



Latest Update January 2021

Happy New Year!

"On behalf of myself, Annette, Lindsay, Emily, Alan, Cheryl, Marina & Les, I'd like to say a huge thank you for your very thoughtful gifts, was such a lovely surprise. 😊"

The committee have worked hard this year, but equally, without your commitment and support for the club over the last 12 months, there would be no club or committee, so thank you all.

Thank you to the organisers of the gifts and the "extra special" Christmas cards.....yep, a tiny tear leaked from Chairtain's eye when he read his!

Happy New Year, here's to 2021 and making Kippax Harriers the best club ever!"

Andy & The Committee

COVID-19

We are now in a national Lockdown again so unfortunately club nights are once again suspended until further notice.

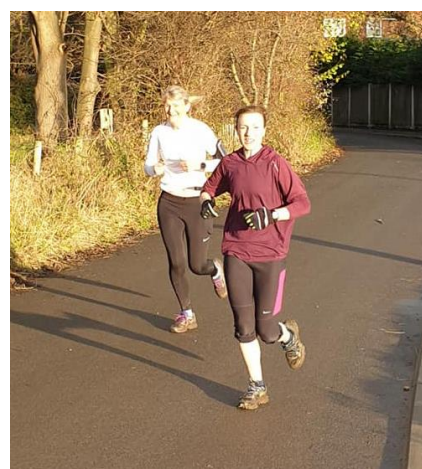
The Events

St Aidan's Half Social Run – this took place on Sunday 20th December, with 14 members running the Half, 6 members running the Mini 7, and 3 running the Sly 10! Everyone had lots of fun running through the mud and puddles in social run bubbles, and we raised a grand total of £112 to be divided equally between the RSPB and Racebest. A big shout out to Paul Hammond who completed his first half and Julie Taylor for whom it's been 18 long years since she last completed 13.1 miles.... Well done to everyone who took part and came along to support.





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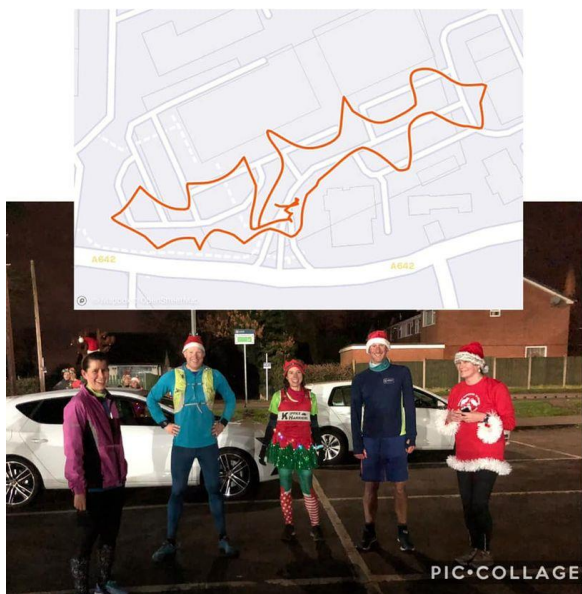




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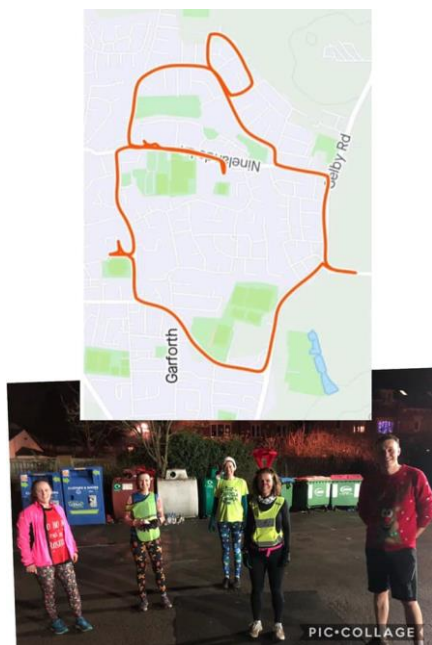
Christmas social run – on Tuesday 22nd December, for our final club run of 2020, we dressed up in our best Christmas running outfits, and took to the streets of Garforth to play Christmas Pictionary! Each run bubble was given a Christmas object that they had to plan a route to create within a one hour time limit. The finished ‘pictures’ were then posted on Facebook, and the one with the most correct guesses was declared the winner!



1st place ‘holly’ with 14 correct guesses!



