



Latest Update July 2021

COVID-19

Fingers crossed that with the planned easing of restrictions on 19th July, this will be the last time we need a Covid-19 update on the newsletter! Tuesday club nights will continue as they are for now, but we'll let you know as soon as there are any changes.

The AGM

A reminder that our AGM will take place on Monday 19th July, 20:00 at St. Mary's Church Hall, Kippax.

We kindly request a face mask be worn upon entry in to the hall, your mask can be removed once seated should you wish to do so. Seating will be organised in a fashion to ensure social distancing remains in place.

The usual register of attendees will not be passed around for completion, we will compile a register and sign members in upon arrival to limit contact.

If you could please confirm your attendance via Facebook or email, if you have not done so already, it would be appreciated.

All current members should have received an invitation to the AGM by email, which included several attachments for your information. Should you not be in receipt of the aforementioned email, please contact a member of the committee immediately.

In addition to the usual "AGM bumpf" all committee roles are open. Should you require any further info, please feel free to discuss with a member of the existing committee.

Apologies in advance, for obvious reasons, there will be no prize giving or food served after the meeting.

We very much look forward to seeing you on the 19th.

Welfare Officers



We are delighted to announce that Zoe and Graham Hoy have completed their training and are now ready to start in the role of club Welfare Officers.

The role is to be a point of contact if people want to raise worries/concerns, to make sure any issues are managed appropriately to UK and England athletics policy and generally to ensure that club members feel welcomed, safe, not judged and included.

We are in the process of setting up a Welfare Officer email address so that you'll be able to contact them in complete confidence should the need arise.



“Ledsham Lollipop” run

This social run will be taking place at 7pm on Tuesday 10th August.

There will be a six-mile route for runners, and a three-mile route for walkers, starting and ending at the Chequers Inn in Ledsham.

Although we are unable to provide a buffet for this one due to the ongoing pandemic, in a bid to rehydrate everyone properly (we are serious athletes after all!), your first drink is on us!

Please confirm on Facebook by Friday 6th August if you'd like to come along.

For those of you who may be wanting a full sit-down meal, Cheryl will be putting their new menu on Facebook within the next couple of weeks, so please place your orders with her by Monday 2nd August, so that she can ring them through to the pub in good time.

Any questions, please don't hesitate to ask.

Looking forward to seeing lots of you on the 10th if not before!

Notaparkrun virtual parkrun

Since the last newsletter, 7 more members have joined the milestone clubs: congratulations to Jamie Wainwright, Judith Jones and Helen Frith who have all achieved their milestone 10th certificate; and to Stevie Roberts, Les Kitching, Zoe Hoy and Veronica Hawking who have all achieved their 50th milestone certificate.

With parkrun due to return in England on 24th July, we finally ran our last notaparkrun on 18th July. When we set it up, we thought it might last a month or two, but in the end we kept going for 68 weeks! Over this time, 69 members have taken part, running a total distance of 4,739 miles (or 7,645 km). That's the same as the distance from here to Agra to see the Taj Mahal (it's like Run The World all over again!) There have been 225 PBs and 81 milestone certificates.

A huge thank you to everyone who has taken part over the last 16 months, but a special mention must go to the six members who have completed all 68 notaparkruns: Alison Hunter, Annette McTaggart, Graham Hoy, Linda Durkin, Val Pell and Wendy Chapman. Congratulations also to Dave Lighten and Chloe Hirst who hold the male and female records for our fastest notaparkruns (18:15 and 20:41 respectively).

Looking forward to seeing many of you at real parkrun on 24th July!!!

August Newsletter

There will be no newsletter for August, look out for the next one in September!



The Results

It's fantastic to see more and more members taking part in races each week, fingers crossed that we'll see even more happening now that restrictions have been eased. Congratulations to everyone who's been out representing our club recently, and good luck to those of you with races coming up over the summer!

