



Latest Update November 2020

COVID-19

Unfortunately, England Athletics has issued guidance that all outdoor club sessions must cease as of Thursday 5th November until at least 2nd December. Only exercise with “members of your own household” or one other person from “outside your household” can take place during this period. Hopefully this lockdown period will soon pass and we can return to our “run bubbles” and running the “pre-planned routes”! The team spirit within the club has been unbelievable, let’s continue this in to lockdown and collectively keep churning those miles out.

The Events

Christmas Party – we’re sorry to have to announce that the Holiday Inn have officially cancelled all festive bookings for 2020. It’s no great surprise, but disappointing all the same. The Committee have taken the decision to ask the hotel for the deposit back in full (as opposed to just moving it across to next year) just in case. If things are looking better in six months’ time, we’ll try and secure the same package of private room, three-course meal, disco, and free bar all evening (yay!), again subsidised by the club. If you’re happy for your £10 deposit to be held until next year, please pencil Saturday 11th December 2021 in your diaries now. Alternatively, if you would like to be refunded your deposit (either now or a later date) this won’t be a problem at all, just send an email to the Committee: info@kippaxharriers.org.uk. Apologies again and, as always, many thanks for your continued support and understanding...we’ll just have to make Christmas 2021 the best party yet!

St Aidan’s Half Social Run – to keep our spirits up and give you all something to aim for, we had proposed, as a club, to retrace the St Aidan’s Half route as a social on Sunday 29th November. This will now be re-scheduled as soon as club re-commences. For those keen to run the 13.1, lockdown should allow you to squeeze in an extra training week or two! More details to follow...

The Virtual Challenges

Notaparkrun virtual parkrun – Unbelievably we are now on Event #33! Well done to Rob Chard and Lynne Tyson who have both completed their milestone 10th run; and to Paul Hammond and Sam Lambert who have both completed their milestone 25th run. 685 runs have been recorded, meaning members have run a total of 3,425km (or 2,198 miles)!

Congratulations to Chloe Hirst who has set a new record for the fastest female on any 5k course with a time of 21:33 (Emily Follows still holds the ‘official’ Garforth course record with a time of 21:37).

There is still no date to restart parkrun events in England, so we will continue our event for the foreseeable.

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.



KIPPAX HARRIERS



Club Kit

We are proud to present, the “Kippax Harriers 2020 Winter collection”.....an exclusive range of leisure and training wear! The new additions include a T shirt and hoody combo dragging an old design favourite. On high quality material, the striking reflective silver KH logo on charcoal coloured fabric, helps you be seen on your run or identified when ordering post race beers at the local boozier! The new additions are supplied by the “very nearly” Italian fashion house More Mile, who supply quality kit to professional athletes!

Both the T (£7) and hoody (£17) are available to pre-order only, you can secure yours by either commenting on the Facebook post (payment upon collection) or placing your order via our new “refreshed” KH kit shop via the links below (payment to be made at point of order).

Sizes available....

T Shirt - S, M, L & XL

Hoodies - XS, S, M, L & XL

.....samples are available from Chairtain if required.

We will be placing our order with More Mile team on 23rd November, so don't delay in securing your bespoke apparel now.

<https://kippaxharriers.org.uk/product/t-shirt-charcoal/>

<https://kippaxharriers.org.uk/product/hoody-more-miles/>





Runner of the Month

The September award went to **Paul Hammond** for his amazing 5 PBs in a row at notaparkrun, taking a total of 5 minutes off his first notaparkrun time; well done Paul for really pushing yourself and making fantastic progress!

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 Half Marathon

Well done to the 13 members who took part during the 2 week entry period in late October, posting some excellent results.

You can see the full results here: <https://racebest.com/results/fyc23>

Dave Lighten	01:28:01	2nd overall and 1st in age category
Emily Follows	01:43:06	1st in age category
Andy Hill	01:43:14	2nd in age category
Fiona Robins	01:46:45	3rd in age category
Graham Hoy	01:48:51	
Veronica Hawking	01:50:00	1st in age category
Phil Goss	01:55:33	
Wendy Chapman	02:08:32	2nd in age category
Kelly Palmer	02:08:46	1st in age category
Annette McTaggart	02:14:30	
Dorothy McDonald	02:58:05	
Zoe Hoy	02:58:13	
Elizabeth Holdsworth	03:12:59	

Dave MacDonald Haltemprice 10K

Congratulations to Phil Goss who took part in this race, finishing in a time of 49:46 and achieving a new 10k PB.

Kippax Harriers Virtual Autumn Handicap

23 members took part in the virtual Autumn Handicap.

