



Latest Update

COVID-19

The government has now announced that we can leave the house for unlimited exercise however as always, your safety is a priority, so get out there and enjoy that run but let's try and do it in a "Socially Distanced" manner!

The Beginners Course

As a club the beginners' course is important to us as it brings new runners to the sport as well as helping to welcome back returning members and as such we still want to run this year's course. However, the course is still 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 planned celebration in July is now looking unlikely however as you know Kippax Harriers is not a club to let Global Pandemics stop a party! We will therefore be keeping a close eye on government advice and planning for alternative dates as soon as restrictions allow.

There will be a Post COVID 19 Kippax Harriers Celebration.

The Light in the Dark

Virtual Parkrun – There have been 6 events so far, which a total of 44 members have taken part in, with around 15 PBs each week. The 'official' course men's record is currently held by Andrew Weeks (19:09), although the fastest male over their own 5k course is Dave Lighten (18:49), and the women's record is held by Emily Follows (21:42).

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.

Run the World – Please continue to submit your runs 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. Just as a taster of what has been achieved;

Day 2 – London (170 Miles)

Day 9 – Munich (805 Miles)

Day 5 – Paris (383 Miles)

Day 19 – Ankara (2092 Miles)

Day 7 – Strasbourg (627 Miles)

Day 39 – Lahore (4376 Miles)



KIPPAX HARRIERS



Photo Scavenger Hunt – As many of you will have already seen this month we are asking you to find certain things on your runs and provide us with photographic evidence.

This week it is a Pinkbell or Whitebell

And here is a little help with what to look for.

New Items will be announced on Facebook on a weekly basis

Last week was Wild Garlic, which was successfully found by 23 members.



Spring Handicap – This will go ahead as it is something we can all do ourselves with the results calculated against the usual handicaps to determine a winner. In order to ensure a safe run we have removed the narrow section from Barrowby lane to the Farm. An updated route can be found at the back of the newsletter or on this link

[Spring Handicap](#)

You have until the end of the Month to complete the Handicap and you can do it as many times as you want, please submit your results with evidence to the Committee email address or on the Facebook post. – **Please remember to turn Auto-Pause off**





Video Messages – We are asking people to send us a short video message up to 10 seconds answering the following question

“What race are you most looking forward to running once lockdown is lifted? And Why?”

If you could email these in to the committee rather than posting on Facebook as we would like to edit them together so people get to see it in a single video.

Kippaxharrierscommittee@gmail.com

Vintage Photos – Some of our members have been posting photos from days gone by and the feedback has been fantastic.

If any of you have photos from events that you would like to share please feel free to add them to the Facebook page as we are all enjoying seeing members we know and love in a whole new light!

Runner of the Months – Andy has been announcing these via Video messages on Facebook however for anyone not on Facebook;

2019

September	Phil Goss
October	Linda Durkin
November	Val Pell
December	Lee Kitching

2020

January	James Copley
February	Barry Morley
March	Annette McTaggart

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



As is now traditional here is a photo of the latest committee meeting, as you can see the meeting was held in the tropical venue of Costa-Del-Zoom



The Races

Kirklees 10k	10 K	Saturday May 16 th – Postponed Date TBC	http://www.kirklees10k.com/
Top of the Wolds	10 K	Sunday June 7 th - Cancelled	Top of the Wolds 10K
Eccup 10	10 Mile	Sunday June 28 th - Cancelled	Eccup 10
St Aidan's 10k	10 K	Friday July 3 rd -	St Aidens 10k
York Chocolate 10k	10 K	Sunday August 9 th – Sold Out	Chocolate-10km
Falls and Castles	7 Mile	Sunday September 27th	Falls and Castles
Vale of York 10	10 Mile	Sunday October 4th	Vale of York 10
Parkrun TBA	5 K	Saturday October 24th	
Parkrun TBA	5 K	Saturday November 7th	
Tadcaster 10	10 Mile	Sunday November 22nd	Tadcaster 10

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.

Liversedge Half – This was missing from previous newsletters for which I apologise, I don't even have the excuse of not running it, the route is now firmly burned into my memory.

