



Latest Update November 2021

Club nights

It's great to see so many of you coming along to club nights, especially now that's dark and the weather's not so favourable!

Tuesday night – 7:15pm for a 7:30pm start, sign up in advance on Facebook 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.

Thursday night - 6:45pm for a 7pm start, simply turn up and run!

Christmas

We're really looking forward to our Christmas party on 4th December! Here are the menu options; please let Cheryl know what you'd like before **Sunday 28th November** so that orders can be confirmed with the chef at the Golf Club.

Please private message Cheryl separately if you have any special dietary requirements.

For anyone who hasn't paid the balance yet, please do so as soon as possible.

Many festive thanks in advance 😊

STARTERS

- HOMEMADE VEGETABLE SOUP LACED WITH CREAM & CROUTONS
- SMOOTH TERRINE OF PATE WITH MELBA TOASTS
- PRAWN SALAD MARIE ROSE ON CRISP LETTUCE WITH BROWN BREAD & BUTTER

MAIN COURSES

- TRADITIONAL ROAST CHESHIRE TURKEY & TRIMMINGS
- PRIME 8oz RUMP STEAK WITH CREAMY PEPPERCORN SAUCE
- POACHED SALMON SUPREME WITH HOLLANDAISE SAUCE
- GOAT'S CHEESE, MUSHROOM & ARTICHOKE TARTLET

ALL WITH SEASONAL VEGETABLES & POTATOES

DESSERTS

- CLASSIC CHRISTMAS PUDDING WITH BRANDY SAUCE
- NEW YORK CHEESECAKE WITH THICK DAIRY CREAM
- SELECTION OF ENGLISH CHEESES & BISCUITS



2022 Club Championship

Your captains are pleased to announce the first 5 championship races for the 2022 season. A reminder, you need to take part and complete at least 6 races to qualify, and points are totalled from your best 8 races. The remaining races will be selected by your new captains after the January AGM.

Good luck! 🏃🏃

9th Jan - Temple Newsam Ten (sold out, but we may be able to assist if you would like to take part.....not promising)!

30th Jan - St. Aidan's Winter Beast 6.66 miles

<https://racebest.com/races/xg6x8>

20th Feb - Roundhay Park PECO

<https://racebest.com/races/q3rxa>

20th March - Bradford 10k *NB date for this race has not been confirmed or entries open, we therefore may change this fixture*

<https://www.epilepsy.org.uk/suppo.../running/10k-5k/bradford>

10th April - North Lincs Half

<https://tape2tape.co.uk/events/north-lincs-half-6/>

parkrun Volunteer Takeover

*** Saturday 18th December ***

We're excited to announce that we'll be doing a Christmas-themed volunteer takeover at Temple Newsam parkrun! We're hoping that lots of you will join us to fill all the volunteer roles (marshal, timer, scanner, etc). More details and a sign up for the roles will come later in November, but for now please put the date in your diary and start planning your Christmas outfit!



Autumn Club Handicap

Congratulations everyone who ran/marshalled/timed/cheered, these events couldn't go ahead without you and you showed true runner courage running in the pouring rain!

For the runners here are your individual results and the overall positions:

Runner	Estimated Time	Finish Time	Individual Time
Zoe Hoy	01:05:04	12:00:48	01:00:48
Dorothy McDonald	00:57:42	12:01:09	00:53:46
Jay Kitchen	00:49:52	12:02:32	00:47:20
Carole Kitchen	00:52:06	12:02:38	00:49:40
Emma Richardson	00:44:20	12:03:05	00:42:21
Jason Marshall	00:38:43	12:03:56	00:37:34
Emily Follows	00:37:23	12:04:00	00:36:19
Wayne Wideman	00:35:00	12:04:01	00:33:57
Julie Taylor	00:41:35	12:04:12	00:40:42
Andy Hill	00:34:34	12:04:13	00:33:42
Paul Hammond	00:39:11	12:04:38	00:38:45
Les Kitching	00:58:51	12:05:04	00:58:51
Alison Hunter	00:43:11	12:05:04	00:43:10
Graham Hoy	00:40:16	12:05:13	00:40:25
Ian Ward	00:36:20	12:05:30	00:36:46
Anna Houton	00:41:21	12:06:24	00:42:40
Wendy Chapman	00:42:04	12:07:54	00:44:54
Val Pell	00:44:14	12:08:18	00:47:28

Congratulations to our winner **Zoe Hoy** who was the first runner home. Also well done to our fastest male Andy Hill (33:42) and our fastest female Emily Follows (36:19). And thank you to everyone who came along to enjoy the social afterwards at The Assembly, how great is it to get back to some normality?! Also thanks to the sandwich makers and bakers for putting on a great buffet!





KIPPAX HARRIERS



PECO

The first race of the 2021/22 PECO Season took place on 14th November at Middleton Park. Many thanks to all the members who volunteered their time to marshal, and well done to everyone who ran.



After the first race, the Ladies' Team are placed 3rd in the Second Division and 1st in the Vets First Division, with the Men's Team also 3rd in the Second Division and 5th in the Vets First Division.

The next race is at Temple Newsam on Sunday 5th December and if you've not already entered you can enter here:
<https://racebest.com/races/yfrkz>



Runner of the Month

The July award went to **Sam Lambert** for her fantastic comeback from injury earlier in the year, achieving some very fast times and winning her age category in her recent races. Well done Sam!

The September award went to **Andy Hill, Cheryl Stanton** and **Alison Hunter**. You are truly amazing for your achievement, running a gruelling 50k in tough mountain terrain, embracing true Kippax Harrier team spirit. Each one of you contributed to that achievement in different ways, but equal measures that enabled you to cross that finish line together! Well done guys- you've been inspirational!



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



The Results

The Kippax vests have been out in force again since the last newsletter! Here's the Results Update for races up to 9th November:

Yorkshire Marathon 17.10.21

Andy Weeks	03:10:39
Cheryl Stanton	04:25:32
Annette McTaggart	04:45:48
Amelia Beane	06:13:00

St Aidan's Trail Half 17.10.21

Emily Follows	01:46:05
Fiona Robins	01:50:41
Wendy Chapman	02:10:33

Paris Marathon 17.10.21

Linda Durkin	04:25:37
--------------	----------

Abbey Dash 10K 24.10.21

Veronica Hawking	48:57
Anna Houton	53:10
Wendy Chapman	01:03:40

Liverpool Rock & Roll Half 24.10.21

Judy Lankester	02:48:03
Graham Hoy	02:56:41
Zoe Hoy	02:56:41

Liverpool Rock & Roll 5K 24.10.21

Graham Hoy	24:11
Judy Lankester	35:04
Zoe Hoy	40:45

Chester Zoo 10K 31.10.21

Judy Lankester	01:13:48
----------------	----------

Guy Fawkes 10 mile 07.11.21

Linda Durkin	01:32:10
Wendy Chapman	01:37:28
Val Pell	01:40:29

Dave McDonald Haltemprice 10k

Phil Goss	54:32
-----------	-------



KIPPAX HARRIERS



Langdale Half Marathon

Wayne Wideman

01:47:54

Loch Ness Marathon

Wayne Wideman

03:50:00