Here's the Results Update for the last month:

Eccup 10 mile

| | |
|-------------------|-------------------------------|
| Andy Weeks | 1:08:03 |
| Andy Hill | 1:12:10 |
| Annette McTaggart | 1:35:22 |
| Kate Penrose | 1:37:34 (1st in age category) |
| Wendy Chapman | 1:37:43 |
| Val Pell | 1:43:22 |
| Sam Lambert | 1:54:54 (1st in age category) |

Hooded Horse 10K

| | |
|---------------|---------|
| David Bonning | 58:35 |
| Clare Copley | 1:13:10 |

Tough Runner Epic 10K

| | |
|--------------|---------|
| Lee Mitchell | 1:30:00 |
|--------------|---------|

Ackworth Cirrus 10K

| | |
|----------------|---------|
| Ian Downham | 46:18 |
| Graham Hoy | 47:58 |
| Jason Marshall | 53:08 |
| Karen Downham | 1:09:10 |

Endure 24

| | |
|--------------|----------|
| Alan Davy | 60 miles |
| Carolyn Davy | 50 miles |



Spring/Summer Handicap

The Spring/Summer Handicap took place on Thursday 1st July on a very warm, humid evening. The lack of competitive races this year meant that working out the handicaps was a real challenge, but Alan did a sterling job of sorting it all out! First across the line and a worthy winner was Anna Houton. The honour of fastest female went to Emily Follows and fastest male was Andy Weeks. Congratulations to everyone who took part, and many thanks to Alan for organising everything, and to the timers and marshals who did a brilliant job, providing encouragement and making sure no one got lost!



| Runner | (estimated Time) | Start Time | OffSet | Offset from Prev Runner | Finish Time | Individual Time |
|-------------------------|------------------|------------|----------|-------------------------|-------------|-----------------|
| Les | 01:02:09 | 19:01:10 | 00:00:00 | | 20:02:10 | 01:01:00 |
| Annie Faith | 00:58:20 | 19:05:00 | 00:03:50 | 00:03:50 | 20:07:45 | 01:02:45 |
| Karen Jones | 00:53:49 | 19:09:31 | 00:08:21 | 00:04:31 | 20:00:48 | 00:51:17 |
| Jay Kitchen | 00:51:17 | 19:12:03 | 00:10:53 | 00:02:32 | 20:01:55 | 00:49:52 |
| Anna Houton | 00:51:03 | 19:12:17 | 00:11:07 | 00:00:15 | 19:57:59 | 00:45:42 |
| Wendy Chapman | 00:49:35 | 19:13:45 | 00:12:35 | 00:01:28 | 19:59:48 | 00:46:03 |
| Judith Jones | 00:49:12 | 19:14:07 | 00:12:57 | 00:00:22 | 20:03:37 | 00:49:30 |
| Kate Penrose | 00:48:47 | 19:14:32 | 00:13:22 | 00:00:25 | 20:03:38 | 00:49:06 |
| Jason Britton (virtual) | 00:47:44 | 19:15:36 | 00:14:26 | 00:01:03 | 20:03:19 | 00:47:44 |
| Sophie Cullen | 00:46:30 | 19:16:50 | 00:15:40 | 00:01:14 | 20:00:46 | 00:43:56 |
| Phill Goss | 00:45:55 | 19:17:25 | 00:16:15 | 00:00:36 | 20:00:27 | 00:43:02 |
| Annette McTaggart | 00:45:18 | 19:18:02 | 00:16:52 | 00:00:37 | 20:02:23 | 00:44:21 |
| Julie Taylor | 00:44:57 | 19:18:22 | 00:17:12 | 00:00:20 | 20:01:51 | 00:43:29 |
| Paul Hammond | 00:42:58 | 19:20:22 | 00:19:12 | 00:01:59 | 19:59:24 | 00:39:02 |
| Clare Copley | 00:42:44 | 19:20:36 | 00:19:26 | 00:00:14 | 20:03:51 | 00:43:15 |
| Emily Stevenson | 00:41:25 | 19:21:54 | 00:20:44 | 00:01:18 | 20:05:40 | 00:43:46 |
| Alison Hunter | 00:40:50 | 19:22:30 | 00:21:20 | 00:00:35 | 20:05:20 | 00:42:50 |
| Kevin Robinson | 00:40:31 | 19:22:49 | 00:21:39 | 00:00:19 | 20:03:26 | 00:40:37 |
| Andy Harding | 00:39:40 | 19:23:40 | 00:22:30 | 00:00:51 | 20:00:38 | 00:36:58 |
| Fiona Robins | 00:39:40 | 19:23:40 | 00:22:30 | 00:00:00 | 20:04:01 | 00:40:21 |
| Ian Ward | 00:38:25 | 19:24:55 | 00:23:45 | 00:01:15 | 20:01:19 | 00:36:24 |
| Emily Follows | 00:37:59 | 19:25:21 | 00:24:11 | 00:00:26 | 20:03:01 | 00:37:40 |
| Andrew Weeks | 00:34:19 | 19:29:00 | 00:27:50 | 00:03:40 | 20:03:01 | 00:34:01 |



