



## Latest Update December 2020

### COVID-19

We are now in Tier 3 but we are very, very pleased to confirm that club sessions will recommence on Tuesday 8th December, meeting at 7:15 for a 7:30 start! This month we'll be meeting on 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> December before taking a break over Christmas.

Your committee continue to meet once a month via Zoom, here's our festive December meeting:



### The AGM

The committee have made the decision to postpone the AGM until March 2021.

Traditionally the AGM has been held in January, however, with current Covid restrictions in place, we feel that to delay the meeting is the sensible thing to do. Kippax Harriers is *your* club and *your* input is essential to its running and continuity. To delay will hopefully ensure that as many members as possible can attend on the night and contribute accordingly.

Thank you for your understanding and support as always.

### The Events

**St Aidan's Half Social Run** – this will now take place on Sunday 20th December, with the option of running either the full 13.1 miles or a shorter 7 mile route. More details to follow...

**Christmas Run & Fun** – for our final Tuesday club night of 2020 on 22<sup>nd</sup> December, we're planning a special run, look out for the details on Facebook soon!



## The Virtual Challenges

**Notaparkrun virtual parkrun** – Unbelievably we are now on Event #37! Well done to Lindsay Georgopoulos who has completed her milestone 10<sup>th</sup> run; and to Ann Martin, Les Kitching and Emma Richardson who have all completed their milestone 25<sup>th</sup> run. 64 members have now taken part since we started in April, and 784 runs have been recorded, meaning members have run a total of 3,920km (or 2,430 miles)!

Congratulations to Chloe Hirst who has set a new record for the fastest female on the 'official' Garforth course with an amazing time of 20:53.

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.

**Advent Challenge** – There's still time to join in our club Advent Challenge. There's a new challenge to tick off every day in December, some are running or walking, and some are just a bit of fun. The dates are only a suggestion, you can move them around and do them on a day that suits you best, and you can complete more than one in one day. It's all for fun, there's no prizes, but we have set up a private Facebook group for members only, where you can share your photos and chat with other members who are also doing the challenge. Search for 'Kippax Harriers Advent Challenge 2020' on Facebook and ask to join.

### KIPPAX HARRIERS ADVENT CHALLENGE 2020

1 Open the first door on your Advent calendar then go for a run! 	2 Take a photo of some holly on your run. 	3 Run your favourite route in reverse. 	4 Count how many Christmas trees you can see on your run. 	5 Take photos of 5 gold rings (or any 5 round objects!) on your run. 	6 Spell out 'SANTA' using road signs on your run. 
7 Take a photo of some swans a-swimming on your run. 	8 Eat a mince pie! 	9 Spell out 'ADVENT' using road signs on your run. 	10 Do a 10 mile or 10km run. 	11 Take a photo of some Christmas decorations on your run. 	12 Do a 'notaparkrun'. 
13 Listen to some Christmas songs (have a sing and dance!) 	14 Enjoy your favourite Christmas drink. 	15 Count how many times you see Father Christmas on your run. 	16 Eat some Christmas chocolates! 	17 Take a photo of some Christmas lights on your run. 	18 Play a Christmas game. 
19 Count how many reindeer you can see on your run. 	20 Watch a Christmas film. 	21 Run with a friend or family member. 	22 Wear a Santa hat (or other festive attire) for your run! 	23 Take a photo of a Christmas tree on your run. 	24 Say 'HAPPY CHRISTMAS' to everyone you pass on your run. 

\* The dates are only a suggestion, please feel free to move them around and do them on a day that suits you!

\* Please replace 'run' with 'walk' wherever you want to!

\* Please join our Kippax Harriers Advent Challenge group on Facebook if you'd like to share your photos and chat about the challenge!



**STAC virtual cross country challenge** - anyone missing PECO, getting covered in mud whilst ploughing around a churned up field? Good news, our friends at STAC have offered to let us enter their Virtual Cross Country!

The season is 4 races, one per month Dec-March. You can run the route as many times as you want, fastest time counts. There are two options, a longer or shorter option, you can run both but only compete in one.

