



Latest Update June 2021

COVID-19

We're still running a sign-up on Facebook for our Tuesday night runs, but we're allowed to be a bit more flexible about the size of the groups now, and people are welcome to swap around, which is fantastic and means that at times it's felt like a real club night! The lovely sunny evenings we've been having have been a bonus too! We're still bound by guidance from England Athletics but we'll let you know as and when there are any changes.

Notaparkrun virtual parkrun

We're now on event #63, with 67 members taking part and running a total of 4,000 miles since we started! Congratulations to Kelly Palmer and Karen Downham who have both achieved their milestone 10th certificate; to Emily Follows, Kate Penrose and Dave Lighten who have all achieved their 25th milestone certificate; and to Sam Lambert who has achieved her 50th milestone certificate.

parkrun are hoping to restart parkrun events in England from 26th June, although this is dependant on the government easing restrictions on 21st June. Look out for more announcements on Facebook!

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 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.

Real races!

More members have taken part in real races over the last month! Well done to Kate Penrose who ran the 10 mile Old Colliery Canter; Mark Albon who ran the Daffodil Dash Half Marathon; Rob Ward who ran the Windermere Marathon; and Andrea Harland and Mark Albon who took part in the Leeds Triathlon.

Please let us know on Facebook if you're taking part in a race, it's great to share your stories of real races!



KIPPAX HARRIERS



Spring/Summer Handicap

The Spring Handicap this year has been a little delayed due to the obvious, however we do now have a date: Thursday 1st July – 19:00 meeting at the top of Barrowby Lane.

Can anyone who wishes to take part please let us know on Facebook as soon as possible so that we can calculate your handicap.

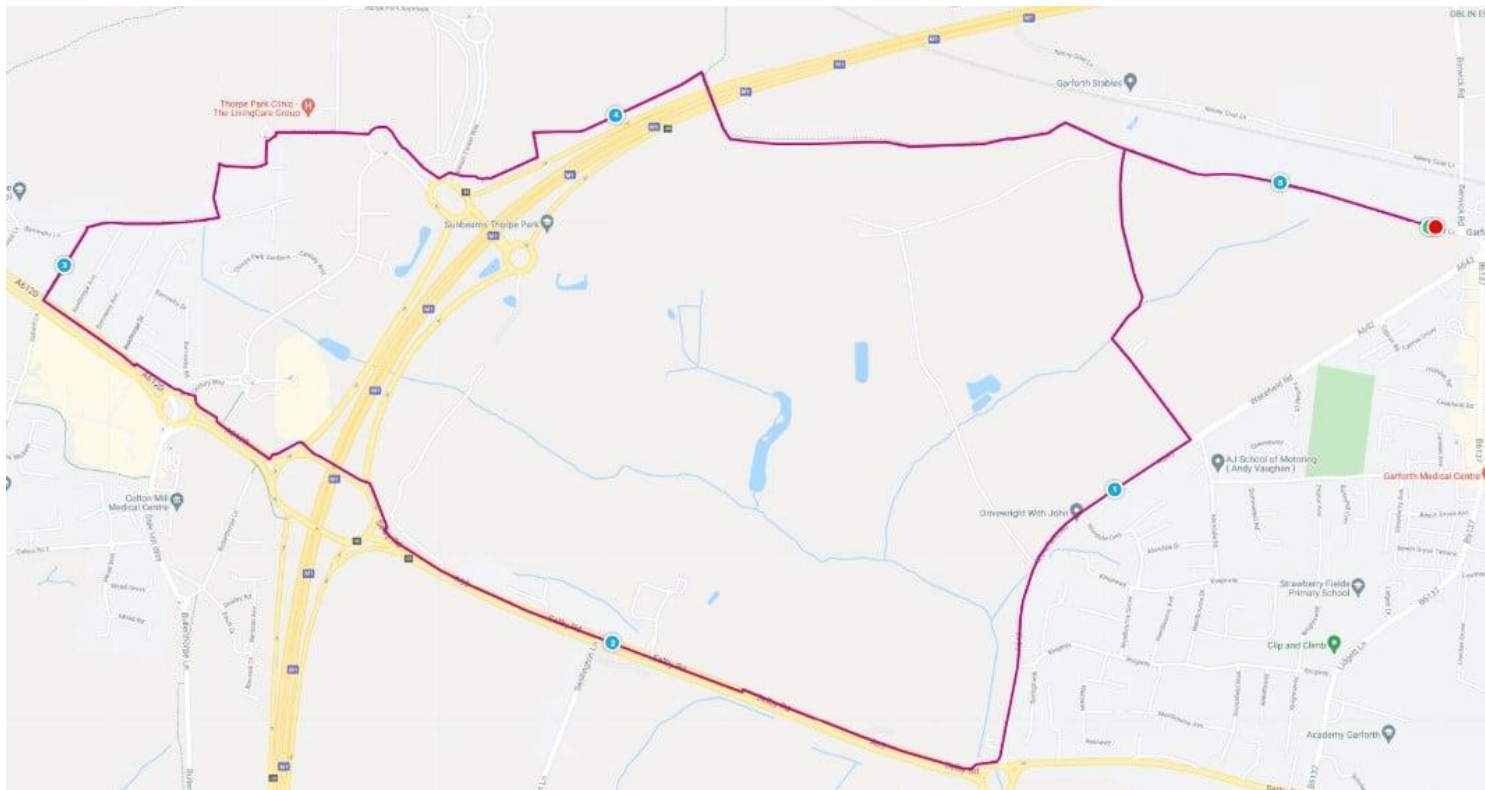
Just as important, anyone who would like to volunteer to marshal, time keep, or hand out water, please also let us know.

