



## Latest Update March 2021

### COVID-19

We are still in a national Lockdown so unfortunately club nights are still suspended until further notice. However, with the government publishing their roadmap out of lockdown, we are very hopeful that we'll be able to resume our Tuesday night run bubbles some time after 29<sup>th</sup> March. Watch this space!

### Andy Burns

It's with great sadness we have to say that Andy Burns passed away on 6<sup>th</sup> March at Wheatfields Hospice. Andy was a long-standing member of the Harriers, a great runner and supporter of other members, many of whom past and present have been sharing their memories of Andy on our Facebook pages.

Our love and condolences go to Grace and family, he certainly will be missed.





# KIPPAX HARRIERS



## Membership subs



Yes it's that time of the year when your subs are due! The only change this year is if you are a social member and paid last year then you will not have to pay this year's membership. If you can, please pay before 31<sup>st</sup> April.

Full membership: £34

Second claim: £20

Social: £15

The best and easiest way to pay is by BACS bank transfer (please put your name and 'subs' as reference).

Account name: Kippax and District Harriers

Sort code: 40-39-21

Account number: 01101536

Bank: HSBC

Other ways to pay:

Cash or cheque (payable to Kippax and District Harriers) placed in an envelope with your name on it and handed in to a committee member.

We very much hope you will all want to continue to be part of our club, but if you have decided not to renew your membership, please let us know so we can update our records.

## The Virtual Challenges

**Notaparkrun virtual parkrun** – When we set up this challenge we thought it would just be for a few weeks and now here we are a year later, entering our times for Event #50! Well done to all the 65 members who have taken part over the last year; together we have run a total distance of over 3,400 miles, clocking up 190 PBs along the way! Congratulations to Lee Jamieson who has now completed his milestone 10<sup>th</sup> run, and to Clare Copley and Lynne Tyson who have both achieved their 25<sup>th</sup> milestone run.

parkrun HQ have announced they are hoping to restart parkrun events in England from 5th June, so we will continue our event until then.







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** – 48 members have signed up to take part alongside our 4 captains, and we have now completed 3 weeks of this very competitive team challenge! Week 1 was a handicapped 5k run; 51 members submitted their run, and the fastest time was 20:34. Week 2 was a cumulative distance challenge; 50 members submitted their miles, which altogether totalled 1279 miles, and 4 members completed more than 50 miles each! Week 3 was a 30 minute boomerang run, and week 4 is a 10k elevation challenge. Here are the team results after the first 2 challenges:

**Challenge 1 – Parkrun Handicap**

	Team Points	Points	Bonus	Total	Position
	361	20	10	30	1st
	349	15	10	25	2nd
	324	10	10	20	3rd
	307	05	10	15	4th

**Challenge 2 – Distance**

	Team Miles	Points	Position
	259	05	4th
	355	15	2nd
	372	20	1st
	292	10	3rd

Look out for the next challenge and the next set of results on our Facebook page!

**Zoom social exercise class** - To help with training for the team challenges we're putting on another social zoom workout session on Thursday 11th March 7:15 for a 7:30 start. It would be lovely to see lots of smiley KHs taking part! The workout is 30 minutes and designed for runners. Have a look on our Facebook page for the Zoom link.

## Runner of the Month

The January award went to **Lee Jamieson** for making a brilliant start to his running in 2021 and really enjoying it, having achieved 100 miles in a month and a new notaparkrun PB in January. Lee is a fantastic supporter of Kippax Harriers and we look forward to seeing him back at club once covid restrictions have been lifted. Congratulations Lee!

Have a look at all our Runners of the Month on our website: <https://kippaxharriers.org.uk/runner-of-the-month-2021/>



## The Results

Results Update for the last month.

