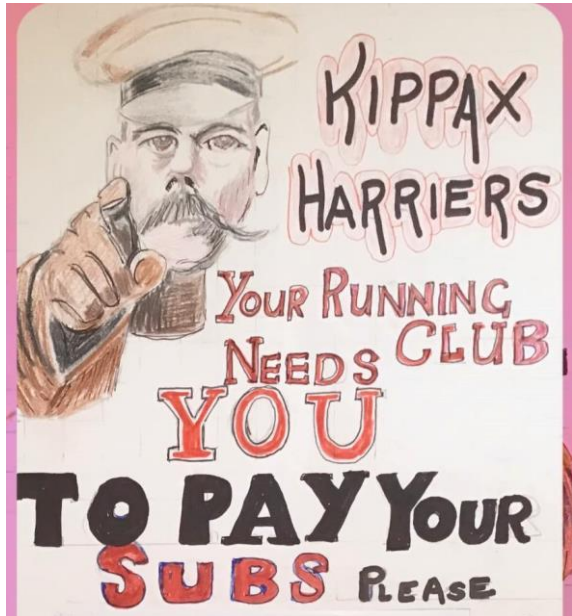




Latest Update March 2022

Subs



As you probably know it's pay your membership time of year so if you can, please pay by 1st April.

Full running member £35.00

Social non-running member £15.00

Second claim member £20.00

Please pay by bank transfer if possible (with your name and Subs22 as reference).

Sort code 40-39-21

Account number 01101536

Bank HSBC

Other ways to pay:

Cash or cheque payable to Kippax & District Harriers (please put in an envelope with your name and Subs22 on it, and pass to a member of the committee)

If for some reason you no longer wish to be a member, please let us know.

2022 Club Championship

Well done to everyone who took part in the latest two races chosen by our captains: Peco Race #5 at Roundhay and the Rother Valley 10k. There was some excellent running, fantastic support, and most importantly some delicious cakes afterwards at both races!

Look out for the Championship results table so far which will be published on our website soon.



KIPPAX HARRIERS



For those who are new to the Club Championship, you need to do at least 6 races to qualify and points are taken over your best 8 races. The races are all chosen by our captains, to cover a variety of distances and types of course (10k, half marathon, trail, road, cross country, parkrun, etc). They try to include a mixture of old favourites as well as smaller races we might never have heard of before, some local and some further afield. Not only are the races a chance for us to be competitive, but they're also a great social occasion. If you haven't done any of them yet, there's still plenty to choose from. Get your red vest on and come and have some fun (and a medal and some cake too!)

See more on our website <https://kippaxharriers.org.uk/club-events/club-championship/>

The races for the rest of the year are:

5. Windmill 6 mile - 20.03.22 <https://www.entrycentral.com/windmill6> Entries also available on the day.

6. Bramham 1/2 marathon - 03.04.22 **ONLY 44 PLACES LEFT. Entries close 26th March.**
<https://www.resultsbase.net/event/5891>

7. Swainby Sweep Trail Race - **7 mile**- 24.04.22 (possible coach trip, dependant on number of entrants)
<https://www.madraces.co.uk/swainby-sweep>

Please note for this race it's mandatory to have in your possession for the race: Facemask, Route map/instructions, Mobile phone, Cup for drink stations or water bottle

8. Cookridge 10k - 22.05.22 <https://www.cookridgecommunityrun.co.uk>

9. Eccup 10 mile - 26.06.22 <https://racebest.com/races/6vvh3>

10. Harrogate 10k - 03.07.22 <https://racebest.com/races/thv3e>

11. York 10k - 07.08.22 <https://www.runforall.com/events/10k/york-10k/>

12. 20 & 27.08.22 parkrun (run either weekend or both and use best time) - course tbc

13. Knaresborough Crag Rat - 5 miles - 25.09.22 <https://racebest.com/races/cgkuw>

14. Bridlington 1/2 marathon - provisionally 02.10.22

15. Dalby dash 10k -13.11.22 (club coach trip. Sold out, can join waiting list)

16. Tadcaster 10 mile - 20.11.22 <https://racebest.com/races/xh5a2>



KIPPAX HARRIERS



PECO

Well done to all the hardy members who turned out for a very wet, windy and muddy Race #5 at Roundhay Park on 20th February.

The final results had the Ladies' Team placed 4th in the Second Division and 3rd in the Vets First Division, with the Men's Team 5th in the Second Division and 6th in the Vets First Division. Well done to everyone who has taken part this season, whether that's running, marshalling or supporting, it's been great fun. Let's do it all again next year!!