Liversedge Half - 16/02/2020	
Andy Hill	01:30:11
Andrew Weeks	01:34:41
Alan Davy	01:36:03
Andrew Barnett	01:36:06
Ian Downham	01:40:28
Colm O'Hara	01:45:25
Emily Follows	01:45:59
Graham Hoy	01:47:31
Paul Durkin	01:52:16
Linda Durkin	02:06:35
Emma Richardson	02:08:17
Kelly Palmer	02:14:33
Cheryl Stanton	02:19:11
Zoe Smith	02:22:46
Kate Penrose	02:24:19

Kippax Harriers Virtual Parkrun

Date (Week Ending)	VPR Number	POSITION	RUNNER	GENDER	AGE GROUP	TIME
05/04/2020	1	1	Andrew Weeks	Male	VM40-44	00:19:54
05/04/2020	1	2	Jonathan Emery	Male	VM40-44	00:20:54
05/04/2020	1	3	Emily Follows	Female	VW40-44	00:21:42
05/04/2020	1	4	Andy Hill	Male	VM45-49	00:21:50
05/04/2020	1	5	Paul Durkin	Male	VM55-59	00:23:01
05/04/2020	1	6	Graham Hoy	Male	VM40-44	00:23:43
05/04/2020	1	7	Alan Davy	Male	VM40-44	00:24:08
05/04/2020	1	8	Veronica Hawking	Female	VW35-39	00:25:11
05/04/2020	1	9	Lee Jamieson	Male	VM40-44	00:25:15



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05/04/2020	1	10	Linda Durkin	Female	VW55-59	00:25:39
05/04/2020	1	11	Alison Hunter	Female	VW55-59	00:26:31
05/04/2020	1	12	Wendy Chapman	Female	VW60-64	00:27:22
05/04/2020	1	13	Zoe Smith	Female	VW40-44	00:27:23
05/04/2020	1	14	Emma Richardson	Female	VW40-44	00:27:41
05/04/2020	1	15	Clare Copley	Female	VW40-44	00:28:03
05/04/2020	1	16	Annette McTaggart	Female	VW50-54	00:28:27
05/04/2020	1	17	Richard Hunter	Male	VM50-54	00:29:35
05/04/2020	1	18	Valerie Pell	Female	VW60-64	00:31:30
05/04/2020	1	19	Ann Martin	Female	VW60-64	00:33:00
05/04/2020	1	20	Zoe Hoy	Female	VW45-49	00:36:32
05/04/2020	1	21	Marina Dobbs	Female	VW55-59	00:39:46

Date (Week Ending)	VPR Number	POSITION	RUNNER	GENDER	AGE GROUP	TIME
12/04/2020	2	1	Dave Lighten	Male	VM40-44	00:19:34
12/04/2020	2	2	Andy Hill	Male	VM45-49	00:19:38
12/04/2020	2	3	Andrew Weeks	Male	VM40-44	00:19:56
12/04/2020	2	4	Andrew Barnett	Male	VM40-44	00:21:48
12/04/2020	2	5	Emily Follows	Female	VW40-44	00:22:09
12/04/2020	2	6	Graham Hoy	Male	VW40-44	00:22:32
12/04/2020	2	7	Paul Durkin	Male	VM55-59	00:23:08
12/04/2020	2	8	Lee Jamieson	Male	VM40-44	00:24:50
12/04/2020	2	9	Veronica Hawking	Female	VW35-39	00:24:58
12/04/2020	2	10	Linda Durkin	Female	VW55-59	00:25:32
12/04/2020	2	11	Clare Copley	Female	VW40-44	00:25:42
12/04/2020	2	12	Lindsay Georgopoulos	Female	VW40-44	00:26:10
12/04/2020	2	13	Alison Hunter	Female	VW55-59	00:26:11
12/04/2020	2	14	Wendy Chapman	Female	VW60-64	00:26:13
12/04/2020	2	15	Andrea Harland	Female	VW40-44	00:26:40