### Kippax Harriers notaparkrun virtual parkrun

Kippax Harriers notaparkrun virtual parkrun  
Week ending 14/02/2021 #46

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	19:59		21
2	Emily Follows	Female	VW40-44	23:20		20
3	Graham Hoy	Male	VM40-44	24:15		46
4	Lee Jamieson	Male	VM40-44	24:45		10
5	Emily Stevenson	Female	SW30-34	25:04	PBI	5
6	Alison Hunter	Female	VW55-59	25:13		46
7	Veronica Hawking	Female	VW35-39	25:30		31
8	Paul Hammond	Male	VM55-59	25:56		42
9	Linda Durkin	Female	VW55-59	26:16		46
10	Jason Marshall	Male	VM35-39	27:20		5
11	Carolyn Davy	Female	VW40-44	28:45		7
12	Annette McTaggart	Female	VW50-54	29:02		46
13	Lynne Tyson	Female	VW55-59	29:03		23
14	Wendy Chapman	Female	VW60-64	29:35		46
15	Elizabeth Holdsworth	Female	VW40-44	32:29	PBI	13
16	Kate Penrose	Female	VW65-69	33:07		11
17	Dorothy McDonald	Female	VW60-64	33:25		44
18	Valerie Pell	Female	VW60-64	33:30		46
19	Stevie Roberts	Female	VW40-44	34:17		30
20	Les Kitching	Male	VM70-74	37:45		35
21	Zoe Hoy	Female	VW45-49	38:05		31
22	Paul Durkin	Male	VM55-59	48:39		46





Kippax Harriers notaparkrun virtual parkrun  
Week ending 21/02/2021 #47

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Andy Hill	Male	VM50-54	20:34		15
2	Chloe Hirst	Female	SW30-34	21:11		13
3	Graham Hoy	Male	VM40-44	21:27	PB!	47
4	Emily Follows	Female	VW40-44	21:37		21
5	Lee Jamieson	Male	VM40-44	22:17	PB!	11
6	Fiona Robins	Female	VW45-49	23:19		2
7	Andrea Harland	Female	VW40-44	23:46	PB!	6
8	Emily Stevenson	Female	SW30-34	24:17	PB!	6
9	Alison Hunter	Female	VW55-59	24:27	PB!	47
10	Veronica Hawking	Female	VW35-39	24:40		32
11	Clare Copley	Female	VW40-44	24:57		24
12	Jason Marshall	Male	VM35-39	25:16		6
13	Cheryl Stanton	Female	VW40-44	25:36	PB!	2
14	Linda Durkin	Female	VW55-59	25:48		47
15	Wendy Chapman	Female	VW60-64	26:04		47
16	Emma Richardson	Female	VW40-44	26:52		27
17	Carolyn Davy	Female	VW40-44	26:55	PB!	8
18	Annette McTaggart	Female	VW50-54	27:07		47
19	Sue McCluskey	Female	VW50-54	27:21	PB!	3
20	Hannah Edwards	Female	VW35-39	27:54		12
21	Jason Britton	Male	VM45-49	27:59	PB!	17
22	Lindsay Georgopoulos	Female	VW40-44	28:02		11
23	Lynne Tyson	Female	VW55-59	28:08		24
24	Valerie Pell	Female	VW60-64	28:32	PB!	47
25=	Helen Frith	Female	VW50-54	28:50		6
25=	Nic Ward	Female	VW45-49	28:50		2
27	Judith Jones	Female	VW50-54	28:51		5
28	Carole Kitchen	Female	VW55-59	29:42		6
29	Karen Downham	Female	VW55-59	30:11	PB!	6
30	Kate Penrose	Female	VW65-69	30:18	PB!	12
31	Richard Hunter	Male	VM50-54	31:09		21
32	Stevie Roberts	Female	VW40-44	32:43		31
33	Ann Martin	Female	VW60-64	32:51		28
34	Jay Kitchen	Male	VM55-59	33:05		7
35	Dorothy McDonald	Female	VW60-64	33:21		45
36	Zoe Hoy	Female	VW45-49	35:01		32
37	Les Kitching	Male	VM70-74	35:44		36
38	Paul Durkin	Male	VM55-59	47:15		47
39	Sam Lambert	Female	VW70-74	1:02:50		37



