



## Latest Update October 2020

### COVID-19

Since our last newsletter, Leeds has been placed into further restrictions, but fortunately we have still been able to run on Tuesday nights, continuing to work within the guidelines from the government and England Athletics. We'll keep you informed if anything needs to change, otherwise please keep signing up each week on Facebook, it's been lovely to see you in your Tuesday night bubbles, with your high-vis and head torches!

You may have noticed the sports centre is now open: if you'd like to use the toilet facilities you will need your phone with NHS tracking app to check in and you have to wear a mask. The centre are refusing access without these.

### The Virtual Challenges

**Notaparkrun virtual parkrun** – Unbelievably we are now on Event #28! Well done to Judy Lankester and Marina Dobbs who have both completed their milestone 10<sup>th</sup> run; and to Alison Hunter, Annette McTaggart, Dorothy McDonald, Graham Hoy, Linda Durkin, Paul Durkin, Valerie Pell and Wendy Chapman who have all completed their milestone 25<sup>th</sup> run. Congratulations to everyone who has taken part since we started our event in April, and if you haven't submitted a time yet, come on and join us!

parkrun uk have decided to postpone the restart of their events in England but rest assured we'll continue with our notaparkrun virtual event for as long as we need to!

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.

**Autumn Handicap** – Once again, the dreaded virus is throwing a spanner in the works, however it won't stop Kippax Harriers running the Autumn Handicap. We will be running a Virtually Real Handicap meaning people can run it any time they want between the 10<sup>th</sup> and 31<sup>st</sup> October, that's 3 weeks to get the best time you can.

It will be our usual Autumn Handicap route <https://www.mapmyrun.com/routes/view/2282127478> (see below) which is 7.88km (or 4.9 miles) and includes the legendary Mary Pannal hill!

For the new members, we will use all sorts of clever measures from Strava and race results to Magic Eightball's to arrive at an estimated time for each of you to complete the course. We will then take your actual times to work out the final winner.

To help those who are new to the course or just want a refresher we are organising a one-off Thursday night recce, meeting at Kippax Leisure Centre at 7.15pm on Thursday 15<sup>th</sup> October and bubbles will be agreed then. For those wanting to take part please respond to the post on Facebook to let us know.

All Results to be submitted to the post on Facebook please (or you can email us if you're not on Facebook).