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12/04/2020	2	16	Cheryl Stanton	Female	VW40-44	00:27:09
12/04/2020	2	17	Zoe Smith	Female	VW40-44	00:27:18
12/04/2020	2	18	Emma Richardson	Female	VW40-44	00:27:27
12/04/2020	2	19	Annette McTaggart	Female	VW50-54	00:27:45
12/04/2020	2	20	Richard Hunter	Male	VM50-54	00:29:21
12/04/2020	2	21	Stevie Roberts	Female	VW40-44	00:29:42
12/04/2020	2	22	Carolyn Davy	Female	VW40-44	00:30:03
12/04/2020	2	23	Valerie Pell	Female	VW60-64	00:31:23
12/04/2020	2	24	Ann Martin	Female	VW60-64	00:31:29
12/04/2020	2	25	Dorothy McDonald	Female	VW60-64	00:34:52
12/04/2020	2	26	Zoe Hoy	Female	VW45-49	00:36:04
12/04/2020	2	27	Kelly Palmer	Female	VW65-69	00:37:21
12/04/2020	2	28	Les Kitching	Male	VM65-69	00:38:31

Date (Week Ending)	VPR Number	POSITION	RUNNER	GENDER	AGE GROUP	TIME
19/04/2020	3	1	Dave Lighten	Male	VM40-44	00:19:12
19/04/2020	3	2	Andy Hill	Male	VM45-49	00:19:25
19/04/2020	3	3	Andrew Weeks	Male	VM40-44	00:19:25
19/04/2020	3	4	Jonathan Emery	Male	VM40-44	00:20:18
19/04/2020	3	5	Alan Davy	Male	VM40-44	00:21:06
19/04/2020	3	6	Emily Follows	Female	VW40-44	00:21:47
19/04/2020	3	7	Graham Hoy	Male	VM40-44	00:22:00
19/04/2020	3	8	Paul Durkin	Male	VM55-59	00:23:45
19/04/2020	3	9	Lee Jamieson	Male	VM40-44	00:23:59
19/04/2020	3	10	Polly Hardy	Female	VW40-44	00:24:07
19/04/2020	3	11	Veronica Hawking	Female	VW35-39	00:25:14
19/04/2020	3	12	Andrea Harland	Female	VW40-44	00:25:34
19/04/2020	3	13	Wendy Chapman	Female	VW60-64	00:25:41



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19/04/2020	3	14	Linda Durkin	Female	VW55-59	00:25:55
19/04/2020	3	15	Alison Hunter	Female	VW55-59	00:26:09
19/04/2020	3	16	Lee Kitching	Male	VM45-49	00:26:48
19/04/2020	3	17	Nic Ward	Female	VW45-49	00:27:11
19/04/2020	3	18	Annette McTaggart	Female	VW50-54	00:27:11
19/04/2020	3	19	Emma Richardson	Female	VW40-44	00:27:12
19/04/2020	3	20	Zoe Smith	Female	VW40-44	00:27:29
19/04/2020	3	21	Jamie Wainwright	Male	VM45-49	00:27:48
19/04/2020	3	22	Hannah Edwards	Female	VW35-39	00:28:46
19/04/2020	3	23	Richard Hunter	Male	VM50-54	00:28:59
19/04/2020	3	24	Stevie Roberts	Female	VW40-44	00:29:37
19/04/2020	3	25	Paul Hammond	Male	VM55-59	00:29:49
19/04/2020	3	26	Valerie Pell	Female	VW60-64	00:30:19
19/04/2020	3	27	Ann Martin	Female	VW60-64	00:30:56
19/04/2020	3	28	Dorothy McDonald	Female	VW60-64	00:35:18
19/04/2020	3	29	Les Kitching	Male	VM65-69	00:36:26
19/04/2020	3	30	Kelly Palmer	Female	VW65-69	00:48:30

Date (Week Ending)	VPR Number	POSITION	RUNNER	GENDER	AGE GROUP	TIME
26/04/2020	4	1	Dave Lighten	Male	VM40-44	00:18:57
26/04/2020	4	2	Andrew Weeks	Male	VM40-44	00:19:09
26/04/2020	4	3	Andy Hill	Male	VM45-49	00:21:11
26/04/2020	4	4	Graham Hoy	Male	VM40-44	00:22:33
26/04/2020	4	5	Andrew Barnett	Male	VM40-44	00:22:46
26/04/2020	4	6	Paul Durkin	Male	VM55-59	00:23:11
26/04/2020	4	7	Veronica Hawking	Female	VW35-39	00:24:57
26/04/2020	4	8	Lindsay Georgopoulos	Female	VW40-44	00:25:38
26/04/2020	4	9	Wendy Chapman	Female	VW60-64	00:25:42
26/04/2020	4	10	Linda Durkin	Female	VW55-59	00:25:43