Harriers and Hounds Hike

****Save the Date****

The inaugural "Harriers & Hounds Hike" will be taking place at 10am after parkrun on Saturday 2nd April at Roundhay Park.

All humans and four-legged floofers welcome.

Sticks and balls will not be provided, but there will be treats for good boys and girls, regardless of leg count.

Looking forward to seeing lots of you there 😊👤🐾

***Editor's note:**

It doesn't matter if you don't actually have a dog (minor detail!), come along for a walk, chat and coffee afterwards anyway.



London Marathon

If you received a 'no' in this year's ballot, the great news is that you can enter the club ballot for our club place, (remember you must have been a member for at least a year). Please forward your rejection email to kippaxharrierscommittee@gmail.com by the end of Friday 18th March then keep your fingers crossed when we draw a name out of the hat at club night on Tuesday 22nd March! Good luck!



Not this time

Sorry you weren't successful in this year's ballot,
but your journey doesn't have to end here...

Stretches

Some of you have asked about good tips for stretching and strengthening, so Cheryl's put together some links for anyone interested:

Pre-run: <https://www.runnersworld.com/.../standing-prerun-stretches/>

Post-run: <https://www.healthline.com/.../essential-runner-stretches...>

General strengthening: <https://www.womensrunning.co.uk/.../the-ultimate-guide.../>





KIPPAX HARRIERS



Hoodies

We're in the process of ordering some more club hoodies, so if you haven't got one yet, why not treat yourself! Perfect for keeping warm and cosy before or after a race, and ideal for a visit to the café after parkrun!

Order yours here: <https://kippaxharriers.org.uk/shop/>



parkrun

It's great to see so many of our members taking part in Saturday morning parkruns, whether that's running, walking or volunteering. Did you know that you can show Kippax Harriers as your club on your parkrun profile? The easiest way to do it is to click on the link to your profile in your results email.

Congratulations to Linda Durkin who recently celebrated her 300th parkrun at Temple Newsam, what an incredible achievement. Good luck to Kate Penrose who's planning on doing her 100th at Wetherby on 19th March. Do let us know if you've got a milestone parkrun coming up so we can celebrate with you!

And don't forget junior parkrun at Temple Newsam on Sunday mornings, who are always on the lookout for more volunteers. Just drop them an email at templenewsamjuniors@parkrun.com or visit their Facebook page.





Runner of the Month

The December award went to Hannah Edwards for running really well, and pushing herself to achieve longer distances as evidenced by her success at the Tadcaster 10 and the Temple Newsam Ten.

And the January award went to Emma Richardson for also running really well, having achieved PBs at parkrun and Tadcaster 10, along with fantastic performances at PECO and St Aidan's Winter Beast.

Well done to you both!



Have a look at all our Runners of the Month on our website: <https://kippaxharriers.org.uk/runner-of-the-month-2/>



The Results

Here's the Results Update for races up to 8th March:

Ferriby Lane 10 miles 30/01/2022

Samira Lambert	01:57:14
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PECO Race 5 Roundhay Park 4.3 miles 20/02/2022

Andy Hill	00:33:32
Alan Davy	00:35:45
Paul Hammond	00:39:25
Graham Hoy	00:39:46
Emily Follows	00:43:14
Veronica Hawking	00:43:29
Linda Durkin	00:43:33
John Messenger	00:43:39
Paul Durkin	00:43:45
Alison Hunter	00:43:58
Emma Richardson	00:44:23
Anna Lay	00:45:42
Kate Penrose	00:50:18
Jay Kitchen	00:50:50
Karina Wrigley	00:54:47
Les Kitching	01:05:26

Rother Valley 10k - 06/03/2022

Andy Hill	00:42:36
Ian Downham	00:43:01
Graham Hoy	00:46:24
Paul Hammond	00:49:07
Fiona Robins	00:49:12
Veronica Hawking	00:49:21
John Messenger	00:50:27
Emma Richardson	00:51:12
Annette McTaggart	00:51:19
Linda Durkin	00:52:04
Robert Chard	00:54:00
Anna Lay	00:54:07
Cheryl Stanton	00:56:24
Jay Kitchen	00:59:02
Karen Downham	00:59:47
Stevie Roberts	01:12:08



KIPPAX HARRIERS



Snake Lane 10 miles - 27/02/2022

Graham Hoy	01:17:45
Phil Goss	01:30:18
Valerie Pell	01:33:47
Kate Penrose	01:34:22
Samira Lambert	01:57:40

York Bloodaxe Challenge 21x 1km laps - 13/02/2022

Annette McTaggart	02:03:08
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