



## Latest Update May 2021

### COVID-19

Our bubbles of 6 on Tuesday nights are still very successful, and will continue until Covid guidance from England Athletics changes. We regularly have 6 or 7 running groups taking part, and the new walking group has been very popular too (thanks to Zoe Hoy for suggesting this). Huge thanks to our captains for all their hard work behind the scenes, organising (and re-shuffling!) the bubbles and planning routes for us. Keep looking out for a post on Facebook each week where you can sign up to join in.

We've got our fingers crossed that the next steps of easing lockdown go ahead on 17<sup>th</sup> May and 21<sup>st</sup> June. Your committee are working hard on plans for after that – watch this space!

### Membership update

Many thanks to everyone who has renewed their membership; we currently have 83 full members and 8 social members. We'd also like to extend a warm welcome to all the new members who have joined us recently, hopefully you're enjoying your Tuesday night runs with us, and hopefully soon we'll get back to some normality and you'll get to see the club in all its glory (ie when we're allowed back in the pub!!)

### Notaparkrun virtual parkrun

We're now on event #58, with 67 members taking part and running a total of 4,000 miles since we started! Congratulations to Carole Kitchen, Jay Kitchen and Jason Marshall who have all achieved their milestone 10<sup>th</sup> certificate; to Jason Britton and Marina Dobbs who have both achieved their 25<sup>th</sup> milestone certificate; and to Paul Hammond who has achieved his 50<sup>th</sup> milestone certificate.

parkrun are still hoping to restart parkrun events in England from 5th June, although this is dependant on them getting landowner permission for a majority of events to restart. They have currently received permission from 20% of landowners, and unfortunately Leeds City Council have not responded yet. However, Pontefract, Wakefield Thornes and Selby have been given permission by their councils.

Our notaparkrun will continue until whichever date parkrun does finally return. In the meantime, if you're missing your parkrun fix, Temple Newsam junior parkrun have restarted on Sundays at 9am and are always grateful for more volunteers. Drop them an email at [templenewsamjuniors@parkrun.com](mailto:templenewsamjuniors@parkrun.com) if you'd like to help out one week, it's great fun!

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.



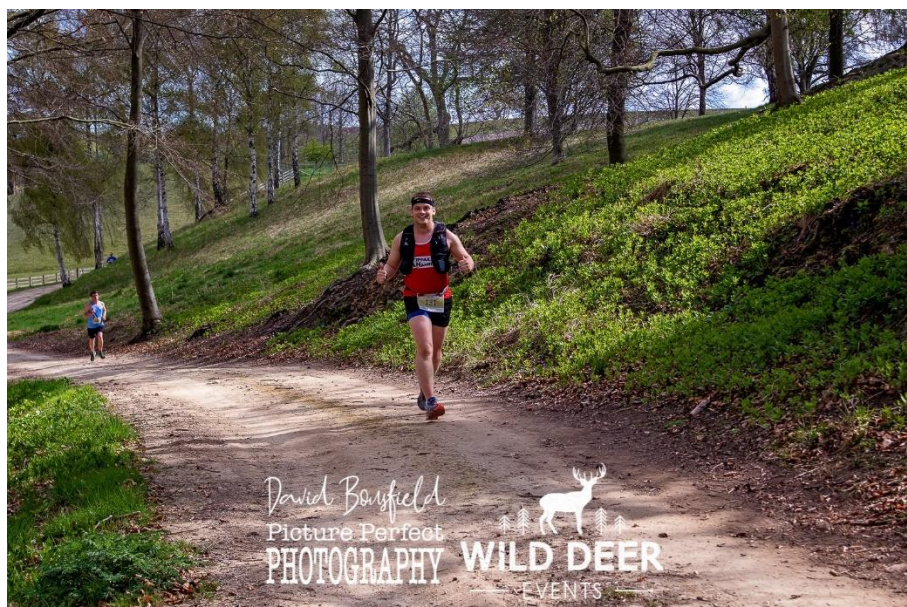


# KIPPAX HARRIERS



## Real races!

We're starting to see some real races returning, although in a covid secure format. Congratulations to James Copley and David Bonning who took part in the Burnsall Trail Half Marathon, and to Mark Albon and Judy Lankester who took part in the Bramham Trail 10k and 5k respectively. Do let us know on Facebook if you're taking part in a race, it's so good to see some normality returning!



David Bonfield  
Picture Perfect  
PHOTOGRAPHY  
WILD DEER  
EVENTS

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## Runner of the Month

The March award went to **Lynne Tyson** for getting back to running so strongly: she made excellent contributions to the Captains Challenges, she achieved 2 PBs in her last 2 notaparkruns, and she completed the Lands End to John O'Groats virtual challenge (both walking and running) in under 3 months to get the gold medal. Congratulations Lynne!