# KIPPAX HARRIERS



RUN



SWILLINGTON, UNITED KINGDOM



7.88 KM



95 M

## KIPPAX WINTER HANDICAP



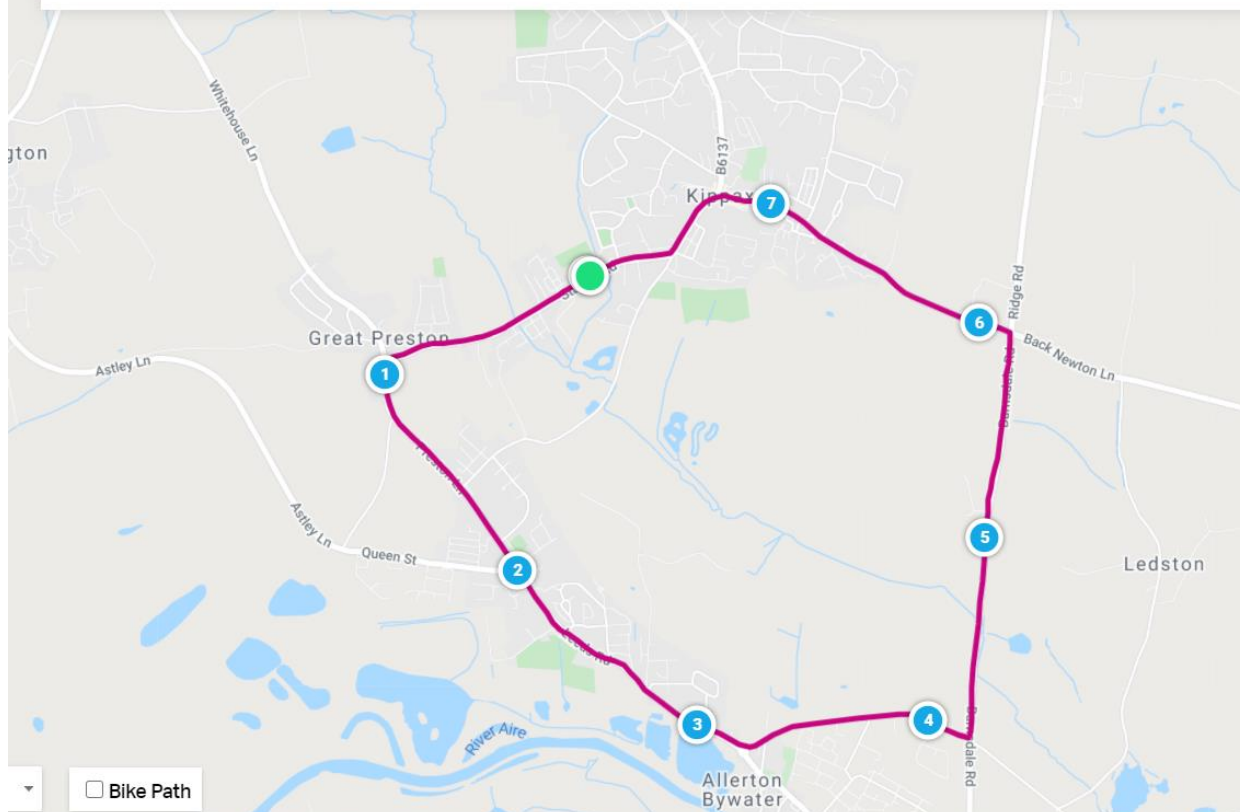
BOOKMARK

LOG WORKOUT

ADD TO WEBSITE

SHARE

MORE





## Runner of the Month

The August award went to **Dorothy McDonald** for her consistent running throughout lockdown and beyond, including her fantastic contributions to Run The World and notaparkrun.

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



**Welfare Officer** – if anyone is interested in this new position at club, please contact the committee to find out more.



## The Results

Results Update for the last month.

## Virtual London Marathon

Huge congratulations to **Jason Marshall** and **Caroline Foster** for completing their virtual marathons, an incredible achievement to run that distance without all the usual crowds and support. Well done both of you!

## Big Flat Runway Races

A series of races were held at Elvington Airfield on Sunday 4<sup>th</sup> October. Our runners reported that it was great to take part in a real race but the endless laps of the runway and the strong headwind made it a bit of a challenge!

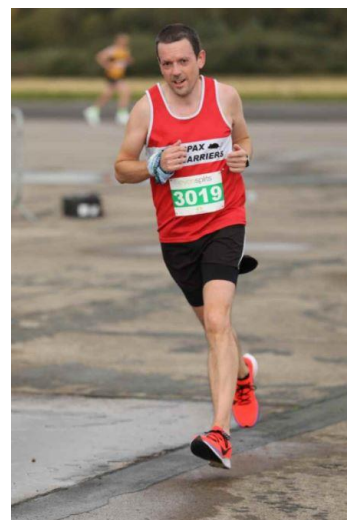
Alan Davy - marathon (3:37:25)

Andrew Weeks – half marathon (1:33:54) PB

Sam Lambert – 10 miles (1:53:32)

Dave Lighten – 10k (40:09)

Annie Beaumont – 10k (1:12:54)







# KIPPAX HARRIERS



## Kippax Harriers notaparkrun virtual parkrun

Kippax Harriers notaparkrun virtual parkrun  
Week ending 20/09/2020 #25

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Andy Hill	Male	VM50-54	23:01		12
2	Emily Follows	Female	VW40-44	23:22		13
3	Graham Hoy	Male	VM40-44	23:39		25
4	Alison Hunter	Female	VW55-59	25:36		25
5	Paul Hammond	Male	VM55-59	25:46	PB!	21
6	Veronica Hawking	Female	VW35-39	25:57		11
7	Robert Chard	Male	VM35-39	26:53		4
8	Paul Durkin	Male	VM55-59	27:31		25
9	Linda Durkin	Female	VW55-59	27:35		25
10	Wendy Chapman	Female	VW60-64	27:48		25
11	Valerie Pell	Female	VW60-64	31:09		25
12	Annette McTaggart	Female	VW50-54	31:20		25
13	Sam Lambert	Female	VW70-74	32:30		21
14	Ann Martin	Female	VW60-64	32:55		17
15	Zoe Hoy	Female	VW45-49	35:31		14
16	Dorothy McDonald	Female	VW60-64	37:12		24



