



Latest Update

COVID-19

England Athletics have provided the latest advice with regards to running in groups of up to 6 people from different households: <https://www.englandathletics.org/athletics-and-running/news/guidance-update-step-2/>

The exciting news is that we hope to re-commence training sessions soon, whilst strictly adhering to EA guidance. However, your health & safety is paramount and therefore we propose to carry out risk assessments covering all aspects of the “new normal” club night, to establish if this is feasible prior to any return date being announced.

The Beginners Course

We still very much hope to be able to run our beginners’ course later in the year, but at the moment we just have to wait and see. As soon as we know more, we will be in touch with beginners and volunteers alike.

The Events

We are continuing to make plans for our celebration on July 25th, in the hope that the government guidance will allow us to go ahead with our party. We’ll let you know what’s happening nearer the time so watch this space!

The Virtual Challenges

Spring Handicap – This was really successful (even in the really hot weather we had at the end of May!) with 21 members submitting their result for our slightly amended 4.8 mile route (although a couple of members got lost and ran further!) We are delighted to announce that the overall winner was Carolyn Davy who finished 28 seconds ahead of her predicted handicap time, with Andrew Weeks recording the fastest male time and Emily Follows the fastest female time. Full results can be found in the ‘Results’ section of this newsletter. Well done to everyone who took part!

Notaparkrun virtual parkrun – There have been 10 events so far, which a total of 48 members have taken part in, with an average attendance of 26 each week. The ‘official’ course men’s record is still held by Andrew Weeks (19:09), with the fastest male over their own 5k course being Dave Lighten (18:49), and Emily Follows has this week broken the women’s record by 5 seconds (21:37)! Congratulations to the 9 members who have completed their 10th milestone run: Alison Hunter, Ann Martin, Annette McTaggart, Emma Richardson, Graham Hoy, Linda Durkin, Paul Durkin, Valerie Pell and Wendy Chapman. Unfortunately they don’t get a parkrun milestone t-shirt, but they do get a special certificate!

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.



KIPPAX HARRIERS



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 continue to track our progress around the world. We are currently in south-east Asia, having run just over 7,000 miles to reach the island of Koh Samui in Thailand, which is our 18th country! So far, our route has taken us through England, France, Germany, Austria, Hungary, Serbia, Bulgaria, Turkey, Georgia, Azerbaijan, Turkmenistan, Afghanistan, Pakistan, India, Nepal, Bangladesh, Myanmar and Thailand. It's only about another 600 miles until we cross the Equator, another amazing milestone! So far, 61 members have taken part, contributing an average of 115 miles each.

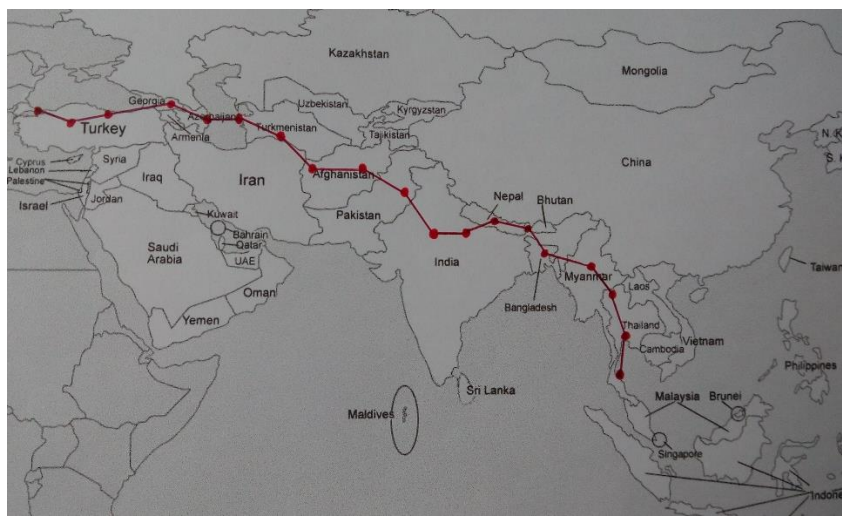
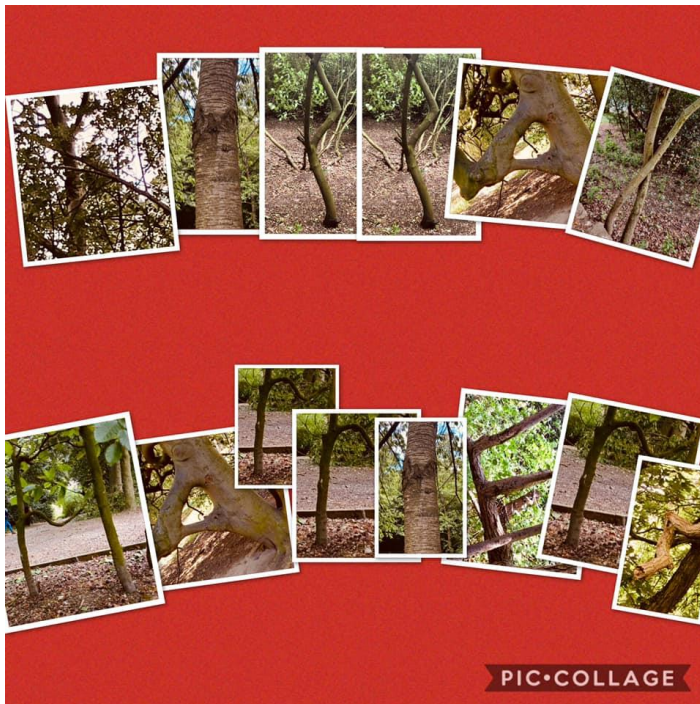


