



Latest Update August 2020

COVID-19

Our 'new normal' Tuesday night club sessions continue to be a great success, working within the guidelines from the government and England Athletics. Many thanks to everyone who's joined us for a run so far, and to the committee who have been working hard every week to create the bubble groups and plan the routes.

The Events

We are excited that 57 members have signed up for our annual Christmas Party which will be taking place on **Saturday 12th December** at the **Holiday Inn in Garforth**. This amazing event will include a three-course meal and disco in a private function room just for us, and will also include a free bar all evening (selected wines, beers, spirits, soft drinks)!

If you haven't signed up yet, there are a few places still available. The price is **£40pp**. Non-members/partners/plus-ones more than welcome, but at the non-subsidised price of **£55pp**. Please let us know on Facebook (or email if you're not on Facebook) as soon as possible if you'd like to come, and you'll need to pay your £10 deposit straightaway.

The remaining balance is due by Sunday, 1st November, please (Harrier's bank details: Account no: 01101536 - Sort code: 40-39-21).

The Virtual Challenges

Notaparkrun virtual parkrun – We are now on Event #20, I can't believe it's been going for that long! 49 members have now taken part, with 7 having done every event so far. Congratulations to Richard Hunter who has become the 20th member to achieve their 10th milestone certificate!

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.

However, parkrun have requested that people don't gather to run an 'official' parkrun course at 9am on Saturdays, as this could cause problems for them.

Strava link to our 'official' Garforth route - <https://www.strava.com/routes/24842398> (there's a full print out and a large map at the end of this newsletter). Remember, if you'd prefer not to run the Garforth route, you can run any 5k route you like, just please make sure it's the full 3.1 miles!

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 – After 4 months of amazing running, our epic virtual challenge has reached its conclusion. On Day 130 we crossed the Sydney Harbour Bridge, signalling the end of our run. We started on 1st April, with a hope that we might run far enough to travel all the way across Europe, but here we are on 8th August with 65 members having run 12,879 miles altogether, making 46 stops in 23 countries across 3 continents. What a fantastic achievement!



Every mile counted towards our astonishing total, but here's the top 3 mileage:

Men's		Ladies'	
1. Paul Durkin	563 miles	1. Linda Durkin	526 miles
2. Andy Hill	536 miles	2. Emily Follows	482 miles
3. John Messenger	515 miles	3. Sam Lambert	450 miles

And here's the members who reached each 'milestone' club:

50+ miles	100+ miles	200+ miles	300+ miles	400+ miles	500+ miles
Ann Martin Barry Morley Chris Bartle Elizabeth Holdsworth Helen Frith Jamie Wainwright Karen Downham Nic Ward Richard Hunter Ruth Moore Vicky Blake	Alison Hunter Andrea Harland Andrew Barnett Cheryl Stanton Clare Copley Emma Richardson Fiona Robins Jonathan Emery Judith Jones Lee Jamieson Lee Kitching Mark Albon Mat Bloomfield Veronica Hawking Zoe Hoy Zoe Smith	Andrew Weeks Carolyn Davy Dorothy McDonald Judy Lankester Les Kitching Lynne Tyson Paul Hammond	Annette McTaggart Dave Lighten Graham Hoy Ian Downham John Messenger Kelly Palmer Stevie Roberts Val Pell	Alan Davy Danny Mann David Bonning Emily Follows Sam Lambert Tony McKewan Wendy Chapman	Andy Hill John Mess Linda Durkin Paul Durkin

A huge thank you to everyone who took part in our Lockdown 2020 virtual Run The World Challenge!



The Races

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

Runner of the Month

The July award went to **John Messenger** for being a longstanding member of the club who has offered tremendous support to the club and all runners; he has contributed a huge mileage to Run The World, and has been achieving great success in his running, both in terms of speed and distance.

Head over to our website to see the new Runner of the Month page: kippaxharriers.org.uk/runner-of-the-month-2020/





The Results

Results Update for the last month.

St Aidan's Virtually Real 10k

This proved to be an incredibly popular event with 42 members taking part over the 2 week entry period and submitting their time to the leaderboard. We held our Tuesday night club session there on 21st July, with members setting off in small run bubbles to either 'race' the course or recce it as a social run, and completing their race on another day. Well done to everyone who ran, and huge congratulations to those members who achieved a PB, and to Emily Follows, Linda Durkin and Sam Lambert who each came 1st in their age category, to Alison Hunter who was 2nd in hers, and to Wendy Chapman and Andy Hill who were 3rd in theirs.

You can see the full results here: <https://racebest.com/results/v6uqw>

Dave Lighten	39:15
Andrew Weeks	40:30
Andy Hill	41:26
Alan Davy	42:08
Mat Bloomfield	42:49
Jonathan Emery	44:00
Graham Hoy	44:27
Emily Follows	44:35
Mark Albon	49:28
Lee Kitching	49:42
Paul Durkin	50:03
Lee Jamieson	50:16
Linda Durkin	50:49
Alison Hunter	51:26
Veronica Hawking	51:35
Sam Madden	52:01
Clare Copley	52:11
Phil Goss	52:12
Emma Richardson	53:52
James Copley	54:14
Wendy Chapman	55:32
Andrea Foulke	55:38
Annette McTaggart	56:28
Hannah Edwards	56:43
Joanne Shaw	56:59
Jamie Wainwright	57:03
Kelly Palmer	57:16
Tony McKewan	58:13
Valerie Pell	58:53
Nic Ward	1:00:44
Cheryl Stanton	1:01:43
Sam Lambert	1:02:50
Zoe Smith	1:03:01
Helen Frith	1:03:16



