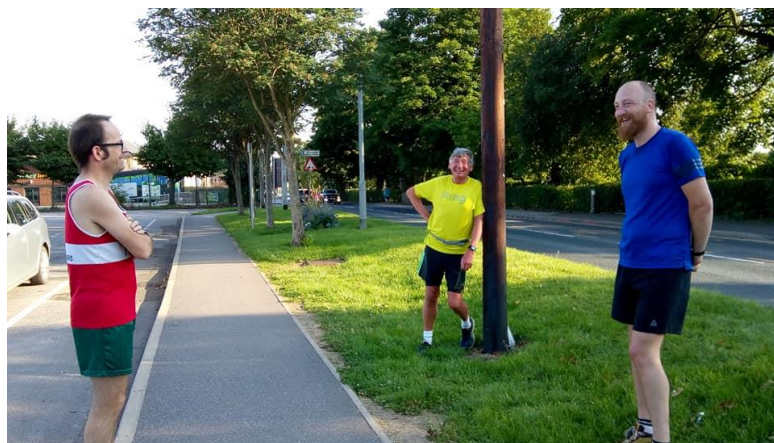
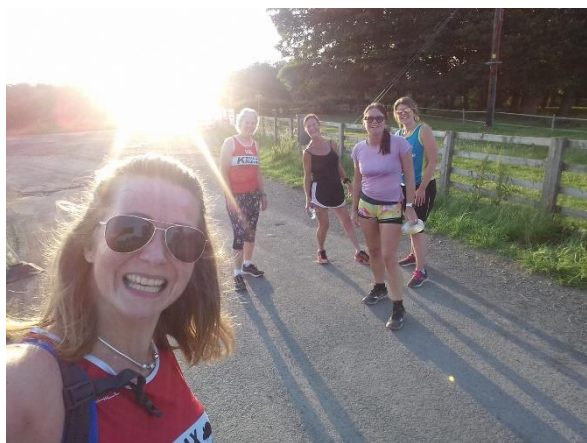




Latest Update July 2020

COVID-19

As lockdown restrictions have continued to be lifted, and following latest advice from England Athletics, we've been so excited to start trialling our new Tuesday night training sessions! The committee have been working hard behind the scenes to go on recce runs, plan the nights and write risk assessments to make sure we meet all the necessary guidelines. And so on June 23rd we made our momentous return! It's a different sort of normal, with everyone having to sign up in advance and then to run in socially distanced bubbles, but it's so good to be back! It was so hard not to go round hugging everyone though! We've had around 35 members taking part each week so far, and we even had an enjoyable hill session at Temple Newsam.



The Beginners Course

I'm sure it will come to no surprise to most, but unfortunately, due to the current Covid-19 situation, with a heavy heart, we have made the decision to cancel the 2020 beginners course. Even if we get the go ahead from the relevant governing bodies & restraints are fully lifted by September, the lack of daylight will hamper any attempts to hold the course in a safe manner.

Those who had signed up have received an email outlining their options, either a full refund, transfer of their place to the 2021 beginners course, or upgrading their application fee to become a full member.

Hosting the beginners course is one of the highlights of our calendar, we can only apologise and thank all members who had offered to help.



The Events

As you know, our summer social was due to take place on Saturday 25th July...until Covid-19 decided to come along and ensure that 2020 turned into something written by Stephen King! Having met with Quirky Ales last week, and spoken with the caterers, we are very sorry to announce that unfortunately the social will not now be going ahead as Quirky's aren't actually opening up to the public just yet and are still only providing a take-away bottle service.

As a committee, we have looked into other locations and mulled over the different options and alternatives, but we are unfortunately unable to accommodate everybody safely in a socially-distanced setting that still abides by government guidelines at present. I know that we were all looking forward to some kind of light at the end of a very long tunnel, but it would appear that this may now have to be Christmas tree fairy lights...

Thank you all for your understanding and continued support, and sincere apologies once again for (quite literally) not being able to organise a p*ss-up in a brewery!

However, we are happy to announce that our annual Christmas Party will (pray to Santa!) be taking place on **Saturday 12th December** at the **Holiday Inn in Garforth**.

The price is **£40pp** and this will include a three-course meal and disco in a private function room just for us. Non-members/partners/plus-ones more than welcome, but at the non-subsidised price of **£55pp**.