## Kippax Harriers notaparkrun virtual parkrun

Week ending 27/09/2020

#26

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	18:59		16
2	Emily Follows	Female	VW40-44	22:26		14
3	Graham Hoy	Male	VM40-44	23:31		26
4	Sam Madden	Male	VM35-39	24:10	First Timer!	1
5	Paul Hammond	Male	VM55-59	24:46	PB!	22
6	Veronica Hawking	Female	VW35-39	24:53		12
7	Paul Durkin	Male	VM55-59	25:52		26
8	Alison Hunter	Female	VW55-59	26:27		26
9	Rob Chard	Male	VM35-39	26:46		5
10	Wendy Chapman	Female	VW60-64	27:23		26
11	Linda Durkin	Female	VW55-59	27:24		26
12	Annette McTaggart	Female	VW50-54	27:42		26
13	Hannah Edwards	Female	VW35-39	28:00		5
14	Emma Richardson	Female	VW40-44	29:53		19
15	Sam Lambert	Female	VW70-74	31:13		22
16	Ann Martin	Female	VW60-64	32:58		18
17	Val Pell	Female	VW60-64	33:08		26
18	Judy Lankester	Female	VW40-44	33:31		8
19	Zoe Hoy	Female	VW45-49	33:39	PB!	15
20	Dorothy McDonald	Female	VW60-64	35:34		25



## Kippax Harriers notaparkrun virtual parkrun

Week ending 04/10/2020

#27

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Graham Hoy	Male	VM40-44	23:57		27
2	Alison Hunter	Female	VW55-59	25:34		27
3	Paul Hammond	Male	VM55-59	25:35		23
4	Rob Chard	Male	VM35-39	26:08	PB!	6
5	Veronica Hawking	Female	VW35-39	26:25		13
6	Mark Albon	Male	SM25-29	26:31		2
7	Jason Marshall	Male	VM35-39	26:35		4
8	Paul Durkin	Male	VM55-59	26:47		27
9	Linda Durkin	Female	VW55-59	27:29		27
10	Wendy Chapman	Female	VW60-64	27:47		27
11	Jay Kitchen	Male	VM55-59	27:51		6
12	Helen Frith	Female	VW50-54	28:18	PB!	2
13	Carole Kitchen	Female	VW55-59	28:41		5
14	Hannah Edwards	Female	VW35-39	29:12		6
15	Annette McTaggart	Female	VW50-54	29:16		27
16	Jason Britton	Male	VM45-49	30:38		2
17	Sam Lambert	Female	VW70-74	31:09		23
18	Lynne Tyson	Female	VW55-59	33:00		9
19	Valerie Pell	Female	VW60-64	33:44		27
20	Ann Martin	Female	VW60-64	33:48		19
21	Judy Lankester	Female	VW40-44	33:51		9
22	Les Kitching	Male	VM70-74	35:00		21
23	Dorothy McDonald	Female	VW60-64	35:20		26
24	Zoe Hoy	Female	VW45-49	36:56		16
25	Marina Dobbs	Female	VW55-59	53:22		9



**STRAVA**

## Kippax Harriers COVID19 Virtual Parkrun

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

3.10 mi

Distance

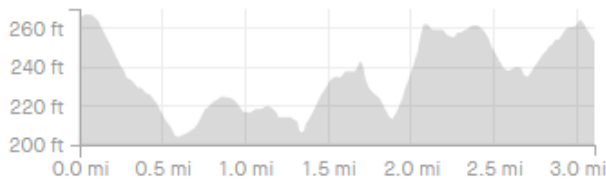
136 ft

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