Kippax Harriers notaparkrun virtual parkrun results

Kippax Harriers notaparkrun virtual parkrun
Week ending 13/06/2021 #63

| POSITION | PARKRUNNER | GENDER | AGE GROUP | TIME | COMMENTS | TOTAL RUNS |
|----------|-------------------|--------|-----------|-------|--------------|------------|
| 1 | Dave Lighten | Male | VM40-44 | 19:51 | | 25 |
| 2 | Graham Hoy | Male | VM40-44 | 23:30 | | 63 |
| 3 | Kevin Robinson | Male | VM40-44 | 23:57 | | 5 |
| 4 | Clare Copley | Female | VW40-44 | 24:57 | | 32 |
| 5 | Paul Hammond | Male | VM55-59 | 25:23 | | 57 |
| 6 | Veronica Hawking | Female | VW35-39 | 25:25 | | 48 |
| 7 | Alison Hunter | Female | VW55-59 | 25:48 | | 63 |
| 8 | Annette McTaggart | Female | VW50-54 | 26:49 | | 63 |
| 9 | Wendy Chapman | Female | VW60-64 | 28:43 | | 63 |
| 10 | Jason Britton | Male | VM45-49 | 28:46 | | 31 |
| 11 | Judith Jones | Female | VW50-54 | 29:00 | | 6 |
| 12 | Helen Frith | Female | VW50-54 | 29:12 | | 8 |
| 13 | Kate Penrose | Female | VW65-69 | 29:58 | | 28 |
| 14 | Linda Durkin | Female | VW55-59 | 29:59 | | 63 |
| 15 | Valerie Pell | Female | VW60-64 | 31:23 | | 63 |
| 16 | Ann Martin | Female | VW70-74 | 31:27 | | 44 |
| 17 | Stevie Roberts | Female | VW40-44 | 33:59 | | 47 |
| 18 | Dorothy McDonald | Female | VW60-64 | 34:54 | | 61 |
| 19 | Sam Lambert | Female | VW70-74 | 36:26 | | 53 |
| 20 | Zoe Hoy | Female | VW45-49 | 42:00 | | 45 |
| 21= | Kelly Palmer | Female | VW65-69 | 55:05 | | 13 |
| 21= | Sue Lakin | Female | VW60-64 | 55:05 | | 5 |
| 21= | Nina Leah | Female | VW40-44 | 55:05 | First Timer! | 1 |