Photo Scavenger Hunt – Our most recent virtual challenge asks you to find certain things on your runs and then put your photographic evidence on Facebook. The theme for May was 'Nature' and around 20 members each week successfully found wild garlic, pinkbells and whitebells, fir cones, and trees that look like other things! The new theme for June is based around 'Kippax Harriers', with the first week challenging you to find as many red things as you can while you're on your run. New items will be announced on Facebook on a weekly basis.





KIPPAX HARRIERS



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!

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

The Races

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 - Cancelled	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



Here's our now traditional photo of the latest committee meeting, where the most important item on the agenda was when will our hairdressers reopen!



Runner of the Month

Andy has been announcing these via video messages on Facebook, and the April award went to Linda and Paul Durkin for their amazing achievement of running (and volunteering) at parkrun for 10 years!



The Results

Results Update for the last month.

Spring Handicap

Runner	Estimated Time	Result
Carolyn Davy	00:43:42	00:43:14
Judith Jones	00:45:30	00:45:22
Alan Davy	00:33:19	00:33:36
Alison Hunter	00:41:03	00:41:21
Zoe Hoy	00:56:23	00:56:57
Clare Copley	00:39:47	00:40:30
Annette McTaggart	00:42:30	00:43:19
Emma Richardson	00:41:19	00:42:13
Emily Follows	00:34:15	00:35:12
Andy Barnett	00:32:04	00:33:13
Paul Durkin	00:36:15	00:37:35
Mat Bloomfield	00:31:55	00:33:16
Jamie Wainwright	00:40:52	00:42:31
Andrew Weeks	00:30:08	00:32:06
Zoe Smith	00:43:06	00:45:23
Graham Hoy	00:34:44	00:37:01
Barry Morley	00:41:09	00:43:30
Paul Hammond	00:42:11	00:45:07
Andy Hill	00:30:30	00:34:07
Sam Lambert	00:48:59	00:52:50
Les Kitching	00:52:17	00:56:46



Kippax Harriers notaparkrun virtual parkrun
Week ending 17/05/2020 #7

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	19:00		6
2	Mat Bloomfield	Male	VM35-39	21:06	First Timer!	1
3	Andy Hill	Male	VM45-49	21:21		7
4	Emily Follows	Female	VW40-44	22:04		6
5	Graham Hoy	Male	VM40-44	22:42		7
6	Clare Copley	Female	VW40-44	25:12	PB!	4
7	Paul Durkin	Male	VM55-59	25:17		7
8	Linda Durkin	Female	VW55-59	25:38		7
9	Veronica Hawking	Female	VW35-39	25:49		6
10	Jamie Wainwright	Male	VM45-49	25:53	PB!	3
11	Alison Hunter	Female	VW55-59	26:04		7
12	Barry Morley	Male	VM50-54	26:04	First Timer!	1
13	Emma Richardson	Female	VW40-44	26:10	PB!	7
14	Paul Hammond	Male	VM55-59	27:02	PB!	5
15	Annette McTaggart	Female	VW50-54	27:35		7
16	Wendy Chapman	Female	VW60-64	27:42		7
17	John Messenger	Male	VM70-74	28:23	First Timer!	1
18	Valerie Pell	Female	VW60-64	28:52	PB!	7
19	Judith Jones	Female	VW50-54	28:53		3
20	Stevie Roberts	Female	VW40-44	29:38		6
21	Ruth Moore	Female	VW45-49	29:52		2
22	Ann Martin	Female	VW60-64	31:23		7
23	Judy <u>Lankester</u>	Female	VW40-44	31:53	PB!	4
24	Sam Lambert	Female	VW70-74	32:35		4
25	Dorothy McDonald	Female	VW60-64	33:41	PB!	6
26	Marina Dobbs	Female	VW55-59	34:29		5



