



Latest Update September 2020

COVID-19

Thank you for supporting our 'new normal' Tuesday night club sessions, working within the guidelines from the government and England Athletics. We'll keep you informed if we have to change anything to keep in line with any new restrictions that might come into force. As the evenings are starting to draw in now, please make sure you're wearing high-vis, and head torches if necessary.

In August we had two very successful social runs: one at Roundhay Park; and the Ledston Lollipop had a great turnout with lots of members enjoying food and a drink at the White Horse afterwards.

Autumn Handicap – we're currently planning for October, more details to follow!

The Virtual Challenges

Notaparkrun virtual parkrun – We are now on Event #25. When we started it, we thought it would take place for just a few weeks, and now here we are 6 months later! Thank you so much to the 58 members who have supported the event so far, and a special mention for the 7 members who have done every event so far: Alison Hunter, Annette McTaggart, Graham Hoy, Linda Durkin, Paul Durkin, Valerie Pell and Wendy Chapman. Congratulations to Jonathan Emery, Veronica Hawking and Zoe Hoy who are the latest members to achieve their 10th milestone certificate!

parkrun uk have announced their intention to restart some events in England by the end of October which is exciting news. Fingers crossed! Until that happens, we'll continue with our notaparkrun virtual event.

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 – We've now given out the majority of the personalised medals to those members who took part, we hope you like them! If you haven't received yours yet, don't worry, we'll keep them safe for you until you can come down to club one Tuesday night to collect them (or maybe you could arrange for a friend to collect it on your behalf).





2020 Club Championship Update

Due to the cancellation or postponement of the majority of our championship calendar and the uncertainty of any race fixtures remaining, we are sure that it will come as no great surprise that we have taken the decision to officially cancel this year's championship including the handicap league.

We sincerely hope that the tail end of 2020 will bring signs of optimism within the running club world and our 2021 championship can be held in full.

In the meantime, should you stumble across any races which are being held (excluding virtual), please feel free to share with your fellow Harriers on the members' FB page.

Thank you for your continued support.

The Results

Results Update for the last month.

Normanby Hall 10k

Zoe Hoy (1:13:53)

Graham Hoy (45:31)





Kippax Harriers notaparkrun virtual parkrun

Kippax Harriers notaparkrun virtual parkrun
Week ending 16/08/2020 #20

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	18:24		14
2	Mat Bloomfield	Male	VM35-39	20:09		8
3	Andy Hill	Male	VM50-54	21:49		11
4	Graham Hoy	Male	VM40-44	23:43		20
5	Paul Durkin	Male	VM55-59	24:32		20
6	Alison Hunter	Female	VW55-59	26:08		20
7	Robert Chard	Male	VM35-39	26:21	First Timer!	1
8	Linda Durkin	Female	VW55-59	26:54		20
9	Wendy Chapman	Female	VW60-64	27:40		20
10	Annette McTaggart	Female	VW50-54	28:35		20
11	Valerie Pell	Female	VW60-64	28:42	PBI	20
12	Paul Hammond	Male	VM55-59	29:05		16
13	Richard Hunter	Male	VM50-54	29:15		12
14	Sam Lambert	Female	VW70-74	29:50	PBI	16
15	Carolyn Davy	Female	VW40-44	30:36		2
16	Dorothy McDonald	Female	VW60-64	36:38		19
17	Zoe Hoy	Female	VW45-49	40:02		9



Kippax Harriers notaparkrun virtual parkrun

Week ending 23/08/2020

#21

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Mat Bloomfield	Male	VM35-39	20:01	PB!	9
2	Graham Hoy	Male	VM40-44	22:52		21
3	Mark <u>Albon</u>	Male	SM25-29	24:07	First Timer!	1
4	Paul Durkin	Male	VM55-59	25:38		21
5	Robert Chard	Male	VM35-39	26:13	PB!	2
6	Alison Hunter	Female	VW55-59	26:20		21
7	Linda Durkin	Female	VW55-59	26:32		21
8	Paul Hammond	Male	VM55-59	27:23		17
9	Annette McTaggart	Female	VW50-54	27:43		21
10	Wendy Chapman	Female	VW60-64	27:48		21
11	Jason Marshall	Male	VM35-39	28:33	First Timer!	1
12	Hannah Edwards	Female	VW35-39	29:07		2
13	Sam Lambert	Female	VW70-74	31:30		17
14	Stevie Roberts	Female	VW40-44	31:40		14
15	Annie Beaumont	Female	SW25-29	32:52	First Timer!	1
16	Les Kitching	Male	VM70-74	35:11		17
17	Dorothy McDonald	Female	VW60-64	35:56		20
18	Zoe Hoy	Female	VW45-49	37:07		10
19	Valerie Pell	Female	VW60-64	1:01:32		21
20	Lynne Tyson	Female	VW55-59	1:05:01		8