Kippax Harriers notaparkrun virtual parkrun
Week ending 20/06/2021 #64

| POSITION | PARKRUNNER | GENDER | AGE GROUP | TIME | COMMENTS | TOTAL RUNS |
|----------|-------------------|--------|-----------|-------|----------|------------|
| 1 | Emily Follows | Female | VW40-44 | 22:00 | | 26 |
| 2 | Kevin Robinson | Male | VM40-44 | 23:28 | PBI | 6 |
| 3 | Veronica Hawking | Female | VW35-39 | 25:27 | | 49 |
| 4 | Alison Hunter | Female | VW55-59 | 25:39 | | 64 |
| 5 | Emily Stevenson | Female | VW30-34 | 26:29 | | 9 |
| 6 | Annette McTaggart | Female | VW50-54 | 26:14 | | 64 |
| 7 | Linda Durkin | Female | VW55-59 | 26:17 | | 64 |
| 8 | Hannah Edwards | Female | VW35-39 | 27:44 | | 18 |
| 9 | Judith Jones | Female | VW50-54 | 29:09 | | 7 |
| 10 | Helen Frith | Female | VW50-54 | 29:34 | | 9 |
| 11 | Karen Downham | Female | VW55-59 | 31:10 | | 11 |
| 12 | Valerie Pell | Female | VW60-64 | 31:28 | | 64 |
| 13 | Ann Martin | Female | VW70-74 | 31:34 | | 45 |
| 14 | Kate Penrose | Female | VW65-69 | 31:53 | | 29 |
| 15 | Wendy Chapman | Female | VW60-64 | 32:37 | | 64 |
| 16 | Stevie Roberts | Female | VW40-44 | 33:20 | | 48 |
| 17 | Sam Lambert | Female | VW70-74 | 35:02 | | 54 |
| 18 | Dorothy McDonald | Female | VW60-64 | 36:04 | | 62 |
| 19 | Zoe Hoy | Female | VW45-49 | 41:02 | | 46 |
| 20 | Graham Hoy | Male | VM40-44 | 41:05 | | 64 |
| 21= | Paul Hammond | Male | VM55-59 | 59:43 | | 58 |
| 21= | Kelly Palmer | Female | VW65-69 | 59:43 | | 14 |
| 21= | Sue Lakin | Female | VW60-64 | 59:43 | | 6 |
| 21= | Nina Leah | Female | VW40-44 | 59:43 | | 2 |



Kippax Harriers notaparkrun virtual parkrun
Week ending 27/06/2021

#65

| POSITION | PARKRUNNER | GENDER | AGE GROUP | TIME | COMMENTS | TOTAL RUNS |
|----------|-------------------|--------|-----------|-------|--------------|------------|
| 1 | Fiona Robins | Female | VW45-49 | 23:00 | | 6 |
| 2 | Jason Marshall | Male | VM35-39 | 23:49 | | 13 |
| 3 | Graham Hoy | Male | VM40-44 | 24:05 | | 65 |
| 4 | Lee Jamieson | Male | VM40-44 | 24:37 | | 13 |
| 5 | James Copley | Male | VM40-44 | 24:38 | First Timer! | 1 |
| 6 | Clare Copley | Female | VW40-44 | 24:45 | PB! | 33 |
| 7 | Paul Hammond | Male | VM55-59 | 24:53 | | 59 |
| 8 | Alison Hunter | Female | VW55-59 | 25:54 | | 65 |
| 9 | Veronica Hawking | Female | VW35-39 | 26:19 | | 50 |
| 10 | Linda Durkin | Female | VW55-59 | 27:00 | | 65 |
| 11 | Annette McTaggart | Female | VW50-54 | 27:03 | | 65 |
| 12 | Carolyn Davy | Female | VW40-44 | 28:00 | | 12 |
| 13 | Jason Britton | Male | VM45-49 | 28:21 | | 32 |
| 14 | Judith Jones | Female | VW50-54 | 28:30 | PB! | 8 |
| 15 | Sam Lambert | Female | VW70-74 | 31:25 | | 55 |
| 16 | Ann Martin | Female | VW70-74 | 31:35 | | 46 |
| 17 | Kate Penrose | Female | VW65-69 | 31:53 | | 30 |
| 18 | Wendy Chapman | Female | VW60-64 | 32:16 | | 65 |
| 19 | Valerie Pell | Female | VW60-64 | 32:26 | | 65 |
| 20 | Stevie Roberts | Female | VW40-44 | 33:38 | | 49 |
| 21 | Les Kitching | Male | VM70-74 | 36:06 | | 49 |
| 22 | Dorothy McDonald | Female | VW60-64 | 36:09 | | 63 |
| 23 | Zoe Hoy | Female | VW45-49 | 39:57 | | 47 |



