



Latest Update May 2022

2022 Club Championship

Well done to everyone who took part in the Swainby Sweep on 24th April. Fantastic running and support as always, and lovely food at the pub afterwards!



Take a look at the Championship results table so far on our website <https://kippaxharriers.org.uk/club-championship-results/>. After 7 races, the current leaders are Jay Kitchen (Handicap League), Emily Follows (Ladies' Overall) and Andy Hill (Men's Overall) but there's still plenty to play for!

The races for the rest of the year are:

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>



Spring Handicap

Our annual Spring Handicap race took place on Thursday 12th May. 25 runners took part, well done to all of you. Congratulations to our winner Lindsay Georgopoulos, who was first over the finish line, smashing 10 minutes off her predicted time! Fastest male was Andy Weeks (who actually finished within 3 seconds of his predicted time!) and fastest female was Annette McTaggart.

After the running, everyone went over to The Assembly for the presentations and pizzas. What a great evening!

Huge thanks to everyone involved in organising the handicap (particularly Alan for all the stats and Cheryl for the social afterwards) and all the wonderful volunteers who gave up their time on the night.



Runner	(estimated Time)	Individual Time
Les Kitching	01:06:37	01:06:09
Lindsay Georgopoulos	01:04:09	00:54:45
Karen Downham	00:57:54	00:48:42
Richard Hunter	00:55:27	00:53:56
wendy chapman	00:52:53	00:47:28
Mark Sutton	00:51:48	00:49:20
Karina Wrigley	00:51:37	00:46:17
Vai Pell	00:51:08	00:47:47
Alison Hunter	00:50:48	00:43:57
Jamie Wainwright	00:50:33	00:43:19
Helen Frith	00:49:01	00:49:47
Charlotte Robinson	00:47:47	00:47:27
Kate Penrose	00:46:45	00:54:07
Anna Houton	00:45:55	00:45:38
Julie Taylor	00:45:51	00:44:51
Anna Lay	00:44:25	00:47:10
Annette McTaggart	00:43:40	00:42:15
Emily Follows	00:43:25	00:44:31
Emma Richardson	00:42:01	00:47:30
Suzanne Costello	00:41:08	00:45:50
Kevin Robinson	00:40:45	00:38:43
Graham Hoy	00:40:33	00:37:45
Jonathan Emery	00:38:13	00:36:50
Ian Downham	00:35:29	00:34:46
Andy Weeks	00:33:26	00:33:29





Beginners' Course

The Beginners' Course is now into its 5th week and is going really well. Many thanks to all the members who have given up their time on a Tuesday evening to make it so successful. Don't forget, the Beginners' Graduation run & social will take place on Tuesday 5th July, venue tbc, and we'd love to see as many of you join us as possible to celebrate.

Runner of the Month

The March Runner of the Month was actually awarded to two runners: congratulations to Ian Downham for awesome running at the moment, including a 1st in age category at the Bramham Trail Half; and to Annette McTaggart for running really well at the moment and achieving PBs at several distances/races. Well done both of you!



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

parkrun

On Saturday 21st May the Harriers Legend that is Mr Paul Durkin will be running his 400th parkrun (yes, you read that right!) up at Temple Newsam. The dedication required to achieve such a milestone is on another level, so it'd be great to see as many of you as possible up there in club colours to celebrate this with a little jog followed by refreshments.

LCW Relay

Just a reminder that there is a meeting on Wednesday 18th May for anyone who would like to help with organising the LCW Relay, at The Assembly (in the upstairs room) at 7:30pm.



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Race Reports

We'd love to include some Race Reports in our newsletter, so if you've recently run a race that you particularly enjoyed (or hated!), or that you think other members might be interested in, please email it over to us at kippaxharrierscommittee@gmail.com and 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.

The Results

Here's the Results Update for races up to 10th May:

Swainby Sweep Trail 7 miles - 24/04/2022

Andy Hill	00:51:57
Alan Davy	00:56:15
Graham Hoy	01:00:11
Emily Follows	01:00:13
John Messenger	01:08:55
Alison Hunter	01:10:27
Emma Richardson	01:10:30
Anna Lay	01:10:32
Cheryl Stanton	01:17:44
Clare Copley	01:17:44
Karen Downham	01:17:58
Jay Kitchen	01:19:02
Lindsay Georgopoulos	01:28:43
Carole Kitchen	01:28:53

Madrid Marathon - 24/04/2022

Val Pell	04:50:09
Wendy Chapman	05:02:47
Kate Penrose	05:04:50

Madrid Half Marathon - 24/04/2022

Linda Durkin	02:06:02
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Leeds Half Marathon - 08/05/2022

Veronica Hawking	01:50:26
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