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26/04/2020	4	11	Andrea Harland	Female	VW40-44	00:25:46
26/04/2020	4	12	Alison Hunter	Female	VW55-59	00:26:00
26/04/2020	4	13	Jamie Wainwright	Male	VM45-49	00:26:57
26/04/2020	4	14	Annette McTaggart	Female	VW50-54	00:27:00
26/04/2020	4	15	Emma Richardson	Female	VW40-44	00:28:03
26/04/2020	4	16	Richard Hunter	Male	VM50-54	00:28:04
26/04/2020	4	17	Judith Jones	Female	VW50-54	00:28:56
26/04/2020	4	18	Stevie Roberts	Female	VW40-44	00:29:15
26/04/2020	4	19	Valerie Pell	Female	VW60-64	00:29:32
26/04/2020	4	20	Paul Hammond	Male	VM55-59	00:29:55
26/04/2020	4	21	Ann Martin	Female	VW60-64	00:30:55
26/04/2020	4	22	Sam Lambert	Female	VW70-74	00:31:50
26/04/2020	4	23	Judy Lankester	Female	VW40-44	00:33:16
26/04/2020	4	24	Dorothy McDonald	Female	VW60-64	00:33:56
26/04/2020	4	25	Lynne Tyson	Female	VW55-59	00:34:00
26/04/2020	4	26	Les Kitching	Male	VM65-69	00:35:20
26/04/2020	4	27	Marina Dobbs	Female	VW55-59	00:35:21
26/04/2020	4	28	Zoe Hoy	Female	VW45-49	00:36:44
26/04/2020	4	29	Sue Lakin	Female	VW60-64	00:44:25

Date (Week Ending)	VPR Number	POSITION	RUNNER	GENDER	AGE GROUP	TIME
03/05/2020	5	1	Dave Lighten	Male	VM40-44	00:18:49
03/05/2020	5	2	Andrew Weeks	Male	VM40-44	00:19:05
03/05/2020	5	3	Andrew Barnett	Male	VM40-44	00:20:19
03/05/2020	5	4	Andy Hill	Male	VM45-49	00:20:45
03/05/2020	5	5	Jonathan Emery	Male	VM40-44	00:21:02
03/05/2020	5	6	Graham Hoy	Male	VM40-44	00:22:06
03/05/2020	5	7	Emily Follows	Female	VW40-44	00:22:13



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03/05/2020	5	8	Paul Durkin	Male	VM55-59	00:22:58
03/05/2020	5	9	Veronica Hawking	Female	VW35-39	00:24:53
03/05/2020	5	10	Linda Durkin	Female	VW55-59	00:25:52
03/05/2020	5	11	Clare Copley	Female	VW40-44	00:25:53
03/05/2020	5	12	Alison Hunter	Female	VW55-59	00:26:06
03/05/2020	5	13	Emma Richardson	Female	VW40-44	00:26:25
03/05/2020	5	14	Wendy Chapman	Female	VW60-64	00:26:49
03/05/2020	5	15	Annette McTaggart	Female	VW50-54	00:26:55
03/05/2020	5	16	Sue McCluskey	Female	VW50-54	00:28:09
03/05/2020	5	17	Judith Jones	Female	VW50-54	00:28:49
03/05/2020	5	18	Richard Hunter	Male	VM50-54	00:28:57
03/05/2020	5	19	Zoe Smith	Female	VW40-44	00:29:08
03/05/2020	5	20	Paul Hammond	Male	VM55-59	00:29:26
03/05/2020	5	21	Stevie Roberts	Female	VW40-44	00:29:38
03/05/2020	5	22	Rachael Mason	Female	VW30-34	00:29:51
03/05/2020	5	23	Valerie Pell	Female	VW60-64	00:30:08
03/05/2020	5	24	Lynne Tyson	Female	VW55-59	00:30:24
03/05/2020	5	25	Ann Martin	Female	VW60-64	00:31:13
03/05/2020	5	26	Sam Lambert	Female	VW70-74	00:31:45
03/05/2020	5	27	Judy Lankester	Female	VW40-44	00:32:48
03/05/2020	5	28	Dorothy McDonald	Female	VW60-64	00:35:19
03/05/2020	5	29	Les Kitching	Male	VM65-69	00:35:37
03/05/2020	5	30	Zoe Hoy	Female	VW45-49	00:35:43
03/05/2020	5	31	Marina Dobbs	Female	VW55-59	00:36:33
03/05/2020	5	32	Sue Lakin	Female	VW60-64	00:45:46