Winner – Sam Madden 38:29 beating handicap by 01:57

Second Place - A dead heat between Hannah and Phil beating their planned handicaps by 01:27

Third Place – Helen Frith beating her planned handicap by 01:18

Fastest Man Andrew Weeks 33:10

Fastest Lady Emily Follows 35:44



KIPPAX HARRIERS



Date	Runner	Time
30/10/2020	Andrew Weeks	00:33:10
31/10/2020	Andy Hill	00:33:51
25/10/2010	Alan Davy	00:33:59
26/10/2020	Graham Hoy	00:35:34
01/11/2020	Emily Follows	00:35:44
30/10/2020	Sam Madden	00:38:29
31/10/2020	Jason Marshall	00:38:34
28/10/2020	Phil Goss	00:39:08
30/10/2020	Andrea Harland	00:41:38
25/10/2020	Alison Hunter	00:42:02
18/10/2020	Hannah Edwards	00:42:38
15/10/2020	Paul Hammond	00:43:11
18/10/2020	Annette McTaggart	00:44:29
01/11/2020	Wendy Chapman	00:45:23
30/10/2020	Sue McCluskey	00:45:41
01/11/2020	Jay Kitchen	00:46:41
01/11/2020	Valerie Pell	00:47:46
31/10/2020	Helen Frith	00:47:53
01/11/2020	Kelly Palmer	00:47:58
01/11/2020	Carole Kitchen	00:48:49
28/10/2020	Dorothy McDonald	00:55:56
31/10/2020	Les Kitching	00:58:01
01/11/2020	Zoe Hoy	00:58:54



Kippax Harriers notaparkrun virtual parkrun

Kippax Harriers notaparkrun virtual parkrun
Week ending 11/10/2020 #28

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Graham Hoy	Male	VM40-44	22:58		28
2	Lee Jamieson	Male	VM40-44	24:24		5
3	Veronica Hawking	Female	VW35-39	24:47		14
4	Paul Hammond	Male	VM55-59	24:55		24
5	Paul Durkin	Male	VM55-59	25:25		28
6	Alison Hunter	Female	VW55-59	25:29		28
7	Robert Chard	Male	VM35-39	25:52	PB!	7
8	Linda Durkin	Female	VW55-59	26:21		28
9	Wendy Chapman	Female	VW60-64	27:50		28
10	Annette McTaggart	Female	VW50-54	28:10		28
11	Emma Richardson	Female	VW40-44	28:20		20
12	Andrea Harland	Female	VW40-44	28:34		4
13	Ann Martin	Female	VW60-64	31:46		20
14	Stevie Roberts	Female	VW40-44	32:06		15
15	Sam Lambert	Female	VW70-74	32:25		24
16	Judy Lankester	Female	VW40-44	32:48		10
17	Valerie Pell	Female	VW60-64	32:50		28
18	Dorothy McDonald	Female	VW60-64	35:21		27
19	Marina Dobbs	Female	VW55-59	36:38		10
20	Zoe Hoy	Female	VW45-49	38:16		17
21	Elizabeth Holdsworth	Female	VW40-44	38:21	First Timer!	1
22	Les Kitching	Male	VM70-74	39:14		22
23	Richard Hunter	Male	VM50-54	46:46		13



Kippax Harriers notaparkrun virtual parkrun
Week ending 18/10/2020

#29

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	18:15	PB!	17
2	Graham Hoy	Male	VM40-44	24:37		29
3	Paul Hammond	Male	VM55-59	24:56		25
4	Paul Durkin	Male	VM55-59	25:17		29
5	Emma Richardson	Female	VW40-44	25:51		21
6	Rob Chard	Male	VM35-39	26:07		8
7	Linda Durkin	Female	VW55-59	27:13		29
8	Hannah Edwards	Female	VW35-39	27:56		7
9	Annette McTaggart	Female	VW50-54	28:12		29
10	Valerie Pell	Female	VW60-64	30:00		29
11	Lindsay Georgopoulos	Female	VW40-44	30:07		8
12	Alison Hunter	Female	VW55-59	30:59		29
13	Sam Lambert	Female	VW70-74	31:34		25
14	Wendy Chapman	Female	VW60-64	31:56		29
15	Ann Martin	Female	VW60-64	32:51		21
16	Les Kitching	Male	VM70-74	33:28		23
17	Judy Lankester	Female	VW40-44	33:55		11
18	Marina Dobbs	Female	VW55-59	35:09		11
19	Dorothy McDonald	Female	VW60-64	37:21		28
20	Zoe Hoy	Female	VW45-49	38:15		18
21	Richard Hunter	Male	VM50-54	1:07:04		14