Given that the club clearly has some making up to do on the drinking front so as not to let our reputation slip, this price will also include a free bar all evening (selected wines, beers, spirits, soft drinks).

Should anyone require a Paddington Bear style "Please look after this runner" neck label to ensure a safe stagger home at the end of the evening, this can be arranged.

If you'd like to come along, please could you let us know on Facebook (or email if you're not on Facebook) and send a deposit of £10 by Sunday, 2nd August with your name and the reference "Christmas" so that we can secure the booking. The remaining balance will be due by Sunday, 1st November, please (Harrier's bank details: Account no: 01101536 - Sort code: 40-39-21).

In the event of a dreaded second wave and lockdown meaning that the evening cannot go ahead, all monies will be fully refunded and your Social Secretary will sink into the depths of despair once again!

* Disclaimer: Hangover guaranteed but the Committee will not be accepting any liability for this...Pickled Onion Monster Munch and full-fat Coca-Cola usually do the trick!

The Virtual Challenges

Notaparkrun virtual parkrun – We are now on Event #16. 48 members have taken part, with 9 having done every event so far! Another 10 members have now achieved their 10th milestone certificate, congratulations to Andrew Weeks, Andy Hill, Clare Copley, Dave Lighten, Dorothy McDonald, Emily Follows, Les Kitching, Paul Hammond, Sam Lambert and Stevie Roberts. Congratulations to Dave Lighten who now holds the 'official' course men's record (18:52).

If you haven't already heard about it, parkrun have now started their own official (not)parkrun so you can also log your time on there each week if you want to, you just need to login to your parkrun profile and enter your time, and you'll be added to that week's results for your home parkrun.

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



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Please submit your 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 – We've just passed some massive milestones on our epic journey: we've been running for 100 days, we've run a combined total of 10,000 miles and we've reached Australia, our 23rd country across 3 continents! 64 members have taken part in this challenge so far, running an average of 156 miles each, although 7 members have run over 400 miles each (Andy Hill, Danny Mann, David Bonning, Emily Follows, John Messenger, Linda Durkin and Paul Durkin have got a good excuse to buy some new running shoes!) 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.



Photo Scavenger Hunt – Huge thanks to Emily Follows for organising our virtual scavenger hunts during May and June, which really encouraged us to get out and take photos during our runs (many of us were glad of the excuse to pause our watch and have a breather!) Thanks to everyone who took part, we really enjoyed seeing all your photos.



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



KIPPAX HARRIERS



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 - Cancelled	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

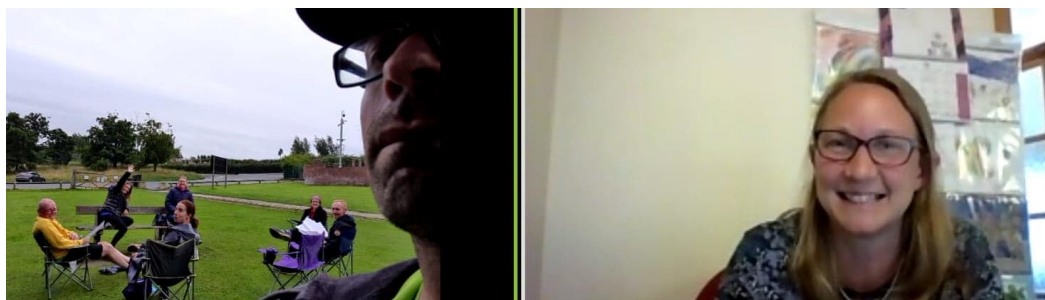
St Aidan's Virtually Real 10k

This year's **St Aidan's 10k** is a virtual race, taking place on the actual route (it will be signposted) at any time you like between 18th and 31st July. It costs £10 to enter, you get a medal (and there's some prizes), and there's currently 132 places left! This race will NOT be part of this year's Club Championship, but we'd encourage you to take part to represent our club. We'll be holding our Tuesday club night at St Aidan's on 21st July so you can either recce the course in a bubble then complete it yourself on another day, or you can do your actual run on the night!

You can enter here: <https://racebest.com/races/v6uqw>



Here's our now traditional photo of the latest committee meeting, the first time we've been able to meet in person (socially distanced of course) since the start of March!