Kippax Harriers notaparkrun virtual parkrun

Week ending 30/08/2020

#22

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Emily Follows	Female	VW40-44	23:26		12
2	Paul Durkin	Male	VM55-59	24:52		22
3	Clare Copley	Female	VW40-44	25:14		13
4	Veronica Hawking	Female	VW35-39	25:26		8
5	Alison Hunter	Female	VW55-59	25:36		22
6	Linda Durkin	Female	VW55-59	26:13		22
7	Paul Hammond	Male	VM55-59	26:28	PBI	18
8	Wendy Chapman	Female	VW60-64	27:08		22
9	Robert Chard	Male	VM35-39	27:45		3
10	Lindsay Georgopoulos	Female	VW40-44	27:49		7
11	Annette McTaggart	Female	VW50-54	28:17		22
12	Valerie Pell	Female	VW60-64	31:29		22
13	Sam Lambert	Female	VW70-74	31:34		18
14	Dorothy McDonald	Female	VW60-64	34:52		21
15	Graham Hoy	Male	VM40-44	34:57		22
16	Zoe Hoy	Female	VW45-49	34:59	PBI	11
17	Les Kitching	Male	VM70-74	35:28		18



Kippax Harriers notaparkrun virtual parkrun
Week ending 06/09/2020 #23

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1=	Graham Hoy	Male	VM40-44	21:53	PB!	23
1=	Jonathan Emery	Male	VM40-44	21:53		10
3	Paul Durkin	Male	VM55-59	24:35		23
4	Veronica Hawking	Female	VW35-39	25:07		9
5	Alison Hunter	Female	VW55-59	26:04		23
6	Hannah Edwards	Female	VW35-39	26:09	PB!	3
7=	Paul Hammond	Male	VM55-59	26:10	PB!	19
7=	Jason Marshall	Male	VM35-39	26:10	PB!	2
9	Linda Durkin	Female	VW55-59	26:52		23
10	Wendy Chapman	Female	VW60-64	26:53		23
11	Jay Kitchen	Male	VM55-59	27:47		5
12	Carole Kitchen	Female	VW55-59	28:07	PB!	4
13	Annette McTaggart	Female	VW50-54	28:20		23
14	Sam Lambert	Female	VW70-74	31:20		19
15	Valerie Pell	Female	VW60-64	32:24		23
16	Les Kitching	Male	VM70-74	33:15		19
17	Zoe Hoy	Female	VW45-49	35:49		12
18	Dorothy McDonald	Female	VW60-64	37:35		22



Kippax Harriers notaparkrun virtual parkrun

Week ending 13/09/2020

#24

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	19:18		15
2	Jonathan Emery	Male	VM40-44	20:54		11
3	Graham Hoy	Male	VM40-44	21:48	PB!	24
4	Paul Durkin	Male	VM55-59	24:06		24
5	Jason Marshall	Male	VM35-39	24:23	PB!	3
6	Veronica Hawking	Female	VW35-39	24:27	PB!	10
7	Alison Hunter	Female	VW55-59	25:55		24
8	Paul Hammond	Male	VM55-59	25:56	PB!	20
9	Linda Durkin	Female	VW55-59	26:30		24
10	Annette McTaggart	Female	VW50-54	26:46	PB!	24
11	Hannah Edwards	Female	VW35-39	27:07		4
12	Annie Beaumont	Female	SW25-29	31:36	PB!	2
13	Valerie Pell	Female	VW60-64	31:41		24
14	Wendy Chapman	Female	VW60-64	31:42		24
15	Sam Lambert	Female	VW70-74	33:15		20
16	Dorothy McDonald	Female	VW60-64	34:57		23
17	Les Kitching	Male	VM70-74	35:47		20
18	Zoe Hoy	Female	VW45-49	36:04		13

**STRAVA**

Kippax Harriers COVID19 Virtual Parkrun

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

3.10 mi

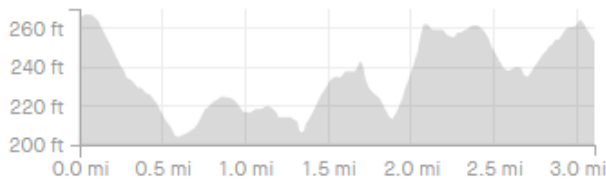
Distance

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

