



## Latest Update February 2021

### COVID-19

We are still in a national Lockdown so unfortunately club nights are still suspended until further notice.

### The Events

**Time to Talk** – 4<sup>th</sup> February was ‘time to talk day’. For the last couple of years we’ve marked this day by making sure the club night is more about the talking than the running. This year feels more important than ever to check in with each other and get talking about our mental health during these challenging times, so several members put their names forward to be randomly paired up for a socially distanced run/talk which was a great success.

### The Virtual Challenges

**Notaparkrun virtual parkrun** – It’s hard to believe we’ve been going for 10 months and we’re now on Event #45! Well done to everyone who’s been taking part; congratulations to Chloe Hirst, Elizabeth Holdsworth and Kate Penrose who have all completed their milestone 10<sup>th</sup> 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.

**Captains’ Lockdown Challenge** - Whilst club sessions remain suspended and to keep spirits high, your captains have been working hard to devise an 8 week “team” challenge for all members, involving 1 challenge per week.

Members wishing to participate, will be placed in a team. There will be 4 teams, each team captained by.....your captains!

Each weekly challenge will commence on a Monday and is to be completed by Sunday. You will be advised of the weekly challenge the weekend prior.

The first challenge will commence on Monday 15<sup>th</sup> February. Please confirm, via the post on Facebook, if you wish to take part, to allow the teams to be formed (or email us if you’re not on Facebook)

Rest assured, the challenges will be geared towards all abilities and can be carried out anywhere and are not specific to the Garforth /Kippax areas. Team work is most definitely the name of the game and prizes will be awarded to the winning team. 🏆

May the best Harrier team win - good luck!



**Zoom social exercise class** - Your committee has been looking at ways of keeping everyone motivated and active. We've slightly adapted an idea of James Copley's (thanks James) and on Thursday 11<sup>th</sup> February we will be hosting a social exercise class over zoom. 7:15 meet for a 7:30pm start. The exercises are specifically for runners (experts will host the class via YouTube) - it lasts 30 minutes and is for all abilities. After the exercises there'll be a chance for a chin wag in smaller groups.

Please contact us to ask for the Zoom link (or find it on our members Facebook page)

Hope to see you then. No need to sign up, as no bubbling required, although bubbles are welcome for the social part as a reward for your 30 minute effort!!!

## Runner of the Month

The December award went to **Alan Davy** for several achievements across 2020 and modestly working really hard on behalf of the club: completing the Big Flat Runway marathon, coaching Paul Hammond to making fantastic progress, setting up the new kit shop on the website, setting up our involvement in the STAC cross country.



Head over to our website to see the complete 2020 Hall of Fame! [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 17/01/2021 #42

| POSITION | PARKRUNNER           | GENDER | AGE GROUP | TIME    | COMMENTS | TOTAL RUNS |
|----------|----------------------|--------|-----------|---------|----------|------------|
| 1        | Andrew Weeks         | Male   | VM40-44   | 20:51   |          | 12         |
| 2        | Chloe Hirst          | Female | SW30-34   | 21:44   |          | 9          |
| 3        | Graham Hoy           | Male   | VM40-44   | 23:46   |          | 42         |
| 4        | Veronica Hawking     | Female | VW35-39   | 24:54   |          | 27         |
| 5        | Lee Jamieson         | Male   | VM40-44   | 25:12   |          | 8          |
| 6        | Linda Durkin         | Female | VW55-59   | 25:56   |          | 42         |
| 7        | Mark Albon           | Male   | SM25-29   | 26:02   |          | 3          |
| 8        | Paul Durkin          | Male   | VM55-59   | 26:22   |          | 42         |
| 9        | Paul Hammond         | Male   | VM55-59   | 27:21   |          | 38         |
| 10       | Alison Hunter        | Female | VW55-59   | 27:22   |          | 42         |
| 11       | Hannah Edwards       | Female | VW35-39   | 27:54   |          | 11         |
| 12       | Jason Britton        | Male   | VM45-49   | 29:04   |          | 15         |
| 13       | Emma Richardson      | Female | VW40-44   | 29:08   |          | 26         |
| 14       | Carolyn Davy         | Female | VW40-44   | 29:25   | PB!      | 4          |
| 15       | Wendy Chapman        | Female | VW60-64   | 30:00   |          | 42         |
| 16       | Lynne Tyson          | Female | VW55-59   | 30:21   |          | 19         |
| 17       | Annette McTaggart    | Female | VW50-54   | 30:33   |          | 42         |
| 18       | Richard Hunter       | Male   | VM50-54   | 31:52   |          | 18         |
| 19       | John Messenger       | Male   | VM70-74   | 32:09   |          | 5          |
| 20       | Elizabeth Holdsworth | Female | VW40-44   | 33:20   |          | 10         |
| 21       | Dorothy McDonald     | Female | VW60-64   | 33:39   |          | 40         |
| 22       | Stevie Roberts       | Female | VW40-44   | 33:45   |          | 26         |
| 23       | Kate Penrose         | Female | VW65-69   | 34:06   |          | 7          |
| 24       | Les Kitching         | Male   | VM70-74   | 34:30   |          | 32         |
| 25       | Val Pell             | Female | VW60-64   | 35:45   |          | 42         |
| 26       | Zoe Hoy              | Female | VW45-49   | 41:26   |          | 27         |
| 27       | Marina Dobbs         | Female | VW55-59   | 1:12:03 |          | 17         |