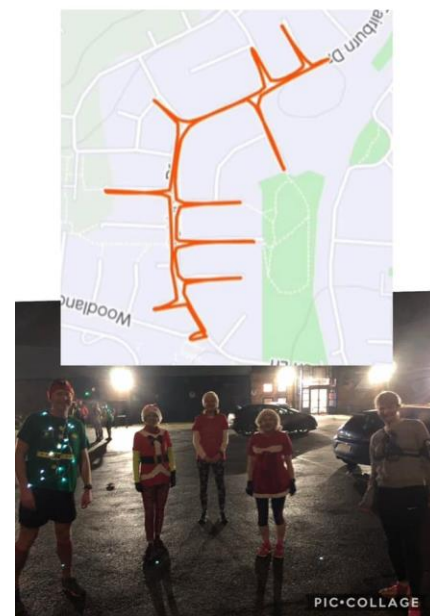
2nd place ‘stocking’ with 13 correct guesses



3rd place ‘snowman’ with 7 correct guesses



Joint 4th place: ‘Christmas tree’ and ‘snowflake’ - 2 correct guesses each





The Virtual Challenges

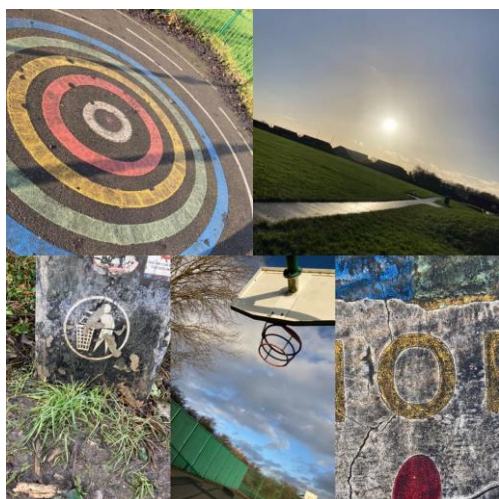
Notaparkrun virtual parkrun – It's hard to believe we've been going for 9 months and we're now on Event #42! Well done to everyone who's been taking part; congratulations to Hannah Edwards who has completed her milestone 10th run; and to Zoe Hoy, Stevie Roberts and Veronica Hawking who have all completed their milestone 25th run.

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 – Throughout December, several members took part in our fun Advent Challenge. It involved quite a lot of running, but lots of eating and drinking too! Here's a taster of what we got up to:



Day 5: Take photos of 5 gold rings (or any 5 round objects) on your run.

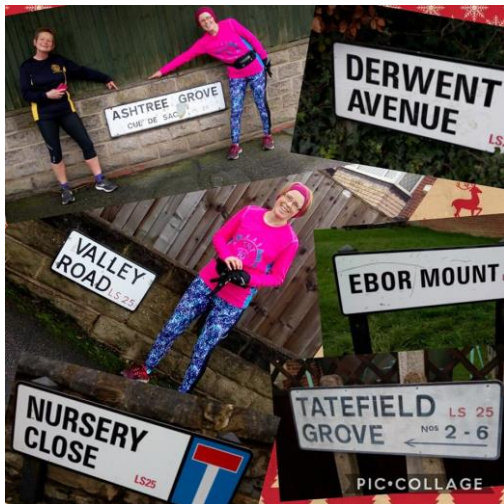


Day 7: Take a photo of some swans a-swimming on your run.

Day 4: Count how many Christmas trees you see on your run.



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Days 6 & 9: Spell out ADVENT and SANTA using road signs on your run.



Day 22: Wear a Santa hat (or other festive attire) for your run.



Day 16: Eat some Christmas chocolates.



Day 17: Take a photo of some Christmas lights on your run.



STAC virtual cross country challenge – During December, several intrepid members took part in this challenge (some more than once!) by running the Garforth cross country route. As the month wore on, conditions deteriorated into a total mud bath! 15 members submitted their times to be included in the results, along with 33 members from STAC. Congratulations to all of you, but a special mention to Dave Lighten and Chloe Hirst who recorded the fastest male and female times overall.