The December race is in Garforth (handy), details below:

A Course: 4.3 Miles (2 Big Laps and 1 Small Lap) <https://www.strava.com/segments/26437845> Here's a handy video of the route: <https://m.youtube.com/watch?feature=youtu.be&v=iyiYUaOsk6M>

B Course: 2.7 Miles (1 Big Lap and 1 Small Lap) <https://www.strava.com/segments/26437862>

If you want to download a GPX file the plotaroute links are below:

A Course (Plotaroute) - <https://www.plotaroute.com/route/1340344>

B Course (Plotaroute) - <https://www.plotaroute.com/route/1344410>

Once you have run a route you can submit your results via the following form:

<https://docs.google.com/forms/d/e/1FAIpQLSdPLxvkr0z1WdtEIAZ3F11RmcbchpncL4hsYC9BM3W-z5-9kQ/viewform?fbclid=IwAROGtZJti9sP1HPT2Uq4BHRTaQEXaP4NZrjVCuEFSk8mBOeUzKlXnPQnzj8>

The January race is in Micklefield (more details to come on Facebook later) but here are the links to the routes:

A Course: 4.4 Miles (2 Laps of Hartly Woods) <https://www.strava.com/segments/26581832>

B Course: 2.5 Miles (1 Lap of Hartly Woods) <https://www.strava.com/segments/26614156>

A Course (PlotaRoute) <https://www.plotaroute.com/route/1355340>

B Course (PlotaRoute) <https://www.plotaroute.com/route/1355342>

Get those trail shoes on and have some muddy fun!



## Kit Recycling

Our club colour may be red, but we can do green! Does anyone have running gear they don't use? Old race tops, trainers? If so, please bring to club on Tuesday 8<sup>th</sup> December. Emily will have a box in the back of her car and all items will be donated to this organisation...

<https://rerunclothing.org>

They strive to ensure running gear doesn't end up in landfill and will put it to good use by donating to homeless, refugees, or selling on, upcycling and profit goes back into the running community.

All running gear is accepted in ANY condition. Please ensure trainers are attached together in their pair.

Depending on success, Emily may organise more collections in the future.

## Runner of the Month

The October award went to **Helen Frith** for running very well at the moment, having rediscovered her love and enthusiasm for running! She came 3rd in the Autumn Handicap and achieved a notaparkrun PB in October.



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/)





## The Results

Results Update for the last month.

### Kippax Harriers notaparkrun virtual parkrun

Kippax Harriers notaparkrun virtual parkrun  
Week ending 15/11/2020 #33

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Graham Hoy	Male	VM40-44	22:18		33
2	Veronica Hawking	Female	VW35-39	24:33		18
3	Alison Hunter	Female	VW55-59	25:30		33
4	Paul Durkin	Male	VM55-59	25:31		33
5	Robert Chard	Male	VM35-39	25:43	PB!	11
6	Clare Copley	Female	VW40-44	25:48		15
7	Paul Hammond	Male	VM55-59	26:17		29
8	Emma Richardson	Female	VW40-44	26:32		23
9	Linda Durkin	Female	VW55-59	26:47		33
10	Hannah Edwards	Female	VW35-39	27:06		9
11	Annette McTaggart	Female	VW50-54	27:24		33
12	Lindsay Georgopoulos	Female	VW40-44	28:00		9
13	Wendy Chapman	Female	VW60-64	28:20		33
14	Lynne Tyson	Female	VW55-59	29:09		11
15	Jason Britton	Male	VM45-49	30:27		6
16	Sam Lambert	Female	VW70-74	31:42		29
17	Kelly Palmer	Female	VW65-69	32:08	PB!	3
18	Ann Martin	Female	VW60-64	33:01		25
19	Valerie Pell	Female	VW60-64	33:05		33
20	Judy Lankester	Female	VW40-44	33:09		13
21	Marina Dobbs	Female	VW55-59	33:21		15
22	Dorothy McDonald	Female	VW60-64	34:54		32
23	Stevie Roberts	Female	VW40-44	35:02		17
24	Zoe Hoy	Female	VW45-49	37:13		21
25	Elizabeth Holdsworth	Female	VW40-44	43:53		4



Kippax Harriers notaparkrun virtual parkrun  
Week ending 22/11/2020 #34

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	18:46		18
2	Chloe Hirst	Female	SW25-29	21:13	PBI	4
3	Emily Follows	Female	VW40-44	22:18		15
4	Ian Downham	Male	VM50-54	22:22	First Timer!	1
5	Graham Hoy	Male	VM40-44	23:19		34
6	Veronica Hawking	Female	VW35-39	24:10	PBI	19
7	Clare Copley	Female	VW40-44	24:47	PBI	16
8	Paul Hammond	Male	VM55-59	25:15		30
9	Paul Durkin	Male	VM55-59	25:38		34
10	Alison Hunter	Female	VW55-59	25:41		34
11	Linda Durkin	Female	VW55-59	26:12		34
12	Emma Richardson	Female	VW40-44	26:38		24
13	Wendy Chapman	Female	VW60-64	27:14		34
14	Lindsay Georgopoulos	Female	VW40-44	27:48		10
15	Andrea Harland	Female	VW40-44	27:53		5
16	Annette McTaggart	Female	VW50-54	28:14		34
17	Jason Britton	Male	VM45-49	28:39	PBI	7
18	Lynne Tyson	Female	VW55-59	29:49		12
19	Ann Martin	Female	VW60-64	30:29		26
20	Valerie Pell	Female	VW60-64	30:43		34
21=	Karen Downham	Female	VW55-59	30:48	PBI	4
21=	Kelly Palmer	Female	VW65-69	30:48	PBI	4
23	Sam Lambert	Female	VW70-74	31:42		30
24	Stevie Roberts	Female	VW40-44	33:43		18
25	Elizabeth Holdsworth	Female	VW40-44	36:09	PBI	5
26	Dorothy McDonald	Female	VW60-64	37:31		33
27	Zoe Hoy	Female	VW45-49	37:31		22