Kippax Harriers notaparkrun virtual parkrun  
Week ending 24/01/2021

#43

| POSITION | PARKRUNNER           | GENDER | AGE GROUP | TIME    | COMMENTS     | TOTAL RUNS |
|----------|----------------------|--------|-----------|---------|--------------|------------|
| 1        | Chloe Hirst          | Female | SW30-34   | 21:55   |              | 10         |
| 2        | Fiona Robins         | Female | VW45-49   | 23:14   | First Timer! | 1          |
| 3        | Emily Follows        | Female | VW40-44   | 23:18   |              | 17         |
| 4        | Lee Jamieson         | Male   | VM40-44   | 23:51   | PBI          | 9          |
| 5        | Paul Durkin          | Male   | VM55-59   | 24:36   |              | 43         |
| 6        | Graham Hoy           | Male   | VM40-44   | 24:44   |              | 43         |
| 7        | Alison Hunter        | Female | VW55-59   | 25:37   |              | 43         |
| 8        | Veronica Hawking     | Female | VW35-39   | 25:41   |              | 28         |
| 9        | Linda Durkin         | Female | VW55-59   | 26:22   |              | 43         |
| 10       | Annette McTaggart    | Female | VW50-54   | 27:25   |              | 43         |
| 11       | Paul Hammond         | Male   | VM55-59   | 27:27   |              | 39         |
| 12       | John Messenger       | Male   | VM70-74   | 28:30   |              | 6          |
| 13       | Carolyn Davy         | Female | VW40-44   | 29:23   | PBI          | 5          |
| 14       | Wendy Chapman        | Female | VW60-64   | 29:48   |              | 43         |
| 15       | Lynne Tyson          | Female | VW55-59   | 30:32   |              | 20         |
| 16       | Richard Hunter       | Male   | VM50-54   | 31:19   |              | 19         |
| 17       | Val Pell             | Female | VW60-64   | 33:00   |              | 43         |
| 18       | Elizabeth Holdsworth | Female | VW40-44   | 33:04   |              | 11         |
| 19       | Stevie Roberts       | Female | VW40-44   | 33:26   |              | 27         |
| 20       | Kate Penrose         | Female | VW65-69   | 33:47   |              | 8          |
| 21       | Dorothy McDonald     | Female | VW60-64   | 34:59   |              | 41         |
| 22       | Zoe Hoy              | Female | VW45-49   | 40:16   |              | 28         |
| 23       | Judy Lankester       | Female | VW40-44   | 48:52   |              | 15         |
| 24       | Marina Dobbs         | Female | VW55-59   | 1:02:32 |              | 18         |





