



Latest Update April 2021

COVID-19

In line with current guidance, we have now resumed training sessions on Tuesday nights, in our bubbles of 6! We've had a fantastic response to our first two sessions, with over 40 members joining us each time. It's so good to be back! Look out for a post on Facebook each week where you can sign up to join in.

Membership subs



Many thanks to everyone who has renewed their member already. If you can, please pay before 31st April. 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.

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 – We've now passed our one year anniversary! Congratulations to Carolyn Davy who has achieved her milestone 10th certificate; to Richard Hunter who has achieved his 25th milestone certificate; and to Alison Hunter, Annette McTaggart, Dorothy McDonald, Graham Hoy, Linda Durkin, Paul Durkin, Val Pell and Wendy Chapman who have all achieved their 50th milestone certificate.

parkrun are still intending to restart parkrun events in England from 5th June, so if you haven't taken part in our notaparkrun yet, you haven't got long left to join in!

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 – This proved to be a very popular and competitive challenge! After 6 weeks of different challenges, the final results are:

1st Andy's Antelopes

2nd Emily's Eagles

3rd Cheryl's Sharks

4th Alan's Alligators

Huge thanks to our 4 captains for organising the challenges, and thanks to all the members who took part.

Hopefully soon we'll be back to reporting on real races rather than virtual challenges!!!

Leeds Country Way

After a lot of thought and deliberation, we have made the tough decision not to hold the Leeds Country Way Relay this year.

With still so much uncertainty over permission for use of Leeds parks and countryside, and a date clash with other re-organised races, which could cause us logistical issues, we have decided to hold off until next year.

Please save the date for September 4th 2022, when we will hopefully be able to hold our 30th event safely, without compromise, and make it the great running and social day out we all know and love.

We look forward to seeing you all again next year.



Runner of the Month

The February award went to **Emily Stevenson** for making a great start to being a member of Kippax Harriers: she's joined in with all of the virtual challenges and has achieved 5 PBs in a row out of 7 notaparkruns done. Congratulations Emily!



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

Club Shop

Alan's done a fantastic job of revamping our club shop on the website. You can now order and pay online, and our lovely kit lady Marina will deliver your new kit on a Tuesday club night. If you'd like to refresh your kit wardrobe, take a look here: <https://kippaxharriers.org.uk/shop/>



The Results

Results Update for the last month.

Kippax Harriers notaparkrun virtual parkrun

Kippax Harriers notaparkrun virtual parkrun

Week ending 14/03/2021

#50



POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Chris Bartle	Male	VM35-39	22:30	First Timer!	1
2	Graham Hoy	Male	VM40-44	24:52		50
3	Andy Hill	Male	VM50-54	25:07		17
4	Veronica Hawking	Female	VW35-39	25:55		35
5	Alison Hunter	Female	VW55-59	25:56		50
6	Paul Hammond	Male	VM55-59	26:43		44
7	Annette McTaggart	Female	VW50-54	27:48		50
8	Jason Britton	Male	VM45-49	28:01		20
9	Linda Durkin	Female	VW55-59	28:03		50
10	Carole Kitchen	Female	VW55-59	29:23		8
11	Lynne Tyson	Female	VW55-59	31:00		27
12	Paul Durkin	Male	VM55-59	31:17		50
13	Ann Martin	Female	VW60-64	31:29		31
14	Elizabeth Holdsworth	Female	VW40-44	32:21	PB!	14
15	Kate Penrose	Female	VW65-69	33:11		15
16	Wendy Chapman	Female	VW60-64	33:58		50
17	Valerie Pell	Female	VW60-64	34:32		50
18	Stevie Roberts	Female	VW40-44	34:48		34
19	Les Kitching	Male	VM70-74	35:35		39
20=	Dorothy McDonald	Female	VW60-64	40:15		48
20=	Zoe Hoy	Female	VW45-49	40:15		35
22	Sam Lambert	Female	VW70-74	41:05		40



