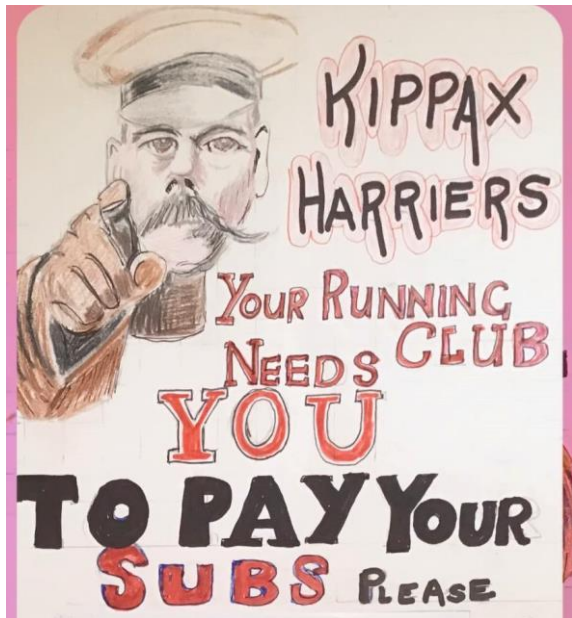




Latest Update April 2022

Subs



Huge thanks to all our members who have paid their subs for 2022/23. Please could you pay asap if you haven't already done so, or let us know if you have decided not to renew your membership.

And a big thank you to our Membership Secretary Les for sorting it all out and getting everyone signed up with England Athletics.

Harriers and Hounds Hike

The inaugural "Harriers & Hounds Hike" took place in the glorious sunshine on Saturday 2nd April at Roundhay Park, following on from celebrating Andy Hill's 50th parkrun. Thanks to all the humans and four-legged friends who joined in a fabulous morning of running and strolling, and thanks to Cheryl for organising. Look out for the next one!





2022 Club Championship

Well done to everyone who took part in the latest two races chosen by our captains: the Windmill 6 mile race (up in the hills between Huddersfield and Penistone) and the Bramham Half Marathon Trail race. Both races were cold, sunny and windy, and took place on very challenging courses, but everyone had a great time and there were some fantastic results.



Take a look at the Championship results table so far on our website <https://kippaxharriers.org.uk/club-championship-results/>

The races for the rest of the year are:

7. Swainby Sweep Trail Race - **7 mile**- 24.04.22 <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>

London Marathon

Huge congratulations to Helen Frith whose name was drawn in the ballot for our club pace for this year's London Marathon on 3rd October 2022. We're so excited for you, and we'll all be with you every step of the way!



Leeds Country Way Relay

This year's hotly anticipated Leeds Country Way Relay takes place on Sunday 4th September. For our newer members, Kippax Harriers host LCW each year, which is a relay race of 6 legs (between 11.75 miles and 9.7 miles) run in pairs. Runners need to learn the route in advance as it's not a marked course. As a club we'd like to enter at least 2 teams, which the captains choose. Please let your captains know if you'd like to run so we can give you enough time to reccie and train over the summer.

Please also look out for a post on Facebook coming soon, asking for your help in making the event happen. There are lots of different jobs available, from marshalling to making sandwiches! If you run legs 1,2,5 or 6 we'd appreciate your help at the other end of the day given there's a lot of work that goes into hosting this event.

Spring Handicap

Save the date – we are planning to hold our annual Spring Handicap race at 7pm on Thursday 12th May. Look out for more details coming soon!

Beginners' Course

We've had a fantastic response to our Beginners' Course, with places fully booked and several people on the waiting list. Many thanks to all of our LiRFs and helpers for giving up their time to make it happen. The 12 week course starts on Tuesday 19th April, with the final graduation run taking place on Tuesday 5th July (details to come later). Please remember to wear your Kippax Harriers vest or t-shirt so the beginners can recognise the LiRFs and helpers, and check the rota that Andy put on Facebook. There's also a Beginners Facebook group that you can join if you'd like to offer encouragement and support to our beginners.

Runner of the Month

The February award went to Anna Lay for quickly becoming an established member of the club who is running really well at Tuesday club nights and Championship races. Well done Anna!



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



Race Reports

Before Covid got in the way, we encouraged members to write a Race Report for a race that they'd taken part in to share with our members. This could be any race, not just a Club Championship race, and it's something that we'd like to get going again. So if you've run a race that you particularly enjoyed (or hated!), or that you think other members might be interested in, email it over to us at kippaxharrierscommittee@gmail.com and see your name in print in the Newsletter and on the website! If you've got any photos you'd like to include then please send them in too. We'd also love to see reports about parkrun, or about your experiences as a race volunteer or supporter. Take a look on our website to see some previous examples <https://kippaxharriers.org.uk/race-reports-2/>

The Results

Here's the Results Update for races up to 12th April:

Dronfield 10K 13/03/2022

John Messenger	00:52:31
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Windmill 6 miles - 20/03/2022

Alan Davy	00:41:41
Ian Downham	00:41:51
Andy Hill	00:42:15
Annette McTaggart	00:51:31
Linda Durkin	00:53:08
Cheryl Stanton	00:54:32
Jay Kitchen	00:58:26

Coniston 14 mile - 26/03/2022

Valerie Pell	02:24:59
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Sheffield Half Marathon - 27/03/2022

Mark Albon	01:50:32
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Bramham Trail Half - 03/04/2022

Ian Downham	01:41:12
Alan Davy	01:42:24
Kevin Robinson	01:51:47
Graham Hoy	01:52:48
Veronica Hawking	01:56:30
Emily Follows	01:59:33
Mark Albon	02:03:39
Phil Goss	02:05:49
Annette McTaggart	02:07:48



KIPPAX HARRIERS



Manchester Marathon - 03/04/2022

Andrew Weeks

03:07:27

Pippa Crossland

04:32:58

Big Flat Runway Races Half Marathon - 10/04/2022

Andrea Foulke

02:02:18