



Latest Update October 2021

Club nights

We're really pleased that Thursday night sessions have restarted, 6:45pm for a 7pm start, with a simple 'turn up and run' format.

On Tuesday 12th October, we were treated to Chairtain's Challenge! We were sorted into teams and then ran or walked around Garforth for an hour, solving clues and puzzles and testing our map reading skills! We all had lots of fun, and congratulations go to our winning team Dalby Dash (Hannah, Sophie, Emma, Lindsay, Rachael & Jay)

1st - Team Dalby Dash 75 points 🏆

2nd - Team Tad10 67.5 points

3rd - Team Ponte Half 60 points

4th - Team TNT 55 points

5th - Team Norton 9 50 points





For the time being we are continuing with our Tuesday night format, whereby 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. And please remember to wear high-viz!

Christmas

We are happy to confirm that this year's Christmas Party will be taking place on:

**** Saturday, 4th December 2021 at Garforth Golf Club ****

The subsidised price for full and social members is **** £30pp **** and this will include a welcome drink upon arrival, three-course meal, coffee and mince pie, and disco in a private function room just for us.

Non-members/partners/plus-ones are also more than welcome, but at the non-subsidised price of **** £40pp ****.

Times and menu choices will be confirmed in due course.

If you'd like to come along, please could you let us know on Facebook and either pay the balance (if you already paid the £10 deposit last year!) or in full by **** Sunday, 14th November **** with your name and the reference "Christmas" so that we can secure the booking.

Harrier's bank details: Account no.: 01101536 - Sort code: 40-39-21.

If you could also all cross literally everything that this actually goes ahead, that would be great too!

Many thanks in advance.

Autumn Club Handicap

This will be taking place on Sunday 31st October. Runners will be set off from 11am at **Kippax** leisure centre.

Please let us know if you would like to run and if you are available to marshal/volunteer.

The intention is to go for drinks and possibly food afterwards (venue/details to be confirmed)

For the benefit of newer club members, anyone is welcome to run - the way it works is that Runners are given estimated times for completing the route and set off at different intervals with the ultimate aim of everyone finishing at the same time or thereabouts.

The Route is pretty simple with left turns only and is usually marshalled at each turn!

<https://www.mapmyrun.com/routes/view/2282127478>



KIPPAX HARRIERS



RUN



SWILLINGTON, UNITED KINGDOM



7.88 KM



95 M

KIPPAX WINTER HANDICAP

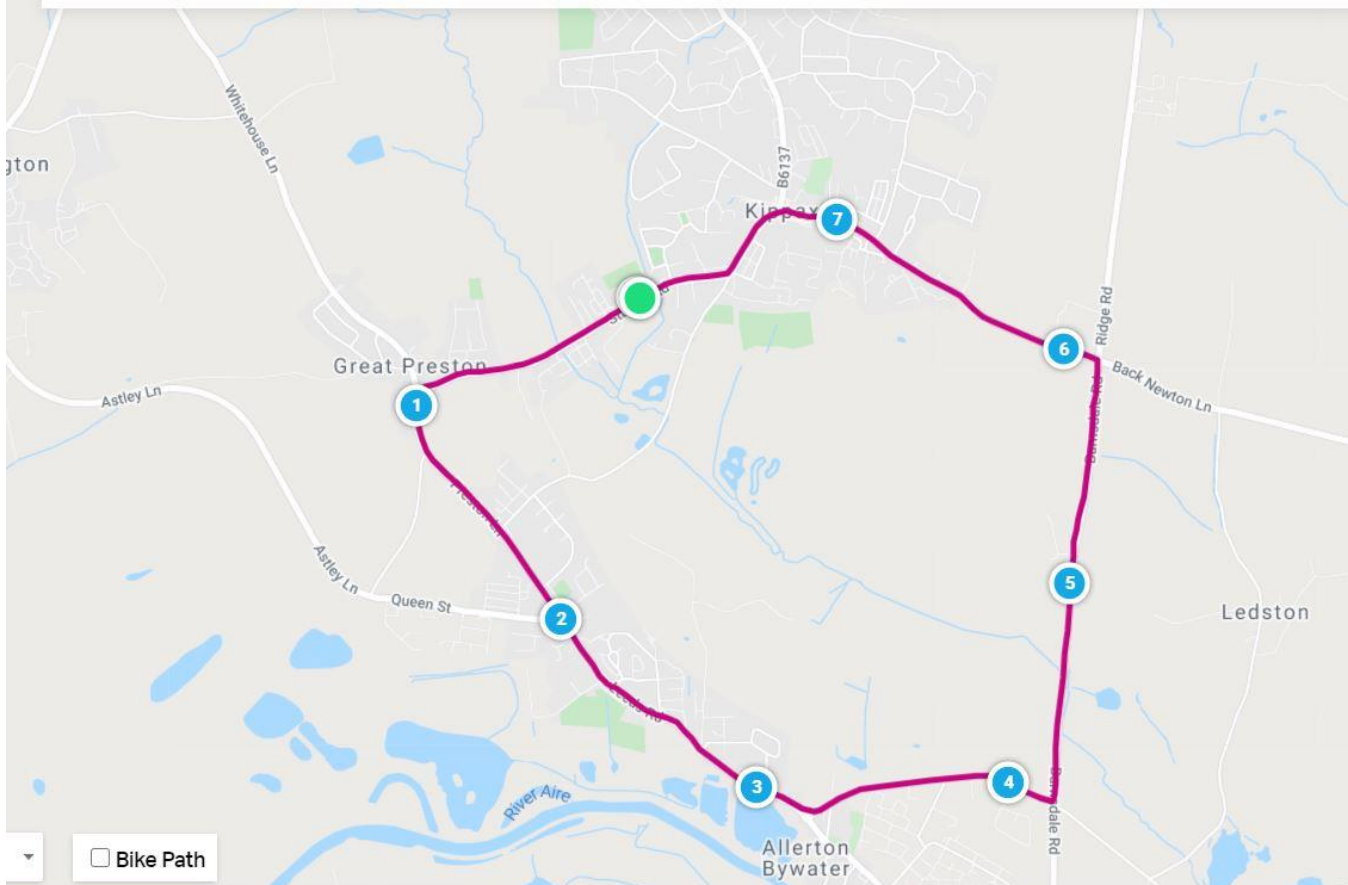
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PECO