Kippax Harriers notaparkrun virtual parkrun Week ending 25/10/2020 #30

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Chloe Hirst	Female	SW25-29	22:23	First Timer!	1
2	Graham Hoy	Male	VM40-44	23:17		30
3	Paul Hammond	Male	VM55-59	25:09		26
4	Veronica Hawking	Female	VW35-39	25:12		15
5	Clare Copley	Female	VW40-44	25:49		14
6	Rob Chard	Male	VM35-39	26:01		9
7	Alison Hunter	Female	VW55-59	26:15		30
8	Hannah Edwards	Female	VW35-39	26:20		8
9	Paul Durkin	Male	VM55-59	26:54		30
10	Linda Durkin	Female	VW55-59	27:47		30
11	Annette McTaggart	Female	VW50-54	27:59		30
12	Wendy Chapman	Female	VW60-64	29:23		30
13	Jason Britton	Male	VM45-49	29:53		3
14	Sam Lambert	Female	VW70-74	31:36		26
15	Judy Lankester	Female	VW40-44	32:06		12
16	Ann Martin	Female	VW60-64	32:41		22
17	Dorothy McDonald	Female	VW60-64	32:58	PB!	29
18	Valerie Pell	Female	VW60-64	33:41		30
19	Marina Dobbs	Female	VW55-59	35:52		12
20	Elizabeth Holdsworth	Female	VW40-44	37:33	PB!	2



Kippax Harriers notaparkrun virtual parkrun

Week ending 01/11/2020

#31

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Chloe Hirst	Female	SW25-29	21:33	PB!	2
2	Graham Hoy	Male	VM40-44	23:12		31
3	Paul Hammond	Male	VM55-59	25:14		27
4	Paul Durkin	Male	VM55-59	25:58		31
5	Rob Chard	Male	VM35-39	26:00		10
6	Linda Durkin	Female	VW55-59	26:40		31
7	Veronica Hawking	Female	VW35-39	26:57		16
8	Alison Hunter	Female	VW55-59	27:00		31
9	Annette McTaggart	Female	VW50-54	28:39		31
10	Wendy Chapman	Female	VW60-64	29:28		31
11	Jason Britton	Male	VM45-49	29:40		4
12	Sam Lambert	Female	VW70-74	31:55		27
13	Dorothy McDonald	Female	VW60-64	32:26	PB!	30
14	Ann Martin	Female	VW60-64	33:01		23
15	Karen Downham	Female	VW55-59	33:02		3
16	Marina Dobbs	Female	VW55-59	33:25		13
17	Valerie Pell	Female	VW60-64	33:50		31
18	Zoe Hoy	Female	VW45-49	36:27		19



Kippax Harriers notaparkrun virtual parkrun
Week ending 08/11/2020 #32

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Chloe Hirst	Female	SW25-29	22:15		3
2	Graham Hoy	Male	VM40-44	24:14		32
3	Veronica Hawking	Female	VW35-39	24:28		17
4	Paul Durkin	Male	VM55-59	25:48		32
5	Paul Hammond	Male	VM55-59	25:49		28
6	Alison Hunter	Female	VW55-59	26:50		32
7	Linda Durkin	Female	VW55-59	27:00		32
8	Emma Richardson	Female	VW40-44	27:35		22
9	Wendy Chapman	Female	VW60-64	28:10		32
10	Annette McTaggart	Female	VW50-54	28:32		32
11	Jason Britton	Male	VM45-49	28:54	PBI	5
12	Annie Beaumont	Female	SW25-29	29:23	PBI	3
13	Lynne Tyson	Female	VW55-59	29:57		10
14	Sam Lambert	Female	VW70-74	31:37		28
15	Les Kitching	Male	VM70-74	32:28	PBI	24
16	Ann Martin	Female	VW60-64	32:44		24
17	Valerie Pell	Female	VW60-64	33:15		32
18	Marina Dobbs	Female	VW55-59	33:25		14
19	Stevie Roberts	Female	VW40-44	34:38		16
20	Zoe Hoy	Female	VW45-49	36:06		20
21	Dorothy McDonald	Female	VW60-64	37:09		31
22	Elizabeth Holdsworth	Female	VW40-44	38:02		3



STRAVA

Kippax Harriers COVID19 Virtual Parkrun

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

3.10 mi

Distance

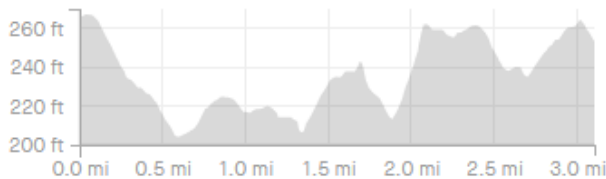
136 ft

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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