For those new to the Handicaps, we work out a predicted time for you and then stagger the start of the race based on that time, with the hope being that everyone finishes together in a tense sprint finish. The first person over the line is the winner (this is very rarely the fastest member of the club!).

Due to the lack of competitive races this year working out the handicaps is going to be a real challenge, therefore please be prepared for friend requests on Strava and Garmin or simply messages asking how quickly you are running (please be honest 😊).

Due to the unknown nature of what restrictions might be at the time, the event is currently just the race and unfortunately not the traditional pub gathering afterwards (apologies about that, but we are working on alternatives).

The route is as always <https://www.mapmyrun.com/routes/view/2050038061>



We look forward to seeing you on 1st July, wearing your club vests with pride!



ICE details

For everyone's safety, we need to make sure our emergency contacts are up to date.

All members should have received an email with a link to a form on our website where you can update your details, this will give us a single simple place to get details should they be needed on a club night or at a race.

We will be asking for them to be updated on an annual basis.

Thanks to everyone who has completed the form. If you haven't yet done so, please can you complete it asap.

Please be aware these details will be kept secure and will only be available to committee members.

London Marathon

Lee Mitchell will be proudly representing Kippax Harriers in this year's October London Marathon having deferred in 2020. We have not been allocated a club place for the 2021 event due to Lee's deferment, therefore there will be no ballot.

However, we have been advised that we should be allocated a club place for the April 2022 marathon. Details of the entry criteria in to the club ballot will follow in due course when LM release further information.

Runner of the Month

The April award went to **Jason Britton** for running consistently well at the moment: he's shown a strong commitment to Tuesday club nights since we returned in March and has taken part in every notaparkrun for 13 weeks in a row (and has done 30 altogether) which included 4 PBs. Congratulations Jason!



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



KIPPAX HARRIERS



The Results

Results Update for the last month.