Kippax Harriers notaparkrun virtual parkrun

Week ending 24/05/2020

#8

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Andy Hill	Male	VM45-49	21:28		8
2	Jonathan Emery	Male	VM40-44	22:03		4
3	Emily Follows	Female	VW40-44	22:35		7
4	Graham Hoy	Male	VM40-44	23:11		8
5	Paul Durkin	Male	VM55-59	23:13		8
6	Clare Copley	Female	VW40-44	25:34		5
7	Barry Morley	Male	VM50-54	26:02	PB!	2
8	Alison Hunter	Female	VW55-59	26:19		8
9	Emma Richardson	Female	VW40-44	26:24		8
10	Linda Durkin	Female	VW55-59	26:27		8
11	Paul Hammond	Male	VM55-59	26:43	PB!	6
12	Annette McTaggart	Female	VW50-54	27:29		8
13	Ruth Moore	Female	VW45-49	28:17	PB!	3
14	Wendy Chapman	Female	VW60-64	29:20		8
15	Ann Martin	Female	VW60-64	29:26	PB!	8
16	Valerie Pell	Female	VW60-64	30:35		8
17	Sam Lambert	Female	VW70-74	31:02	PB!	5
18	Marina Dobbs	Female	VW55-59	32:51	PB!	6
19	Dorothy McDonald	Female	VW60-64	35:21		7
20	Les Kitching	Male	VM65-69	35:36		6



Kippax Harriers notaparkrun virtual parkrun
Week ending 31/05/2020 #9

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	19:15		7
2	Andrew Weeks	Male	VM40-44	19:31		7
3	Mat Bloomfield	Male	VM35-39	20:13	PBI	2
4	Jonathan Emery	Male	VM40-44	20:20		5
5	Graham Hoy	Male	VM40-44	22:24		9
6	Emily Follows	Female	VW40-44	23:19		8
7	Paul Durkin	Male	VM55-59	23:20		9
8	Polly Hardy	Female	VW40-44	24:26		2
9	Linda Durkin	Female	VW55-59	25:19	PBI	9
10	Emma Richardson	Female	VW40-44	25:48	PBI	9
11	Barry Morley	Male	VM50-54	26:10		3
12	Alison Hunter	Female	VW55-59	26:19		9
13	Paul Hammond	Male	VM55-59	27:38		7
14	Annette McTaggart	Female	VW50-54	28:37		9
15	Wendy Chapman	Female	VW60-64	28:57		9
16	Lynne Tyson	Female	VW55-59	30:01		4
17	Ann Martin	Female	VW60-64	30:18		9
18	Stevie Roberts	Female	VW40-44	30:58		7
19	Clare Copley	Female	VW40-44	31:02		6
20	Sam Lambert	Female	VW70-74	31:11		6
21	Les Kitching	Male	VM65-69	33:07	PBI	7
22	Valerie Pell	Female	VW60-64	33:43		9
23	Marina Dobbs	Female	VW55-59	34:02		7
24	Dorothy McDonald	Female	VW60-64	34:15		8
25	Zoe Hoy	Female	VW45-49	35:43		5



Kippax Harriers notaparkrun virtual parkrun
Week ending 07/06/2020 #10

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	18:52		8
2	Andy Hill	Male	VM45-49	19:11	PBI	9
3	Mat Bloomfield	Male	VM35-39	20:08	PBI	3
4	Jonathan Emery	Male	VM40-44	21:20		6
5	Emily Follows	Female	VW40-44	21:37	PBI	9
6	Graham Hoy	Male	VM45-49	22:07		10
7	Paul Durkin	Male	VM55-59	23:23		10
8	Polly Hardy	Female	VW40-44	23:54	PBI	3
9	Lee Jamieson	Male	VM40-44	24:13		4
10	Veronica Hawking	Female	VW35-39	25:44		7
11	Alison Hunter	Female	VW55-59	25:47	PBI	10
12	Barry Morley	Male	VM50-54	26:14		4
13	Linda Durkin	Female	VW55-59	26:15		10
14	Emma Richardson	Female	VW40-44	26:38		10
15	Wendy Chapman	Female	VW60-64	27:03		10
16	Paul Hammond	Male	VM55-59	27:25		8
17	Lynne Tyson	Female	VW55-59	27:51	PBI	5
18	Clare Copley	Female	VW40-44	28:37		7
19	Stevie Roberts	Female	VW40-44	28:57	PBI	8
20	Richard Hunter	Male	VM50-54	30:26		6
21	Ann Martin	Female	VW60-64	31:12		10
22	Valerie Pell	Female	VW60-64	33:38		10
23	Les Kitching	Male	VM65-69	34:59		8
24	Dorothy McDonald	Female	VW60-64	35:50		9
25	Zoe Hoy	Female	VW45-49	36:38		6
26	Annette McTaggart	Female	VW50-54	40:52		10



STRAVA

Kippax Harriers COVID19 Virtual Parkrun

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

3.10 mi

Distance

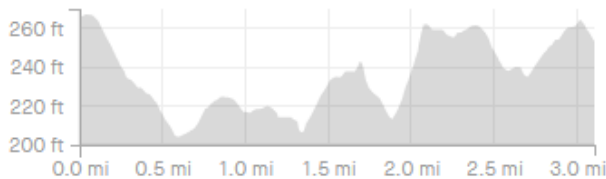
136 ft

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