Runner of the Month

Andy has been announcing these via video messages on Facebook while we were in Lockdown, and with the easing of restrictions, he's now been able to catch up with everyone to award them their well deserved bottle of wine (or beer!). Head over to our website to see the new Runner of the Month page: kippaxharriers.org.uk/runner-of-the-month-2020/

The May award went to two recipients:

Emma Richardson for achieving her 100km in May challenge, for running a solo lockdown half marathon, and for achieving several phenomenal notaparkun PBs.

Stevie Roberts for her fantastic commitment to the virtual challenges, and for running over 100 miles in May.

The June award went to **Grace Burns** for achieving her 80-8-80 challenge (walking 80 miles in 8 days for her 80th birthday) to raise money for Leeds Cares (to date she has raised over £2,700) What an outstanding achievement!



The Results

Results Update for the last month.

Kippax Harriers notaparkrun virtual parkrun

Kippax Harriers notaparkrun virtual parkrun
Week ending 14/06/2020 #11

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Andrew Weeks	Male	VM40-44	19:14		8
2	Andy Hill	Male	VM45-49	20:54		10
3	Graham Hoy	Male	VM40-44	21:59	PBI	11
4	Emily Follows	Female	VW40-44	22:41		10
5	Paul Durkin	Male	VM55-59	25:09		11
6	Linda Durkin	Female	VW55-59	25:47		11
7	Alison Hunter	Female	VW55-59	25:51		11
8	Barry Morley	Male	VM50-54	26:17		5
9	Paul Hammond	Male	VM55-59	26:46		9
10	Emma Richardson	Female	VW40-44	27:16		11
11	Wendy Chapman	Female	VW60-64	27:26		11
12	Phil Goss	Male	VM40-44	27:57	First Timer!	1
13	Lynne Tyson	Female	VW55-59	28:00		6
14	Clare Copley	Female	VW40-44	28:44		8
15	Stevie Roberts	Female	VW40-44	28:51	PBI	9
16	Ann Martin	Female	VW60-64	30:28		11
17	Sam Lambert	Female	VW70-74	30:31	PBI	7
18	Valerie Pell	Female	VW60-64	33:26		11
19	Dorothy McDonald	Female	VW60-64	33:33	PBI	10
20	Les Kitching	Male	VM65-69	34:00		9
21	Annette McTaggart	Female	VW50-54	36:44		11



Kippax Harriers notaparkrun virtual parkrun
Week ending 21/06/2020 #12

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	19:01		9
2	Andrew Weeks	Male	VM40-44	19:09		9
3	Paul Durkin	Male	VM55-59	23:11		12
4	Graham Hoy	Male	VM40-44	24:24		12
5	Alison Hunter	Female	VW55-59	24:45	PBI	12
6	Clare Copley	Female	VW40-44	25:05	PBI	9
7	Linda Durkin	Female	VW55-59	25:25		12
8	Emma Richardson	Female	VW40-44	26:24		12
9	Paul Hammond	Male	WM55-59	26:29	PBI	10
10	Lindsay Georgopoulos	Female	VW40-44	27:53		4
11	Jay Kitchen	Male	VM55-59	28:11	First Timer!	1
12	Wendy Chapman	Female	VW60-64	28:28		12
13	Richard Hunter	Male	VM50-54	28:32		7
14	Stevie Roberts	Female	VW40-44	28:47	PBI	10
15	Carole Kitchen	Female	VW55-59	29:44	First Timer!	1
16	Annette McTaggart	Female	VW50-54	30:29		12
17	Ann Martin	Female	VW60-64	30:50		12
18	Judy Lankester	Female	VW40-44	31:33	PBI	5
19	Sam Lambert	Female	VW70-74	31:27		8
20	Valerie Pell	Female	VW60-64	32:17		12
21	Karen Downham	Female	VW55-59	33:39	First Timer!	1
22	Dorothy McDonald	Female	VW60-64	34:26		11
23	Les Kitching	Male	VM65-69	35:52		10