Kippax Harriers notaparkrun virtual parkrun  
Week ending 28/02/2021 #48

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	19:16		22
2	Chloe Hirst	Female	SW30-34	20:41	PB!	14
3	Andy Hill	Male	VM50-54	22:33		16
4	Fiona Robins	Female	VW45-49	23:59		3
5	Clare Copley	Female	VW40-44	25:31		25
6	Alison Hunter	Female	VW55-59	25:36		48
7	Graham Hoy	Male	VM40-44	25:40		48
8	Veronica Hawking	Female	VW35-39	25:47		33
9	Sue McCluskey	Female	VW50-54	26:11	PB!	4
10	Emily Stevenson	Female	SW30-34	26:34		7
11	Annette McTaggart	Female	VW50-54	26:43	PB!	48
12	Linda Durkin	Female	VW55-59	27:15		48
13	Jamie Wainwright	Male	VM45-49	27:23		5
14	Wendy Chapman	Female	VW60-64	28:10		48
15	Jason Britton	Male	VM45-49	28:25		18
16	Richard Hunter	Male	VM50-54	29:09		22
17	Paul Durkin	Male	VM55-59	29:17		48
18	Emma Richardson	Female	VW40-44	30:34		28
19	Lynne Tyson	Female	VW55-59	31:22		25
20	Kate Penrose	Female	VW65-69	32:35		13
21	Ann Martin	Female	VW60-64	32:44		29
22	Dorothy McDonald	Female	VW60-64	33:27		46
23	Valerie Pell	Female	VW60-64	34:35		48
24	Stevie Roberts	Female	VW40-44	34:48		32
25	Les Kitching	Male	VM70-74	35:35		37
26	Zoe Hoy	Female	VW45-49	37:54		33
27	Marina Dobbs	Female	VW55-59	48:30		20
28	Sam Lambert	Female	VW70-74	59:13		38



## Kippax Harriers notaparkrun virtual parkrun

Week ending 07/03/2021

#49

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Chloe Hirst	Female	SW30-34	20:42		15
2	Graham Hoy	Male	VM40-44	23:23		49
3	Veronica Hawking	Female	VW35-39	24:48		34
4	Alison Hunter	Female	VW55-59	24:51		49
5	Annette McTaggart	Female	VW50-54	27:12		49
6	Andrea Harland	Female	VW40-44	27:17		7
7	Jason Britton	Male	VM45-49	27:44	PBI	19
8	Paul Durkin	Male	VM55-59	27:45		49
9	Linda Durkin	Female	VW55-59	28:25		49
10=	Lindsay Georgopoulos	Female	VW40-44	28:28		12
10=	Richard Hunter	Male	VM50-54	28:28		23
12	Carolyn Davy	Female	VW40-44	29:03		9
13	Carole Kitchen	Female	VW55-59	29:23		7
14	Sam Madden	Male	VM35-39	29:39		2
15	Kate Penrose	Female	VW65-69	29:52	PBI	14
16	Lynne Tyson	Female	VW55-59	29:58		26
17	Paul Hammond	Male	VM55-59	30:04		43
18	Wendy Chapman	Female	VW60-64	31:19		49
19	Ann Martin	Female	VW60-64	32:25		30
20	Valerie Pell	Female	VW60-64	32:32		49
21	Stevie Roberts	Female	VW40-44	33:43		33
22	Les Kitching	Male	VM70-74	35:08		38
23	Dorothy McDonald	Female	VW60-64	36:25		47
24	Zoe Hoy	Female	VW45-49	38:10		34
25	Sam Lambert	Female	VW70-74	44:33		39



**STRAVA**

## Kippax Harriers COVID19 Virtual Parkrun

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

**3.10 mi**

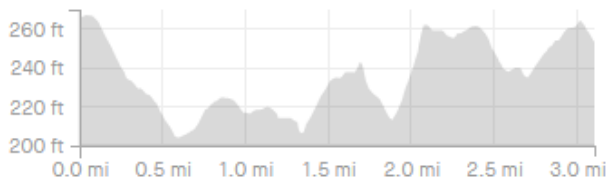
Distance

**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