Kippax Harriers notaparkrun virtual parkrun

Week ending 04/07/2021

#66

| POSITION | PARKRUNNER | GENDER | AGE GROUP | TIME | COMMENTS | TOTAL RUNS |
|----------|-------------------|--------|-----------|-------|----------|------------|
| 1 | Paul Hammond | Male | VM55-59 | 24:14 | | 60 |
| 2 | Alison Hunter | Female | VW55-59 | 25:24 | | 66 |
| 3 | Jamie Wainwright | Male | VM45-49 | 26:13 | | 10 |
| 4 | Veronica Hawking | Female | VW35-39 | 26:43 | | 51 |
| 5 | Jason Britton | Male | VM45-49 | 28:42 | | 33 |
| 6 | Linda Durkin | Female | VW55-59 | 28:51 | | 66 |
| 7 | Hannah Edwards | Female | VW35-39 | 29:26 | | 19 |
| 8 | Ann Martin | Female | VW60-64 | 31:45 | | 47 |
| 9 | Kate Penrose | Female | VW65-69 | 31:57 | | 31 |
| 10 | Wendy Chapman | Female | VW60-64 | 32:26 | | 66 |
| 11 | Valerie Pell | Female | VW60-64 | 33:25 | | 66 |
| 12 | Annette McTaggart | Female | VW50-54 | 33:49 | | 66 |
| 13 | Stevie Roberts | Female | VW40-44 | 34:45 | | 50 |
| 14 | Zoe Hoy | Female | VW45-49 | 37:36 | | 48 |
| 15 | Graham Hoy | Male | VM40-44 | 38:00 | | 66 |



Kippax Harriers notaparkrun virtual parkrun

Week ending 11/07/2021

#67

| POSITION | PARKRUNNER | GENDER | AGE GROUP | TIME | COMMENTS | TOTAL RUNS |
|----------|-------------------|--------|-----------|-------|----------|------------|
| 1 | Fiona Robins | Female | VW45-49 | 23:48 | | 7 |
| 2 | Emily Follows | Female | VW40-44 | 24:02 | | 27 |
| 3 | Paul Hammond | Male | VM55-59 | 24:11 | | 61 |
| 4 | Graham Hoy | Male | VM40-44 | 24:26 | | 67 |
| 5 | Alison Hunter | Female | VW55-59 | 25:25 | | 67 |
| 6 | Veronica Hawking | Female | VW35-39 | 25:28 | | 52 |
| 7 | Linda Durkin | Female | VW55-59 | 27:01 | | 67 |
| 8 | Wendy Chapman | Female | VW60-64 | 27:21 | | 67 |
| 9 | Annette McTaggart | Female | VW50-54 | 27:25 | | 67 |
| 10 | Judith Jones | Female | VW50-54 | 28:09 | PBI | 9 |
| 11 | Hannah Edwards | Female | VW35-39 | 28:40 | | 20 |
| 12 | Helen Frith | Female | VW50-54 | 28:59 | | 10 |
| 13 | Valerie Pell | Female | VW60-64 | 30:37 | | 67 |
| 14 | Ann Martin | Female | VW70-74 | 31:59 | | 48 |
| 15 | Lynne Tyson | Female | VW55-59 | 34:40 | | 31 |
| 16 | Kate Penrose | Female | VW65-69 | 34:56 | | 32 |
| 17 | Dorothy McDonald | Female | VW60-64 | 34:57 | | 64 |
| 18 | Stevie Roberts | Female | VW40-44 | 40:09 | | 51 |
| 19 | Zoe Hoy | Female | VW45-49 | 41:27 | | 49 |