Kippax Harriers notaparkrun virtual parkrun

Week ending 28/06/2020

#13

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Andrew Weeks	Male	VM40-44	21:00		10
2	Mat Bloomfield	Male	VM35-39	22:05		4
3	Paul Durkin	Male	VM55-59	23:14		13
4	Graham Hoy	Male	VM40-44	24:43		13
5	Alison Hunter	Female	VW55-59	25:59		13
6	Emma Richardson	Female	VW40-44	26:36		13
7	Wendy Chapman	Female	VW60-64	27:44		13
8	Linda Durkin	Female	VW55-59	28:17		13
9	Clare Copley	Female	VW40-44	28:46		10
10	Paul Hammond	Male	VM55-59	29:47		11
11	Annette McTaggart	Female	VW50-54	29:54		13
12	Marina Dobbs	Female	VW55-59	30:01	PB!	8
13	Stevie Roberts	Female	VW40-44	30:30		11
14	Sam Lambert	Female	VW70-74	30:43		9
15	Valerie Pell	Female	VW60-64	30:50		13
16	Judy <u>Lankester</u>	Female	VW40-44	31:11	PB!	6
17	Ann Martin	Female	VW60-64	31:32		13
18	Karen Downham	Female	VW55-59	32:02	PB!	2
19	Les Kitching	Male	VM65-69	33:40		11
20	Dorothy McDonald	Female	VW60-64	34:10		12



Kippax Harriers notaparkrun virtual parkrun

Week ending 05/07/2020

#14

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	18:59		10
2	Jonathan Emery	Male	VM40-44	20:50		7
3	Graham Hoy	Male	VM40-44	24:10		14
4	Paul Durkin	Male	VM55-59	24:24		14
5	Alison Hunter	Female	VW55-59	24:47		14
6	Linda Durkin	Female	VW55-59	25:02	PB!	14
7	Emma Richardson	Female	VW40-44	25:40	PB!	14
8	Wendy Chapman	Female	VW60-64	27:04		14
9	Jay Kitchen	Male	VM55-59	27:42	PB!	2
10	Carole Kitchen	Female	VW55-59	29:04	PB!	2
11	Richard Hunter	Male	VM50-54	29:06		8
12	Annette McTaggart	Female	VW50-54	29:46		14
13	Sam Lambert	Female	VW70-74	30:41		10
14	Valerie Pell	Female	VW60-64	30:48		14
15	Stevie Roberts	Female	VW40-44	31:06		12
16	Ann Martin	Female	VW60-64	31:33		14
17	Judy <u>Lankester</u>	Female	VW40-44	31:49		7
18	Les Kitching	Male	VM65-69	32:34	PB!	12
19	Lynne Tyson	Female	VW55-59	33:26		7
20	Dorothy McDonald	Female	VW60-64	35:12		13



Kippax Harriers notaparkrun virtual parkrun

Week ending 12/07/2020

#15

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Mat Bloomfield	Male	VM35-39	20:33		5
2	Jonathan Emery	Male	VM40-44	22:20		8
3	Graham Hoy	Male	VM40-44	23:13		15
4	Paul Durkin	Male	VM55-59	24:11		15
5	Alison Hunter	Female	VW55-59	25:18		15
6	Linda Durkin	Female	VW55-59	26:04		15
7	Emma Richardson	Female	VW40-44	26:23		15
8	Wendy Chapman	Female	VW60-64	27:26		15
9	Richard Hunter	Male	VM50-54	27:33	PB!	9
10	Paul Hammond	Male	VM55-59	28:11		12
11	Annette McTaggart	Female	VW50-54	28:46		15
12	Judith Jones	Female	VW50-54	29:11		4
13	Valerie Pell	Female	VW60-64	29:20		15
14	Sam Lambert	Female	VW70-74	30:30	PB!	11
15	Helen Frith	Female	VW50-54	31:15	First Timer!	1
16	Ann Martin	Female	VW60-64	31:29		15
17	Les Kitching	Male	VM64-69	33:13		13
18	Dorothy McDonald	Female	VW60-64	35:21		14
19	Zoe Hoy	Female	VW45-49	36:15		7



STRAVA

Kippax Harriers COVID19 Virtual Parkrun

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

3.10 mi

Distance

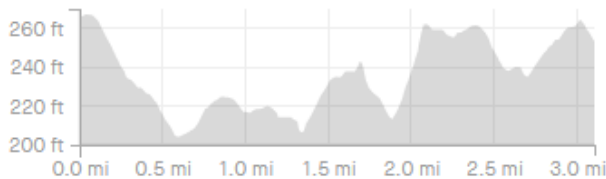
136 ft

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



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