over last 4 weeks

DIRECTION

DISTANCE (miles)

Proceed onto Church Lane

0.0

Proceed onto Church Lane

0.0

Proceed onto Church Lane

0.3

Proceed onto Lidgett Lane

0.4

Proceed onto A63

0.9

Continue on Selby Road

1.2

Proceed onto Ninelands Lane

1.6

Proceed onto Hazelwood Avenue

1.8

Proceed onto Acaster Drive

2.0

Proceed onto Severn Drive

2.2

Proceed onto Severn Drive

2.4

Left onto Ribblesdale Avenue

2.4

Proceed onto Fairburn Drive

2.5

Continue on Green Lane

2.8

Left onto Ninelands Lane

3.0

Arrive at Finish

3.1





# KIPPAX HARRIERS