Kippax Harriers notaparkrun virtual parkrun

Week ending 18/07/2021

#68

| POSITION | PARKRUNNER | GENDER | AGE GROUP | TIME | COMMENTS | TOTAL RUNS |
|----------|-------------------|--------|-----------|---------|----------|------------|
| 1 | Dave Lighten | Male | VM40-44 | 19:22 | | 26 |
| 2 | Kevin Robinson | Male | VM40-44 | 23:09 | PB! | 7 |
| 3 | Paul Hammond | Male | VM55-59 | 24:00 | | 62 |
| 4 | Veronica Hawking | Female | VW35-39 | 24:05 | | 53 |
| 5 | Jason Marshall | Male | VM35-39 | 25:16 | | 14 |
| 6 | Hannah Edwards | Female | VW35-39 | 26:06 | | 21 |
| 7 | Helen Frith | Female | VW50-54 | 29:33 | | 11 |
| 8 | Ann Martin | Female | VW70-74 | 31:35 | | 49 |
| 9 | Cheryl Stanton | Female | VW40-44 | 31:53 | | 3 |
| 10 | Valerie Pell | Female | VW60-64 | 31:57 | | 68 |
| 11 | Paul Durkin | Male | VM55-59 | 32:35 | | 59 |
| 12 | Annette McTaggart | Female | VW50-54 | 33:31 | | 68 |
| 13 | Linda Durkin | Female | VW55-59 | 33:36 | | 68 |
| 14 | Alison Hunter | Female | VW55-59 | 33:47 | | 68 |
| 15 | Judith Jones | Female | VW50-54 | 33:49 | | 10 |
| 16 | Kate Penrose | Female | VW65-69 | 34:04 | | 33 |
| 17 | Wendy Chapman | Female | VW60-64 | 34:36 | | 68 |
| 18 | Dorothy McDonald | Female | VW60-64 | 35:35 | | 65 |
| 19 | Sam Lambert | Female | VW70-74 | 35:59 | | 56 |
| 20 | Stevie Roberts | Female | VW40-44 | 38:01 | | 52 |
| 21 | Les Kitching | Male | VM70-74 | 39:02 | | 50 |
| 22 | Jason Britton | Male | VM45-49 | 39:48 | | 34 |
| 23 | Graham Hoy | Male | VM40-44 | 39:51 | | 68 |
| 24 | Zoe Hoy | Female | VW45-49 | 40:03 | | 50 |
| 25 | Marina Dobbs | Female | VW55-59 | 1:04:49 | | 27 |



| Name | Age Category | PB | Number of parkruns |
|----------------------|--------------|-------|--------------------|
| Alan Davy | VM40-44 | 21:06 | 2 |
| Alison Hunter | VW55-59 | 24:27 | 68 |
| Andrea Harland | VW40-44 | 23:46 | 9 |
| Andrew Barnett | VM40-44 | 20:19 | 4 |
| Andrew Weeks | VM40-44 | 19:05 | 13 |
| Andy Hill | VM50-54 | 19:11 | 19 |
| Ann Martin | VW70-74 | 29:26 | 49 |
| Annette McTaggart | VW50-54 | 26:06 | 68 |
| Annie Beaumont | SW25-29 | 29:23 | 3 |
| Barry Morley | VM50-54 | 26:02 | 5 |
| Carole Kitchen | VW55-59 | 28:07 | 10 |
| Carolyn Davy | VW40-44 | 26:55 | 12 |
| Cheryl Stanton | VW40-44 | 25:36 | 3 |
| Chloe Hirst | SW30-34 | 20:41 | 16 |
| Chris Bartle | VM35-39 | 22:30 | 1 |
| Clare Copley | VW40-44 | 24:45 | 33 |
| Dave Lighten | VM40-44 | 18:15 | 26 |
| Dorothy McDonald | VW60-64 | 32:26 | 65 |
| Elizabeth Holdsworth | VW40-44 | 32:21 | 14 |
| Emma Richardson | VW40-44 | 25:34 | 32 |
| Emily Follows | VW40-44 | 21:37 | 27 |
| Emily Stevenson | SW30-34 | 24:06 | 9 |
| Fiona Robins | VW45-49 | 22:53 | 7 |
| Graham Hoy | VM40-44 | 21:27 | 68 |
| Hannah Edwards | VW35-39 | 25:56 | 21 |
| Helen Frith | VW50-54 | 28:18 | 11 |
| Ian Downham | VM50-54 | 22:22 | 1 |
| James Copley | VM40-44 | 24:38 | 1 |
| Jamie Wainwright | VM45-49 | 25:13 | 10 |
| Jason Britton | VM45-49 | 27:22 | 34 |
| Jason Marshall | VM35-39 | 22:50 | 14 |
| Jay Kitchen | VM55-59 | 27:41 | 10 |
| John Messenger | VM70-74 | 27:10 | 8 |
| Jonathan Emery | VM40-44 | 20:18 | 12 |
| Judith Jones | VW50-54 | 28:09 | 10 |
| Judy Lankester | VW40-44 | 31:11 | 17 |
| Karen Downham | VW55-59 | 30:11 | 11 |