Name	Position (out of 48)	Time
Dave Lighten	1	29:49
Alan Davy	6	33:58
Chloe Hirst	7	34:31
Graham Hoy	12	35:18
Emily Follows	14	36:04
Jonathan Emery	15	36:17
Polly Hardy	18	39:35
Phil Goss	19	41:15
Alison Hunter	20	42:05
Linda Durkin	25	43:53
Wendy Chapman	26	44:09
Val Pell	34	46:20
Carolyn Davy	36	48:04
Kate Penrose	43	50:34
Annette McTaggart	44	54:57

The January route was in Micklefield, but due to the lockdown and guidance on not travelling from your home to exercise, STAC have taken the decision to suspend the Cross Country, so any results submitted with a date after 12th January will not be counted. Any further updates will be posted on our Facebook page.





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Kit Recycling

Thank you to everyone who donated their old running gear to our collection in December.

We donated 45kg of running gear to this organisation: <https://rerunclothing.org> who said, "Thank you so much this is really appreciated. Donations will be sorted and go on for redonation, resale, shoebank, upcycle/repair."

As it was so successful, we'll aim to organise more collections in the future.

Thank you to Emily for organising the collection.





Runner of the Month

The November award went to **Wendy Chapman** for completing the Lands End to John O'Groats virtual running and walking challenge in under 3 months, a commitment of running and/or walking 10 miles every day!



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.

Kippax Harriers notaparkrun virtual parkrun

Kippax Harriers notaparkrun virtual parkrun Week ending 13/12/2020 #37

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Graham Hoy	Male	VM40-44	23:01		37
2	Veronica Hawking	Female	VW35-39	24:49		22
3	Clare Copley	Female	VW40-44	25:14		18
4	Alison Hunter	Female	VW55-59	25:25		37
5	Paul Durkin	Male	VM55-59	25:49		37
6	Paul Hammond	Male	VM55-59	26:15		33
7	Linda Durkin	Female	VW55-59	26:30		37
8	Wendy Chapman	Female	VW60-64	27:34		37
9	Annette McTaggart	Female	VW50-54	28:24		37
10	Helen Frith	Female	VW50-54	29:05		3
11	Jason Britton	Male	VM45-49	29:07		10
12	Lynne Tyson	Female	VW55-59	30:00		14
13	Valerie Pell	Female	VW60-64	30:47		37
14	Elizabeth Holdsworth	Female	VW40-44	32:44	PBI	8
15	Sam Lambert	Female	VW70-74	33:32		33
16	Kate Penrose	Female	VW65-69	34:10		2
17	Stevie Roberts	Female	VW40-44	34:18		21
18	Les Kitching	Male	VM70-74	34:19		27
19	Dorothy McDonald	Female	VW60-64	35:54		35
20	Zoe Hoy	Female	VW45-49	36:35		25



Kippax Harriers notaparkrun virtual parkrun

Week ending 20/12/2020

#38

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Graham Hoy	Male	VM40-44	21:38	PB!	38
2	Veronica Hawking	Female	VW35-39	24:08		23
3	Clare Copley	Female	VW40-44	24:54		19
4	Alison Hunter	Female	VW55-59	25:18		38
5	Emily Stevenson	Female	VW30-34	26:05	PB!	2
6	Paul Durkin	Male	VM55-59	26:10		38
7	Paul Hammond	Male	VM55-59	27:08		34
8	Annette McTaggart	Female	VW50-54	27:15		38
9	Wendy Chapman	Female	VW60-64	27:24		38
10	Linda Durkin	Female	VW55-59	28:41		38
11	Lynne Tyson	Female	VW55-59	28:57		15
12	Jason Britton	Male	VM45-49	29:15		11
13	Valerie Pell	Female	VW60-64	30:29		38
14	Sam Lambert	Female	VW70-74	30:42		34
15	Kate Penrose	Female	VW65-69	31:56	PB!	3
16	Elizabeth Holdsworth	Female	VW40-44	32:42	PB!	9
17	Les Kitching	Male	VM70-74	33:25		28
18	Stevie Roberts	Female	VW40-44	34:40		22
19	Zoe Hoy	Female	VW45-49	35:08		26
20	Dorothy McDonald	Female	VW60-64	35:16		36