## Kippax Harriers notaparkrun virtual parkrun

Week ending 31/01/2021

#44

| POSITION | PARKRUNNER        | GENDER | AGE GROUP | TIME  | COMMENTS | TOTAL RUNS |
|----------|-------------------|--------|-----------|-------|----------|------------|
| 1        | Andy Hill         | Male   | VM50-54   | 21:37 |          | 13         |
| 2        | Emily Follows     | Female | VW40-44   | 21:46 |          | 18         |
| 3        | Chloe Hirst       | Female | SW30-34   | 22:25 |          | 11         |
| 4        | Veronica Hawking  | Female | VW35-39   | 25:17 |          | 29         |
| 5        | Emily Stevenson   | Female | SW30-34   | 25:41 | PBI      | 3          |
| 6        | Paul Durkin       | Male   | VM55-59   | 26:10 |          | 44         |
| 7        | Paul Hammond      | Male   | VM55-59   | 26:27 |          | 40         |
| 8        | Linda Durkin      | Female | VW55-59   | 26:53 |          | 44         |
| 9        | Annette McTaggart | Female | VW50-54   | 27:27 |          | 44         |
| 10       | John Messenger    | Male   | VM70-74   | 28:23 |          | 7          |
| 11       | Carolyn Davy      | Female | VW40-44   | 28:33 | PBI      | 5          |
| 12       | Wendy Chapman     | Female | VW60-64   | 29:13 |          | 44         |
| 13       | Jason Britton     | Male   | VM45-49   | 29:20 |          | 16         |
| 14       | Lynne Tyson       | Female | VW55-59   | 29:34 |          | 21         |
| 15       | Alison Hunter     | Female | VW55-59   | 30:48 |          | 44         |
| 16       | Richard Hunter    | Male   | VM50-54   | 31:19 |          | 20         |
| 17       | Valerie Pell      | Female | VW60-64   | 31:21 |          | 44         |
| 18       | Kate Penrose      | Female | VW65-69   | 32:05 |          | 9          |
| 19       | Stevie Roberts    | Female | VW40-44   | 34:37 |          | 28         |
| 20       | Dorothy McDonald  | Female | VW60-64   | 34:48 |          | 42         |
| 21       | Marina Dobbs      | Female | VW55-59   | 37:03 |          | 19         |
| 22       | Zoe Hoy           | Female | VW45-49   | 38:53 |          | 29         |
| 23       | Graham Hoy        | Male   | VM40-44   | 38:54 |          | 44         |
| 24       | Les Kitching      | Male   | VM70-74   | 56:54 |          | 33         |



Kippax Harriers notaparkrun virtual parkrun  
Week ending 07/02/2021 #45

| POSITION | PARKRUNNER           | GENDER | AGE GROUP | TIME  | COMMENTS | TOTAL RUNS |
|----------|----------------------|--------|-----------|-------|----------|------------|
| 1        | Chloe Hirst          | Female | SW30-34   | 21:10 |          | 12         |
| 2        | Emily Follows        | Female | VW40-44   | 22:27 |          | 19         |
| 3        | Graham Hoy           | Male   | VM40-44   | 24:13 |          | 45         |
| 4        | Andy Hill            | Male   | VM50-54   | 24:50 |          | 14         |
| 5        | Emily Stevenson      | Female | SW30-34   | 25:07 | PB!      | 4          |
| 6        | Alison Hunter        | Female | VW55-59   | 25:30 |          | 45         |
| 7        | Veronica Hawking     | Female | VW35-39   | 26:21 |          | 30         |
| 8        | Clare Copley         | Female | VW40-44   | 27:06 |          | 23         |
| 9        | Linda Durkin         | Female | VW55-59   | 27:23 |          | 45         |
| 10       | Annette McTaggart    | Female | VW50-54   | 27:40 |          | 45         |
| 11       | Paul Hammond         | Male   | VM55-59   | 28:15 |          | 41         |
| 12=      | John Messenger       | Male   | VM70-74   | 28:17 |          | 8          |
| 12=      | Wendy Chapman        | Female | VW60-64   | 28:17 |          | 45         |
| 14       | Carolyn Davy         | Female | VW40-44   | 28:24 | PB!      | 6          |
| 15       | Sue McCluskey        | Female | VW50-54   | 28:30 |          | 2          |
| 16       | Jamie Wainwright     | Male   | VM45-49   | 29:32 |          | 4          |
| 17       | Lynne Tyson          | Female | VW55-59   | 29:39 |          | 22         |
| 18       | Paul Durkin          | Male   | VM55-59   | 30:07 |          | 45         |
| 19       | Kate Penrose         | Female | VW65-69   | 31:42 | PB!      | 10         |
| 20       | Stevie Roberts       | Female | VW40-44   | 32:43 |          | 29         |
| 21       | Valerie Pell         | Female | VW60-64   | 33:27 |          | 45         |
| 22       | Elizabeth Holdsworth | Female | VW40-44   | 35:06 |          | 12         |
| 23       | Dorothy McDonald     | Female | VW60-64   | 35:11 |          | 43         |
| 24       | Zoe Hoy              | Female | VW45-49   | 37:32 |          | 30         |
| 25       | Les Kitching         | Male   | VM70-74   | 38:08 |          | 34         |



**STRAVA**

## Kippax Harriers COVID19 Virtual Parkrun

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

3.10 mi

Distance

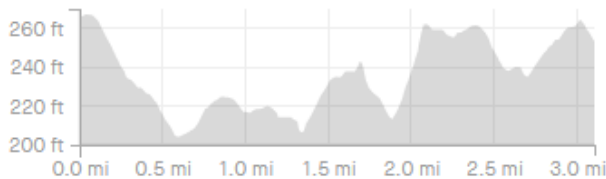
136 ft

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