| | | | |
|----------------------|---------|-------|----|
| Kate Penrose | VW65-69 | 28:40 | 33 |
| Kelly Palmer | VW65-69 | 30:48 | 14 |
| Kevin Robinson | VM40-44 | 23:09 | 7 |
| Lee Jamieson | VM40-44 | 22:17 | 13 |
| Lee Kitching | VM45-49 | 26:48 | 1 |
| Les Kitching | VM70-74 | 32:28 | 50 |
| Linda Durkin | VW55-59 | 25:02 | 68 |
| Lindsay Georgopoulos | VW40-44 | 25:21 | 12 |
| Lynne Tyson | VW55-59 | 27:16 | 31 |
| Mark Albon | SM25-29 | 24:07 | 5 |
| Marina Dobbs | VW55-59 | 30:01 | 27 |
| Mat Bloomfield | VM35-39 | 20:01 | 9 |
| Nic Ward | VW45-49 | 27:11 | 2 |
| Nina Leah | VW40-44 | 55:05 | 2 |
| Paul Durkin | VM55-59 | 22:58 | 59 |
| Paul Hammond | VM55-59 | 23:16 | 62 |
| Phil Goss | VM40-44 | 27:57 | 1 |
| Polly Hardy | VW40-44 | 23:54 | 3 |
| Rachael Mason | SW30-34 | 29:06 | 2 |
| Richard Hunter | VM50-54 | 27:33 | 26 |
| Rob Chard | VM35-39 | 25:43 | 14 |
| Ruth Moore | VW45-49 | 28:17 | 3 |
| Sam Lambert | VW70-74 | 29:50 | 56 |
| Sam Madden | VM35-39 | 24:10 | 2 |
| Stevie Roberts | VW40-44 | 28:47 | 52 |
| Sue Lakin | VW60-64 | 44:25 | 6 |
| Sue McCluskey | VW50-54 | 26:11 | 5 |
| Valerie Pell | VW60-64 | 28:32 | 68 |
| Veronica Hawking | VW35-39 | 23:41 | 53 |
| Wendy Chapman | VW60-64 | 25:41 | 68 |
| Zoe Hoy | VW45-49 | 33:39 | 50 |
| Zoe Smith | VW40-44 | 27:18 | 4 |



KIPPAX HARRIERS



Members of each milestone club

50

Alison Hunter
Annette McTaggart
Dorothy McDonald
Graham Hoy
Les Kitching
Linda Durkin
Paul Durkin
Paul Hammond
Sam Lambert
Stevie Roberts
Valerie Pell
Veronica Hawking
Wendy Chapman
Zoe Hoy

25

Ann Martin
Clare Copley
Dave Lighten
Emma Richardson
Emily Follows
Jason Britton
Kate Penrose
Lynne Tyson
Marina Dobbs
Richard Hunter

10

Andy Weeks
Andy Hill
Carole Kitchen
Carolyn Davy
Chloe Hirst
Elizabeth Holdsworth
Hannah Edwards
Jamie Wainwright
Jason Marshall
Jay Kitchen
Jonathan Emery
Judith Jones
Judy Lankester
Karen Downham
Kelly Palmer
Lee Jamieson
Lindsay Georgopoulos
Rob Chard