



Latest Update September 2021

Club nights

We're trying a different approach now for Tuesday night training sessions. Our Captains will be posting different route options each week on Facebook and asking you to sign up under the photo of the route you'd like to run. There will be off-road with head torch options, fully lit road options, and a walking group option. Those lists will become our register for the night, so if your plans change please say on the post. It's also possible this way to sign up last minute. As per usual, please familiarise yourself with the route and see who's in your group so you know who to run with.

We're also pleased to announce that Thursday night sessions will recommence on 23rd September, 6:45pm for a 7pm start. To mark the occasion, our very own Welfare Officers, Team Hoy, will be organising a Run & Talk social run. Details to follow in due course on Facebook and an announcement to be made at Chairtain speech time on Tuesday evening. It'd be great to see lots of Harriers on Thursday to support this initiative.

Committee

Your new committee had their first meeting at the start of September. We were so busy with so much to discuss that we didn't manage to get a photo! But just in case you've forgotten who's who, here's your new committee:

Chair	Andy Hill
Secretary	Annette McTaggart
Membership Secretary	Les Kitching
Treasurer	Jason Britton
Men's Captain	Andy Hill
Men's Vice Captain	Alan Davy
Women's Captain	Emily Follows
Women's Vice Captain	Veronica Hawking
Social Secretary	Cheryl Stanton
Kit Secretary	Annie Beaumont
Web Editor	Alan Davy/Emma Richardson

Christmas

We're just in the process of finalising this year's Christmas Party (COVID-19 permitting!), so please keep Saturday, 4th December 2021 free. Hopefully we'll be able to share details with you all within the next couple of weeks.

The Results

There were loads of races over the summer and it's fantastic to see so many members getting back to racing and wearing their Kippax vest with pride!



Here's the Results Update for over the summer:

Ilkley Half Marathon 11.07.21

Andy Hill	01:36:19
Alan Davy	01:38:01
Emily Follows	01:43:44
Graham Hoy	01:51:12
Mark James Albon	01:57:49
Cheryl Stanton	02:01:34
Linda Durkin	02:01:35

Vale of York 10 Mile 20.07.21

Andrew Weeks	01:10:50
Fiona Robins	01:20:25
Emily Follows	01:26:41
Jason Marshall	01:28:56
Philip Goss	01:33:28
Hannah Edwards	01:38:48

St Aidan's 10k 23.07.21

Paul Hammond	00:48:53
Mark James Albon	00:50:25
Kate Penrose	01:02:53
Dorothy McDonald	01:23:48
Zoe Hoy	01:24:29
Graham Hoy	01:24:30
Annie Beaumont	01:27:12
Amelia Beane	01:23:55

York 10k 01.08.21

Annette McTaggart	00:52:22
Judith Jones	00:56:27
Dorothy McDonald	01:09:48

Pontefract 10k 01.08.21

Fiona Robins	00:46:57
Jason Marshall	00:48:49
Phil Goss	00:53:37
Jason Britton	01:02:33
Lee Mitchell	01:15:13
Lee Mitchell	01:15:14
Veronica Hawking	00:50:47
Graham Hoy	00:48:41



Lotherton Hall 8k Trail Race 06.08.21

Linda Durkin	00:48:01
Paul Durkin	00:52:03
Paul Hammond	Tail Runner

York Chocolate 10k 08.08.21

Annette McTaggart	00:54:58
Graham Hoy	00:59:00
Samira Lambert	01:09:24
Les Kitching	01:16:29
Zoe Hoy	01:24:10

Ackworth Cumulus 10 Mile 08.08.21

Ian Downham	01:22:16
Jason Marshall	01:25:17
Graham Hoy	01:25:17
Karen Downham	01:59:09

Escrick 10k 22.08.21

Linda Durkin	00:53:53
Wendy Chapman	00:57:18
Katherine Penrose	01:01:06
Samira Lambert	01:07:57

Leeds Running Festival 10k 22.08.21

Veronica Hawking	00:51:56
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Grimston Gallop 5 Mile 21.08.21

Phil Goss	00:46:58
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Leeds Half Marathon 05.09.21

Andrew Weeks	01:28:51
Annette McTaggart	02:07:52
Kate Penrose	02:13:12
Valerie Pell	02:18:46



Leeds 10k 05.09.21

Paul Hammond	00:46:31
Clare Copley	00:51:24

Wetherby 10k 05.09.21

Phil Goss	00:56:44
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Newby Hall 10k 05.09.21

Alan Davy	00:43:39
Julie Taylor	00:53:28
Graham Hoy	00:54:28
Zoe Hoy	01:23:38

Keswick 50k Ultramarathon

Here at Team Kippax we're all incredibly proud of Andy Hill, Cheryl Stanton and Alison Hunter who completed the Kewswick 50k Ultramarathon on 12th September, raising £1,810 so far for the Aplastic Anaemia Trust, in support of our lovely friend and fellow Harrier Zoe Smith. What an amazing achievement! If you'd like to make a donation, their Just Giving page is still open www.justgiving.com/fundraising/keswick50k Here's a few words from our Chairtain:

"I'm proud to say that Team Kippax / Team Zoe, successfully completed the Keswick 50k Ultramathon. This was without a doubt, one of the hardest challenges Alison, Cheryl & I had ever participated in! The 4am get up was the 1st challenge to ensure we were on the start line for 6am! 😊 Mountains were plodded up & 45 degree shale footpaths slid down.....& that's just a snippet of our adventure.

The KH support crew were in full force, thanks & much love to the Linda & Paul Durkin, Rich & Eleanor, Zoe & Ian, Vicky & crew, you guys were amazing & we couldn't have completed the course without your Pringles, Squishums, mini cans of Coke & HUGE cheers 😊

Thank you to all for your very kind donations, we are overwhelmed by your support."



KIPPAX HARRIERS





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Runner of the Month

Due to the summer holidays we're a little bit behind on announcing these but don't worry, we'll be announcing them all soon!

The May award went to **Veronica Hawking** for running consistently well, attending club night every week and doing notaparkrun every week, including breaking the 24 minute barrier with her PB of 23:41 Congratulations Veronica!



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