Kippax Harriers notaparkrun virtual parkrun  
Week ending 29/11/2020

#35

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Chloe Hirst	Female	SW25-29	21:26		5
2	Graham Hoy	Male	VM40-44	22:44		35
3	Dave Lighten	Male	VM40-44	23:50		19
4	Veronica Hawking	Female	VW35-39	24:04	PB!	20
5	Alison Hunter	Female	VW55-59	25:11		35
6	Paul Hammond	Male	VM55-59	25:17		31
7	Paul Durkin	Male	VM55-59	25:31		35
8	Linda Durkin	Female	VW55-59	25:40		35
9	Hannah Edwards	Female	VW35-39	25:56	PB!	10
10	Emily Stevenson	Female	SW30-34	26:08	First Timer!	1
11	Annette McTaggart	Female	VW50-54	27:28		35
12	Wendy Chapman	Female	VW60-64	29:54		35
13	Valerie Pell	Female	VW60-64	30:16		35
14	Jason Britton	Male	VM45-49	30:40		8
15	Ann Martin	Female	VW60-64	31:20		27
16	Kelly Palmer	Female	VW65-69	32:08		5
17	Sam Lambert	Female	VW70-74	32:49		31
18	Elizabeth Holdsworth	Female	VW40-44	33:13	PB!	6
19	Stevie Roberts	Female	VW40-44	33:33		19
20	Les Kitching	Male	VM70-74	33:40		25
21	Dorothy McDonald	Female	VW60-64	35:05		34
22	Zoe Hoy	Female	VW45-49	37:57		23
23	Marina Dobbs	Female	VW55-59	52:06		16





Kippax Harriers notaparkrun virtual parkrun  
Week ending 6/12/2020

#36

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Chloe Hirst	Female	SW25-29	20:53	PBI	6
2	Graham Hoy	Male	VM40-44	23:42		36
3	Veronica Hawking	Female	VW35-39	24:37		21
4	Clare Copley	Female	VW40-44	24:56		17
5	Alison Hunter	Female	VW55-59	25:20		36
6	Lee Jamieson	Male	VM40-44	26:00		6
7	Robert Chard	Male	VM35-39	26:04		12
8	Paul Hammond	Male	VM55-59	26:07		32
9	Emma Richardson	Female	VW40-44	26:16		25
10	Paul Durkin	Male	VM55-59	27:34		36
11	Annette McTaggart	Female	VW50-54	27:46		36
12	Linda Durkin	Female	VW55-59	28:02		36
13	Wendy Chapman	Female	VW60-64	28:35		36
14	Jason Britton	Male	VM45-49	28:54		9
15	Lynne Tyson	Female	VW55-59	29:19		13
16	Valerie Pell	Female	VW60-64	29:56		36
17	Karen Downham	Female	VW55-59	31:59		5
18	Sam Lambert	Female	VW70-74	32:35		32
19	Stevie Roberts	Female	VW40-44	32:49		20
20	Richard Hunter	Male	VM50-54	33:17		15
21	Les Kitching	Male	VM70-74	33:20		26
22	Kate Penrose	Female	VW65-69	34:05	First Timer!	1
23	Elizabeth Holdsworth	Female	VW40-44	35:00		7
24	Zoe Hoy	Female	VW45-49	36:37		24





**STRAVA**

## Kippax Harriers COVID19 Virtual Parkrun

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

3.10 mi

Distance

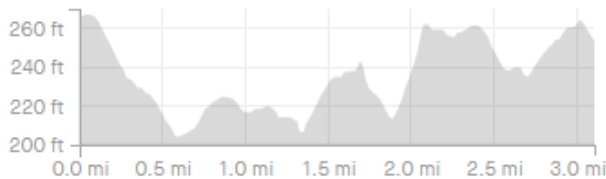
136 ft

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