Old Colliery Canter 10 mile

Kate Penrose 1:47:43

Daffodil Dash Half Marathon

Mark Albion 2:25:43

Windermere Marathon

Rob Ward 4:25:33



Kippax Harriers notaparkrun virtual parkrun

Kippax Harriers notaparkrun virtual parkrun
Week ending 16/05/2021 #59

| POSITION | PARKRUNNER | GENDER | AGE GROUP | TIME | COMMENTS | TOTAL RUNS |
|----------|-------------------|--------|-----------|-------|----------|------------|
| 1 | Graham Hoy | Male | VM40-44 | 22:57 | | 59 |
| 2 | Paul Hammond | Male | VM55-59 | 23:29 | | 53 |
| 3 | Kevin Robinson | Male | VM40-44 | 24:31 | PB! | 2 |
| 4 | Alison Hunter | Female | VW55-59 | 24:49 | | 59 |
| 5 | Clare Copley | Female | VW40-44 | 24:53 | | 29 |
| 6 | Emma Richardson | Female | VW40-44 | 25:34 | PB! | 31 |
| 7 | Veronica Hawking | Female | VW35-39 | 25:42 | | 44 |
| 8 | Linda Durkin | Female | VW55-59 | 26:23 | | 59 |
| 9 | Annette McTaggart | Female | VW50-54 | 26:50 | | 59 |
| 10 | Hannah Edwards | Female | VW35-39 | 27:31 | | 17 |
| 11 | Wendy Chapman | Female | VW60-64 | 28:38 | | 59 |
| 12 | Jason Britton | Male | VM45-49 | 28:46 | | 29 |
| 13 | Kate Penrose | Female | VW65-69 | 30:02 | | 24 |
| 14 | Valerie Pell | Female | VW60-64 | 31:02 | | 59 |
| 15 | Ann Martin | Female | VW60-64 | 31:27 | | 40 |
| 16 | Sam Lambert | Female | VW70-74 | 32:19 | | 49 |
| 17 | Stevie Roberts | Female | VW40-44 | 33:59 | | 43 |
| 18 | Les Kitching | Male | VM70-74 | 34:48 | | 46 |
| 19 | Dorothy McDonald | Female | VW60-64 | 36:44 | | 57 |
| 20 | Zoe Hoy | Female | VW45-49 | 38:56 | | 42 |
| 21= | Marina Dobbs | Female | VW55-59 | 57:29 | | 26 |
| 21= | Kelly Palmer | Female | VW65-69 | 57:29 | | 9 |



Kippax Harriers notaparkrun virtual parkrun

Week ending 23/05/2021

#60

| POSITION | PARKRUNNER | GENDER | AGE GROUP | TIME | COMMENTS | TOTAL RUNS |
|----------|-------------------|--------|-----------|-------|----------|------------|
| 1 | Graham Hoy | Male | VM40-44 | 23:58 | | 60 |
| 2 | Alison Hunter | Female | VW55-59 | 25:20 | | 60 |
| 3 | Linda Durkin | Female | VW55-59 | 25:55 | | 60 |
| 4 | Veronica Hawking | Female | VW35-39 | 26:05 | | 45 |
| 5 | Annette McTaggart | Female | VW50-54 | 26:39 | PB! | 60 |
| 6 | Wendy Chapman | Female | VW60-64 | 28:13 | | 60 |
| 7 | Helen Frith | Female | VW50-54 | 28:26 | | 7 |
| 8 | Clare Copley | Female | VW40-44 | 30:12 | | 30 |
| 9= | Ann Martin | Female | VW60-64 | 30:28 | | 41 |
| 9= | Kate Penrose | Female | VW65-69 | 30:28 | | 25 |
| 11 | Valerie Pell | Female | VW60-64 | 32:59 | | 60 |
| 12 | Sam Lambert | Female | VW70-74 | 34:33 | | 50 |
| 13 | Stevie Roberts | Female | VW40-44 | 34:34 | | 44 |
| 14 | Karen Downham | Female | VW55-59 | 35:13 | | 9 |
| 15 | Les Kitching | Male | VM70-74 | 36:03 | | 47 |
| 16 | Dorothy McDonald | Female | VW60-64 | 36:24 | | 58 |
| 17 | Paul Hammond | Male | VM55-59 | 56:28 | | 54 |
| 18= | Kelly Palmer | Female | VW65-69 | 58:27 | | 10 |
| 18= | Sue Lakin | Female | VW60-64 | 58:27 | | 3 |