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.

### Burnsall Trail Half Marathon

David Bonning 2:32:43

James Copley 2:32:44

### Bramham Trail

Mark Albon (10k) 53:06

Judy Lankester (5k) 34:39



## Kippax Harriers notaparkrun virtual parkrun

Kippax Harriers notaparkrun virtual parkrun  
Week ending 11/04/2021 #54

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Andy Hill	Male	VM50-54	22:24		18
2	Emily Follows	Female	VW40-44	22:27		23
3	Fiona Robins	Female	VW45-49	22:53	PB!	4
4	Jason Marshall	Male	VM35-39	23:35		8
5	Graham Hoy	Male	VM40-44	23:38		54
6	Paul Hammond	Male	VM55-59	23:54	PB!	48
7	Alison Hunter	Female	VW55-59	25:42		54
8	Veronica Hawking	Female	VW35-39	25:58		39
9=	Annette McTaggart	Female	VW50-54	27:31		54
9=	Paul Durkin	Male	VM55-59	27:31		54
11	Jason Britton	Male	VM45-49	27:32		24
12	Linda Durkin	Female	VW55-59	27:45		54
13	Wendy Chapman	Female	VW60-64	28:22		54
14	Kate Penrose	Female	VW65-69	28:40	PB!	19
15	Clare Copley	Female	VW40-44	29:44		28
16	Jay Kitchen	Male	VM55-59	31:07		8
17	Lynne Tyson	Female	VW55-59	32:02		30
18	Valerie Pell	Female	VW60-64	32:28		54
19	Ann Martin	Female	VW60-64	32:46		35
20	Stevie Roberts	Female	VW40-44	33:14		38
21	Judy Lankester	Female	VW40-44	34:11		17
22	Sam Lambert	Female	VW70-74	34:31		44
23	Les Kitching	Male	VM70-74	34:41		43
24	Dorothy McDonald	Female	VW60-64	35:13		52
25=	Marina Dobbs	Female	VW55-59	1:01:38		22
25=	Kelly Palmer	Female	VW65-69	1:01:38		7
25=	Zoe Hoy	Female	VW45-49	1:01:38		38



## Kippax Harriers notaparkrun virtual parkrun

Week ending 18/04/2021

#55

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Andrew Weeks	Male	VM40-44	19:06		13
2	Graham Hoy	Male	VM40-44	22:17		55
3	Jason Marshall	Male	VM35-39	23:29	PB!	9
4	Paul Hammond	Male	VM55-59	23:31	PB!	49
5	Alison Hunter	Female	VW55-59	24:33		55
6	Veronica Hawking	Female	VW35-39	25:05		40
7	Linda Durkin	Female	VW55-59	26:34		55
8	Annette McTaggart	Female	VW50-54	27:16		55
9	Emma Richardson	Female	VW40-44	27:28		29
10	Wendy Chapman	Female	VW60-64	27:35		55
11	Mark Albon	Male	SM25-29	28:09		5
12	Paul Durkin	Male	VM55-59	28:14		55
13	Jason Britton	Male	VM45-49	28:24		25
14	Carole Kitchen	Female	VW55-59	28:25		9
15	Jay Kitchen	Male	VM55-59	29:05		9
16	Carolyn Davy	Female	VW40-44	29:51		11
17	Valerie Pell	Female	VW60-64	29:58		55
18	Ann Martin	Female	VW60-64	32:23		36
19	Kate Penrose	Female	VW65-69	32:29		20
20=	Dorothy McDonald	Female	VW60-64	34:59		53
20=	Sam Lambert	Female	VW70-74	34:59		45
22	Stevie Roberts	Female	VW40-44	35:00		39
23	Karen Downham	Female	VW55-59	55:39		7
24	Marina Dobbs	Female	VW55-59	59:07		23
25	Zoe Hoy	Female	VW45-49	59:43		39