Date (Week Ending)	VPR Number	POSITION	RUNNER	GENDER	AGE GROUP	TIME
10/05/2020	6	1	Andy Hill	Male	VM45-49	00:19:19
10/05/2020	6	2	Dave Lighten	Male	VM40-44	00:19:39
10/05/2020	6	3	Andrew Weeks	Male	VM40-44	00:20:37



10/05/2020	6	4	Graham Hoy	Male	VM40-44	00:22:20
10/05/2020	6	5	Emily Follows	Female	VW40-44	00:22:23
10/05/2020	6	6	Andrew Barnett	Male	VM40-44	00:23:50
10/05/2020	6	7	Lindsay Georgopoulos	Female	VW40-44	00:25:21
10/05/2020	6	8	Alison Hunter	Female	VW55-59	00:26:30
10/05/2020	6	9	Emma Richardson	Female	VW40-44	00:27:02
10/05/2020	6	10	Annette McTaggart	Female	VW50-54	00:27:25
10/05/2020	6	11	Paul Hammond	Male	VM55-59	00:27:46
10/05/2020	6	12	Wendy Chapman	Female	VW60-64	00:28:33
10/05/2020	6	13	Ruth Moore	Female	VW45-49	00:28:38
10/05/2020	6	14	Paul Durkin	Male	VM55-59	00:28:55
10/05/2020	6	15	Lynne Tyson	Female	VW55-59	00:29:03
10/05/2020	6	16	Rachael Mason	Female	VW30-34	00:29:06
10/05/2020	6	17	Linda Durkin	Female	VW55-59	00:29:41
10/05/2020	6	18	Stevie Roberts	Female	VW40-44	00:30:10
10/05/2020	6	19	Ann Martin	Female	VW60-64	00:31:00
10/05/2020	6	20	Valerie Pell	Female	VW60-64	00:31:54
10/05/2020	6	21	Sam Lambert	Female	VW70-74	00:32:44
10/05/2020	6	22	Judy Lankester	Female	VW40-44	00:32:49
10/05/2020	6	23	Marina Dobbs	Female	VW55-59	00:34:12
10/05/2020	6	24	Dorothy McDonald	Female	VW60-64	00:34:23
10/05/2020	6	25	Les Kitching	Male	VM65-69	00:34:51