Kippax Harriers notaparkrun virtual parkrun

Week ending 30/05/2021

#61

| POSITION | PARKRUNNER | GENDER | AGE GROUP | TIME | COMMENTS | TOTAL RUNS |
|----------|-------------------|--------|-----------|-------|----------|------------|
| 1 | Dave Lighten | Male | VM40-44 | 20:21 | | 24 |
| 2 | Graham Hoy | Male | VM40-44 | 22:47 | | 61 |
| 3 | Kevin Robinson | Male | VM40-44 | 24:11 | PB! | 3 |
| 4 | Veronica Hawking | Female | VW35-39 | 24:31 | | 46 |
| 5 | Clare Copley | Female | VW40-44 | 25:02 | | 31 |
| 6 | Alison Hunter | Female | VW55-59 | 25:50 | | 61 |
| 7 | Linda Durkin | Female | VW55-59 | 26:50 | | 61 |
| 8 | Annette McTaggart | Female | VW50-54 | 27:11 | | 61 |
| 9 | Jason Britton | Male | VM45-49 | 28:18 | | 30 |
| 10 | Wendy Chapman | Female | VW60-64 | 29:16 | | 61 |
| 11 | Valerie Pell | Female | VW60-64 | 30:22 | | 61 |
| 12 | Ann Martin | Female | VW60-64 | 31:34 | | 42 |
| 13 | Sam Lambert | Female | VW70-74 | 32:21 | | 51 |
| 14 | Kate Penrose | Female | VW65-69 | 32:54 | | 26 |
| 15 | Stevie Roberts | Female | VW40-44 | 33:56 | | 45 |
| 16 | Dorothy McDonald | Female | VW60-64 | 36:45 | | 59 |
| 17 | Zoe Hoy | Female | VW45-49 | 38:37 | | 43 |
| 18 | Les Kitching | Male | VM70-74 | 47:37 | | 48 |
| 19= | Paul Hammond | Male | VM55-59 | 59:48 | | 55 |
| 19= | Kelly Palmer | Female | VW65-69 | 59:48 | | 11 |



Kippax Harriers notaparkrun virtual parkrun

Week ending 06/06/2021

#62

| POSITION | PARKRUNNER | GENDER | AGE GROUP | TIME | COMMENTS | TOTAL RUNS |
|----------|-------------------|--------|-----------|-------|----------|------------|
| 1 | Emily Follows | Female | VW40-44 | 23:18 | | 25 |
| 2 | Veronica Hawking | Female | VW35-39 | 23:41 | PB! | 47 |
| 3 | Kevin Robinson | Male | VM40-44 | 23:54 | PB! | 4 |
| 4 | Graham Hoy | Male | VM40-44 | 25:21 | | 62 |
| 5 | Alison Hunter | Female | VW55-59 | 25:39 | | 62 |
| 6 | Annette McTaggart | Female | VW50-54 | 26:06 | PB! | 62 |
| 7= | Linda Durkin | Female | VW55-59 | 27:08 | | 62 |
| 7= | Robert Chard | Male | VM35-39 | 27:08 | | 14 |
| 9 | Emma Richardson | Female | VW40-44 | 28:49 | | 32 |
| 10 | Wendy Chapman | Female | VW60-64 | 28:50 | | 62 |
| 11 | Jason Marshall | Male | VM35-39 | 29:41 | | 12 |
| 12 | Ann Martin | Female | VW60-64 | 31:11 | | 43 |
| 13 | Kate Penrose | Female | VW65-69 | 31:47 | | 27 |
| 14 | Valerie Pell | Female | VW60-64 | 32:47 | | 62 |
| 15 | Sam Lambert | Female | VW70-74 | 33:29 | | 52 |
| 16 | Karen Downham | Female | VW55-59 | 34:00 | | 10 |
| 17 | Dorothy McDonald | Female | VW60-64 | 34:04 | | 60 |
| 18 | Stevie Roberts | Female | VW40-44 | 35:49 | | 46 |
| 19 | Zoe Hoy | Female | VW45-49 | 41:05 | | 44 |
| 20= | Paul Hammond | Male | VM55-59 | 55:48 | | 56 |
| 20= | Kelly Palmer | Female | VW65-69 | 55:48 | | 12 |
| 20= | Sue Lakin | Female | VW60-64 | 55:48 | | 4 |

**STRAVA**

Kippax Harriers COVID19 Virtual Parkrun

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

3.10 mi

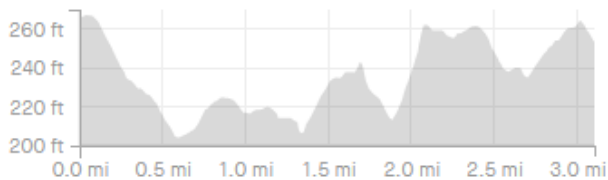
Distance

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