Kippax Harriers notaparkrun virtual parkrun

Week ending 21/03/2021

#51



POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Dave Lighten	Male	VM40-44	19:21		23
2	Chloe Hirst	Female	VW30-34	22:14		16
3	Graham Hoy	Male	VM40-44	23:17		51
4	Andrea Harland	Female	VW40-44	24:45		8
5	Paul Hammond	Male	VM55-59	24:59		45
6	Alison Hunter	Female	VW55-59	25:16		51
7	Veronica Hawking	Female	VW35-39	25:27		36
8	Clare Copley	Female	VW40-44	25:51		26
9	Mark Albon	Male	SM25-29	26:06		4
10	Paul Durkin	Male	VM55-59	26:14		51
11	Lynne Tyson	Female	VW55-59	27:36	PBI	28
12	Annette McTaggart	Female	VW50-54	27:58		51
13	Jason Britton	Male	VM45-49	27:59		21
14	Richard Hunter	Male	VM50-54	29:01		24
15	Linda Durkin	Female	VW55-59	29:12		51
16	Hannah Edwards	Female	VW35-39	29:16		13
17	Wendy Chapman	Female	VW60-64	30:11		51
18	Valerie Pell	Female	VW60-64	31:06		51
19	Ann Martin	Female	VW60-64	32:50		32
20	Kate Penrose	Female	VW65-69	33:15		16
21	Stevie Roberts	Female	VW40-44	33:54		35
22	Les Kitching	Male	VM70-74	34:52		40
23	Sam Lambert	Female	VW70-74	35:02		41
24	Zoe Hoy	Female	VW45-49	36:07		36
25	Dorothy McDonald	Female	VW60-64	36:31		49



Kippax Harriers notaparkrun virtual parkrun

Week ending 28/03/2021

#52

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Graham Hoy	Male	VM40-44	23:08		52
2	Emily Follows	Female	VW40-44	24:13		22
3	Paul Hammond	Male	VM55-59	24:56		46
4	Alison Hunter	Female	VW55-59	25:16		52
5	Veronica Hawking	Female	VW35-39	25:27		37
6	Clare Copley	Female	VW40-44	25:35		27
7	Linda Durkin	Female	VW55-59	26:27		52
8	Lynne Tyson	Female	VW55-59	27:16	PB!	29
9	Jason Britton	Male	VM45-49	27:33	PB!	22
10	Paul Durkin	Male	VM55-59	27:41		52
11	Annette McTaggart	Female	VW50-54	28:26		52
12	Richard Hunter	Male	VM50-54	28:37		25
13	Andrea Harland	Female	VW40-44	30:03		9
14	Ann Martin	Female	VW60-64	31:10		33
15	Kate Penrose	Female	VW65-69	31:25		17
16	Valerie Pell	Female	VW60-64	31:57		52
17	Wendy Chapman	Female	VW60-64	32:14		52
18	Les Kitching	Male	VM70-74	33:39		41
19	Sam Lambert	Female	VW70-74	33:44		42
20	Dorothy McDonald	Female	VW60-64	34:17		50
21	Stevie Roberts	Female	VW40-44	34:33		36



Kippax Harriers notaparkrun virtual parkrun
Week ending 04/04/2021 #53

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Graham Hoy	Male	VM40-44	22:35		53
2	Jason Marshall	Male	VM35-39	23:33	PB!	7
3	Paul Hammond	Male	VM55-59	24:00	PB!	47
4	Veronica Hawking	Female	VW35-39	25:18		38
5	Alison Hunter	Female	VW55-59	25:30		53
6	Sue McCluskey	Female	VW50-54	26:11		5
7	Jason Britton	Male	VM45-49	27:22	PB!	23
8	Annette McTaggart	Female	VW50-54	27:25		53
9	Jamie Wainwright	Male	VM45-49	27:37		6
10	Paul Durkin	Male	VM55-59	28:30		53
11	Linda Durkin	Female	VW55-59	28:31		53
12	Wendy Chapman	Female	VW60-64	28:42		53
13	Carolyn Davy	Female	VW40-44	28:46		10
14	Kate Penrose	Female	VW65-69	30:05		18
15	Richard Hunter	Male	VM50-54	30:22		26
16	Ann Martin	Female	VW60-64	31:45		34
17	Valerie Pell	Female	VW60-64	32:25		53
18	Stevie Roberts	Female	VW40-44	34:17		37
19	Les Kitching	Male	VM70-74	34:53		42
20	Dorothy McDonald	Female	VW60-64	35:12		51
21	Judy Lankester	Female	VW40-44	35:14		16
22	Sam Lambert	Female	VW70-74	35:37		43
23	Kelly Palmer	Female	VW65-69	56:54		6
24	Marina Dobbs	Female	VW55-59	59:40		21
25	Zoe Hoy	Female	VW45-49	1:00:02		37

**STRAVA**

Kippax Harriers COVID19 Virtual Parkrun

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

3.10 mi

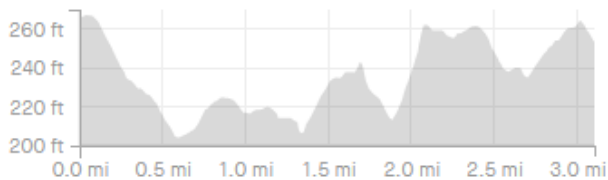
Distance

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