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Jason Britton	1:05:09
Judy Lankester	1:06:44
Lindsay Georgopoulos	1:09:08
Les Kitching	1:11:22
Dorothy McDonald	1:12:33
Zoe Hoy	1:15:30
Lee Mitchell	1:24:21
Elizabeth Holdsworth	1:29:16





Kippax Harriers notaparkrun virtual parkrun

Kippax Harriers notaparkrun virtual parkrun
Week ending 19/07/2020 #16

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	18:18	PBI	11
2	Jonathan Emery	Male	VM4-44	21:23		9
3	Emily Follows	Female	VW40-44	22:04		11
4	Paul Durkin	Male	VM55-59	23:49		16
5	Graham Hoy	Male	VM40-44	24:29		16
6	Alison Hunter	Female	VW55-59	25:30		16
7	Linda Durkin	Female	VW55-59	26:02		16
8	Emma Richardson	Female	VW40-44	26:45		16
9	Wendy Chapman	Female	VW60-64	27:28		16
10	Jay Kitchen	Male	VM55-59	27:41	PBI	3
11	Paul Hammond	Male	VM55-59	28:25		13
12	Annette McTaggart	Female	VW50-54	28:32		16
13	Lindsay Georgopoulos	Female	VW40-44	28:33		5
14	Carole Kitchen	Female	VW55-59	29:15		3
15	Valerie Pell	Female	VW60-64	29:15		16
16	Sam Lambert	Female	VW70-74	31:01		12
17	Dorothy McDonald	Female	VW60-64	34:37		15
18	Les Kitching	Male	VM65-69	35:00		14
19	Zoe Hoy	Female	VW45-49	36:19		8
20	Ann Martin	Female	VW60-64	45:26		16



Kippax Harriers notaparkrun virtual parkrun

Week ending 26/07/2020

#17

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	19:03		12
2	Graham Hoy	Male	VM40-44	22:03		17
3	Alison Hunter	Female	VW55-59	25:55		17
4	Emma Richardson	Female	VW40-44	26:09		17
5	Linda Durkin	Female	VW55-59	26:29		17
6	Wendy Chapman	Female	VW60-64	27:35		17
7	Jay Kitchen	Male	VM55-59	27:49		4
8	Paul Durkin	Male	VM55-59	28:40		17
9	Annette McTaggart	Female	VW50-54	28:52		17
10	Sam Lambert	Female	VW70-74	30:23	PBI	13
11	Lindsay Georgopoulos	Female	VW40-44	31:07		6
12	Valerie Pell	Female	VW60-64	31:15		17
13	Clare Copley	Female	VW40-44	32:53		11
14	Les Kitching	Male	VM65-69	33:40		15
15	Dorothy McDonald	Female	VW60-64	34:21		16



Kippax Harriers notaparkrun virtual parkrun

Week ending 02/08/2020

#18

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Andrew Weeks	Male	VM40-44	19:39		11
2	Mat Bloomfield	Male	VM35-39	20:11		6
3	Graham Hoy	Male	VM40-44	24:39		18
4	Alison Hunter	Female	VW55-59	25:51		18
5	Wendy Chapman	Female	VW60-64	27:38		18
6	Annette McTaggart	Female	VW50-54	27:49		18
7	Paul Hammond	Male	VM55-59	28:10		14
8	Linda Durkin	Female	VW55-59	28:14		18
9	Paul Durkin	Male	VM55-59	28:14		18
10	Sam Lambert	Female	VW70-74	30:29		14
11	Richard Hunter	Male	VM50-54	31:06		10
12	Valerie Pell	Female	VW60-64	31:36		18
13	Stevie Roberts	Female	VW40-44	33:04		13
14	Dorothy McDonald	Female	VW60-64	34:56		17



Kippax Harriers notaparkrun virtual parkrun

Week ending 09/08/2020

#19

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	18:28		13
2	Mat Bloomfield	Male	VM35-39	20:04	PB!	7
3	Paul Durkin	Male	VM55-59	25:07		19
4	Alison Hunter	Female	VW55-59	25:34		19
5	Linda Durkin	Female	VW55-59	27:26		19
6	Wendy Chapman	Female	VW60-64	28:17		19
7	Emma Richardson	Female	VW40-44	28:18		18
8	Richard Hunter	Male	VM50-54	28:58		11
9	Jason Britton	Male	VM45-49	28:59	First Timer!	1
10	Clare Copley	Female	VW40-44	29:12		12
11	Annette McTaggart	Female	VW50-54	29:15		19
12	Paul Hammond	Male	VM55-59	30:05		15
13	Sam Lambert	Female	VW70-74	30:52		15
14	Valerie Pell	Female	VW60-64	32:59		19
15	Les Kitching	Male	VM70-74	33:52		16
16	Dorothy McDonald	Female	VW60-64	35:54		18
17	Graham Hoy	Male	VM40-44	46:17		19

**STRAVA**

Kippax Harriers COVID19 Virtual Parkrun

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

3.10 mi

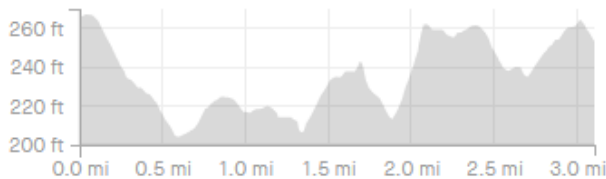
Distance

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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