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



STRAVA

Kippax Harriers COVID19 Virtual Parkrun

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

3.10 mi

Distance

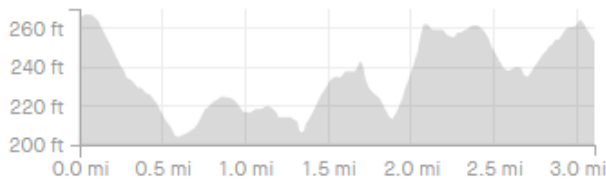
136 ft

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

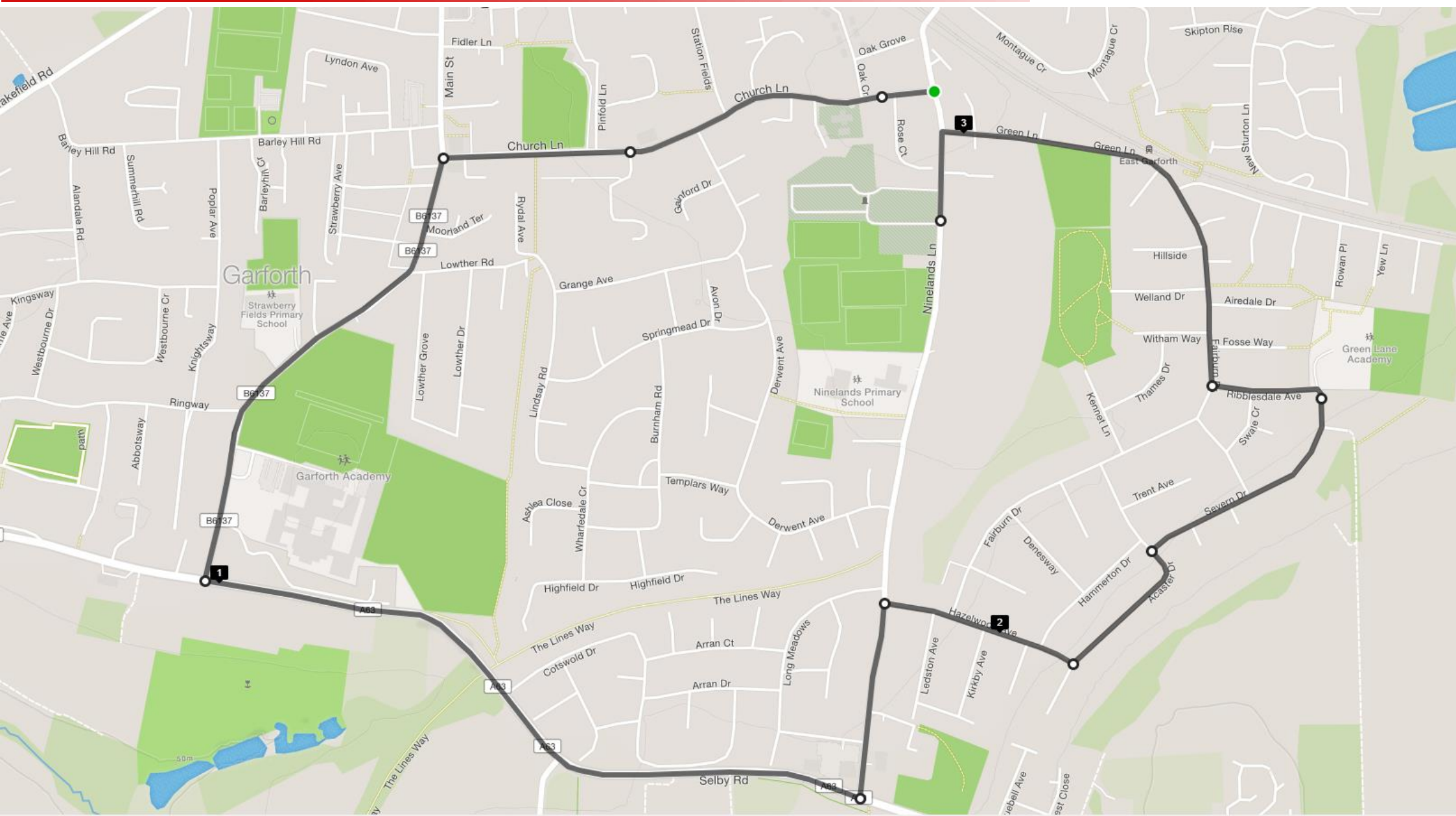
2.8

Left onto Ninelands Lane

3.0

Arrive at Finish

3.1





STRAVA

Kippax Harriers COVID-19 Spring Handicap

<https://www.strava.com/routes/26990346>

4.85 mi

Distance

245 ft

Elevation Gain

Road

Run Type

Est. Moving Time: 37:47



DIRECTION	DISTANCE (miles)
Proceed onto Barrowby Lane	0.0
Right onto Wakefield Road	0.5
Right onto Selby Road	1.3
Continue on Selby Road	2.3
Right onto Austhorpe Grove	2.5
Continue on Barrowby Lane	2.7
Right onto Park Approach	3.0
Left onto Thorpe Park Roundabout 1	3.2
Continue on Century Way	3.2
Left onto Definitive Footpath AUSTHORPE 6	3.3
Continue on Barrowby Lane	3.5
Arrive at Finish	4.8



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