Kippax Harriers notaparkrun virtual parkrun  
Week ending 25/04/2021

#56

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Emily Follows	Female	VW40-44	22:02		24
2	Jason Marshall	Male	VM35-39	22:50	PBI	10
3	Graham Hoy	Male	VM40-44	23:38		56
4	Paul Hammond	Male	VM55-59	23:53		50
5	Veronica Hawking	Female	VW35-39	24:17		41
6	Fiona Robins	Female	VW45-49	24:20		5
7	Alison Hunter	Female	VW55-59	25:35		56
8	Annette McTaggart	Female	VW50-54	26:49		56
9	Linda Durkin	Female	VW55-59	27:11		56
10	Jason Britton	Male	VM45-49	27:29		26
11	Wendy Chapman	Female	VW60-64	27:36		56
12=	Hannah Edwards	Female	VW35-39	27:58		14
12=	Jamie Wainwright	Male	VM45-49	27:58		7
14	Kate Penrose	Female	VW65-69	30:21		21
15	Valerie Pell	Female	VW60-64	30:55		56
16	Ann Martin	Female	VW60-64	31:34		37
17	Carole Kitchen	Female	VW55-59	32:27		10
18	Jay Kitchen	Male	VM55-59	32:43		10
19	Stevie Roberts	Female	VW40-44	33:54		40
20	Sam Lambert	Female	VW70-74	34:38		46
21	Les Kitching	Male	VM70-74	34:55		44
22	Dorothy McDonald	Female	VW60-64	40:40		54
23	Marina Dobbs	Female	VW55-59	43:35		24
24	Paul Durkin	Male	VM55-59	56:59		56



Kippax Harriers notaparkrun virtual parkrun  
Week ending 02/05/2021 #57

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Graham Hoy	Male	VM40-44	23:07		57
2	Paul Hammond	Male	VM55-59	23:26	PBI	51
3	Jason Marshall	Male	VM35-39	23:36		11
4	Andy Hill	Male	VM50-54	23:50		19
5	Alison Hunter	Female	VW55-59	24:33		57
6	Linda Durkin	Female	VW55-59	25:08		57
7	Lee Jamieson	Male	VM40-44	25:18		12
8	Veronica Hawking	Female	VW35-39	26:05		42
9	Jamie Wainwright	Male	VM45-49	26:31		8
10	Hannah Edwards	Female	VW35-39	27:15		15
11	Annette McTaggart	Female	VW50-54	29:21		57
12	Jason Britton	Male	VM45-49	29:28		27
13	Wendy Chapman	Female	VW60-64	29:55		57
14	Kate Penrose	Female	VW65-69	30:23		22
15	Valerie Pell	Female	VW60-64	30:44		57
16	Ann Martin	Female	VW60-64	31:59		38
17	Stevie Roberts	Female	VW40-44	33:55		41
18	Sam Lambert	Female	VW70-74	34:25		47
19	Dorothy McDonald	Female	VW60-64	35:26		55
20	Zoe Hoy	Female	VW45-49	40:08		40
21	Paul Durkin	Male	VM55-59	55:58		57



Kippax Harriers notaparkrun virtual parkrun  
Week ending 09/05/2021

#58

POSITION	PARKRUNNER	GENDER	AGE GROUP	TIME	COMMENTS	TOTAL RUNS
1	Paul Hammond	Male	VM55-59	23:16	PB!	52
2	Emily Stevenson	Female	VW30-34	24:06	PB!	8
3	Graham Hoy	Male	VM40-44	24:22		58
4	Alison Hunter	Female	VW55-59	24:35		58
5	Kevin Robinson	Male	VM40-44	25:01	First Timer!	1
6	Jamie Wainwright	Male	VM45-49	25:13	PB!	9
7	Veronica Hawking	Female	VW35-39	25:38		43
8	Emma Richardson	Female	VW40-44	25:47		30
9	Linda Durkin	Female	VW55-59	27:24		58
10	Jason Britton	Male	VM45-49	27:27		28
11	Annette McTaggart	Female	VW50-54	27:28		58
12	Hannah Edwards	Female	VW35-39	28:14		16
13	Ann Martin	Female	VW60-64	31:33		39
14	Valerie Pell	Female	VW60-64	32:17		58
15	Paul Durkin	Male	VM55-59	32:40		58
16	Kate Penrose	Female	VW65-69	33:31		23
17	Sam Lambert	Female	VW70-74	34:08		48
18	Les Kitching	Male	VM70-74	34:43		45
19	Stevie Roberts	Female	VW40-44	34:45		42
20	Karen Downham	Female	VW55-59	34:53		8
21	Dorothy McDonald	Female	VW60-64	35:56		56
22	Zoe Hoy	Female	VW45-49	39:26		41
23=	Marina Dobbs	Female	VW55-59	1:01:52		25
23=	Kelly Palmer	Female	VW65-69	1:01:52		8
25	Wendy Chapman	Female	VW60-64	1:07:23		58





**STRAVA**

## Kippax Harriers COVID19 Virtual Parkrun

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

3.10 mi

Distance

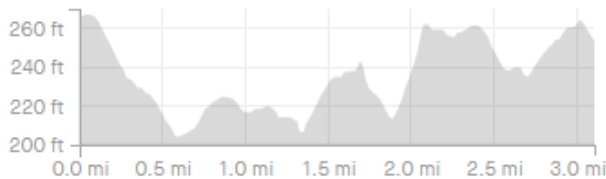
136 ft

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