2021/22 PECO Season.

For those interested in signing up for this seasons PECO XC league, the organisers have set a closing date of 31st October for entrants. This is a team event and your participation would be appreciated.

For those of you who are new to our club, the PECO Cross Country League is a series of 5 cross country races organised in and around Leeds in which clubs affiliated to the League compete across men's and ladies' divisions. Each race is about 4-5 miles.

The simplest way to enter is to buy a season ticket online in advance for just £15, which provides entry to all five races. All entrants will be allocated a race number (with timing chip) which they must keep for the whole season.

You can enter here: <https://racebest.com/races/x8c66>



The dates have been confirmed as:

Nov 14th Middleton Park (we will be assisting at this race so we'll need some marshals please)

Dec 5th Temple Newsam (the morning after our Christmas party!)

Dec 19th Middleton Park

Jan 23rd West Park

Feb 20th Roundhay

Relays Mar 13th Bramley Falls Park

The Results

The Kippax vests have been out in force at a wide range of events over the last month! Here's the Results Update for races up to 10th October:

Keswick 50k Ultra 12.09.21

Andy Hill	09:44:28
Cheryl Stanton	09:44:28
Alison Hunter	09:44:28

Great North Run 12.09.21

Carolyn Davy	02:06:23
Nicola Ward	02:15:51
Robert Ward	02:15:51

Vale of York Half 12.09.21

Sam Lambert	02:32:37
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Ackworth Stratus Half 19.09.21

Ian Downham	01:43:31
Jason Marshall	01:49:45
Graham Hoy	01:57:16

Wensleydale Wander 12 mile

Wendy Chapman	03:12:00
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Paras 10 miles 02.10.21

Lee Mitchell

London Marathon 03.10.21

Kate Penrose	04:37:12
Lee Mitchell	06:23:54



Hopton 10k Trail Race 03.10.21

Andy Hill	48:42
Emily Follows	50:59
Paul Hammond	54:47
Zoe Hoy	01:33:36
Graham Hoy	01:33:36

Manchester Marathon 10.10.21

Jason Marshall	04:29:55
Tony McKewan	05:08:22

Runner of the Month

The June award went to **Andy Weeks** for running consistently well and having an excellent race at the Eccup 10, finishing in a time of 1:08:03. And the August award went to **Graham Hoy** for pacing others at races, becoming Welfare officer, and running both the Ackworth 10 mile and the York Chocolate 10k on the same morning! Congratulations to both of you!



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