Kippax Harriers notaparkrun virtual parkrun

Week ending 27/12/2020

#39

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	18:30		20
2	Emily Follows	Female	VW40-44	22:13		16
3	Graham Hoy	Male	VW40-44	22:55		39
4	Paul Durkin	Male	VM55-59	24:48		39
5	Veronica Hawking	Female	VW35-39	25:14		24
6	Alison Hunter	Female	VW55-59	25:46		39
7	Linda Durkin	Female	VW55-59	26:18		39
8	Paul Hammond	Male	VM55-59	26:49		35
9	John Messenger	Male	VM70-74	27:10	PB!	2
10	Jason Britton	Male	VM45-49	28:31	PB!	12
11	Wendy Chapman	Female	VW60-64	29:04		39
12	Clare Copley	Female	VW40-44	29:22		20
13	Annette McTaggart	Female	VW50-54	29:27		39
14	Sam Lambert	Female	VW70-74	31:51		35
15	Lynne Tyson	Female	VW55-59	32:37		16
16	Les Kitching	Male	VM70-74	33:04		29
17	Valerie Pell	Female	VW60-64	33:11		39
18	Kate Penrose	Female	VW65-69	33:32		4
19	Dorothy McDonald	Female	VW60-64	34:43		37
20	Stevie Roberts	Female	VW40-44	35:33		23



Kippax Harriers notaparkrun virtual parkrun
Week ending 03/01/2021

#40

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Jonathan Emery	Male	VM40-44	22:30		12
2	Chloe Hirst	Female	SW25-29	23:16		7
3	Graham Hoy	Male	VM40-44	24:30		40
4	Lee Jamieson	Male	VM40-44	24:55		7
5	Paul Hammond	Male	VM55-59	25:47		36
6=	Annette McTaggart	Female	VW50-54	28:01		40
6=	Veronica Hawking	Female	VW35-39	28:01		25
8	John Messenger	Male	VM70-74	28:05		3
9	Paul Durkin	Male	VM55-59	28:10		40
10	Jason Britton	Male	VM45-49	29:09		13
11	Clare Copley	Female	VW40-44	29:25		21
12	Helen Frith	Female	VW50-54	29:35		4
13	Alison Hunter	Female	VW55-59	30:10		40
14	Linda Durkin	Female	VW55-59	30:41		40
15	Wendy Chapman	Female	VW60-64	33:03		40
16	Stevie Roberts	Female	VW40-44	33:14		24
17	Lynne Tyson	Female	VW55-59	34:32		17
18	Les Kitching	Male	VM70-74	34:54		30
19	Valerie Pell	Female	VW60-64	35:22		40
20	Kate Penrose	Female	VW65-69	35:40		5
21	Dorothy McDonald	Female	VW60-64	36:15		38
22	Judy Lankester	Female	VW40-44	57:06		14
23	Richard Hunter	Male	VM50-54	1:05:13		16



Kippax Harriers notaparkrun virtual parkrun
Week ending 10/01/2021

#41

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Chloe Hirst	Female	SW25-29	22:12		8
2	Graham Hoy	Male	VM40-44	23:42		41
3	Paul Durkin	Male	VM55-59	24:59		41
4	Veronica Hawking	Female	VW35-39	26:03		26
5	Robert Chard	Male	VM35-39	26:11		13
6	Linda Durkin	Female	VW55-59	26:13		41
7	Alison Hunter	Female	VW55-59	26:52		41
8	Annette McTaggart	Female	VW50-54	28:02		41
9	Paul Hammond	Male	VM55-59	28:11		37
10	John Messenger	Male	VM70-74	28:17		4
11	Clare Copley	Female	VW40-44	29:02		22
12	Jason Britton	Male	VM45-49	29:13		14
13	Helen Frith	Female	VW50-54	29:16		5
14	Carolyn Davy	Female	VW40-44	30:30		3
15	Wendy Chapman	Female	VW60-64	31:54		41
16	Richard Hunter	Male	VM50-54	32:43		17
17	Lynne Tyson	Female	VW55-59	33:00		18
18	Stevie Roberts	Female	VW40-44	33:33		25
19	Kate Penrose	Female	VW65-69	34:06		6
20	Dorothy McDonald	Female	VW60-64	34:45		39
21	Valerie Pell	Female	VW60-64	35:54		41
22=	Les Kitching	Male	VM70-74	42:18		31
22=	Sam Lambert	Female	VW70-74	42:18		36

**STRAVA**

Kippax Harriers COVID19 Virtual Parkrun

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

3.10 mi

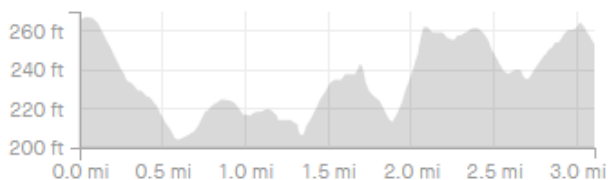
Distance

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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