



Latest Update June 2022

England Athletics Code of Conduct

As a member of Kippax Harriers, you become an affiliated member of UKAthletics/England Athletics. They have recently revised their Codes of Conduct which set out national standards of conduct for all clubs, coaches, officials, volunteers and athletes in the sport. The purpose of the codes are to clarify:

- what behaviours are acceptable and unacceptable
- the standards of practice expected from all club members
- the basis for challenging and improving practice

All club members must agree to the 'Senior Athlete Code of Conduct' which can be read and electronically signed up to via your member portal on the UKA website. To make this process as easy as possible, we've produced a 'How to...' guide which has been emailed out to every member, along with a copy of the relevant Code of Conduct.

If you are a LiRF you also need to read and sign the 'Coaches Code of Conduct' and if you're a Welfare Officer you also need to read and sign the 'Club Welfare Officer Code of Conduct'.

While you're logged in, it's a good idea to check your personal details are all up to date, ie email address, address, phone number, ICE details, etc.

If you need any help at all, please drop an email to kippaxharrierscommittee@gmail.com, or leave a comment on our Facebook group.

If you could sign the Code of Conduct by 15th July we'd be very grateful.

Beginners' Graduation Pub Run

This year's Beginners' Graduation Pub Run will take place on Tuesday 5th July, with everyone setting off from club all together (time to be confirmed) and heading down to The Boat at Allerton Bywater via one of two routes (a 4.5-ish mile route and a 6-ish mile route).

Food will be laid on for everyone and there will be a presentation ceremony for all of our beginners who have, quite frankly, done brilliantly and are a lovely bunch of people!

Our lovely Kit Secretary Annie will be setting up a kit shop at The Boat, so you can have a look and maybe treat yourself to something new!

Please comment on Cheryl's Facebook post (or email the committee) by Tuesday 28th June if you'd like to come along so that we can count you in the food numbers.



2022 Club Championship

We had another great turn out for the latest Club Championship race, the Cookridge 10k on 22nd May. It was another great choice from our captains, with a lovely route through Golden Acre Park, although it was a bit warmer and more undulating than many of us were expecting! Well done to all of our runners, and huge thanks once again to our fantastic supporters, we especially enjoyed the cakes brought along for Graham's birthday!



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:

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>



Terry Midgley Interclub Handicap Race

Terry Midgley was a local running legend who was a friend to many of us at Kippax. If you'd like to enter, please let Paul Durkin know (or email kippaxharrierscommittee@gmail.com and we'll pass your name on)

The Terry Midgley Interclub Handicap Race will be taking place on Sunday 24th July 2022 at 11am.

It will be 10K, mainly off road, undulating and will start and finish at John Smeaton. Unfortunately the original route that Terry planned has had to be changed due to the construction of the new East Leeds Orbital Road. We will be sticking as much as is possible though to Terry's route.

Your handicap times will be calculated from your past races/performances.

The cost is £7 to enter, including goody bags. The proceeds will be donated to a charity close to Terry's heart. Payment details to follow.

It will be a fantastic event which will allow us to remember our good friend and legend Terry Midgley.

Runner of the Month

The April Runner of the Month was awarded to Kate Penrose for running consistently well and always encouraging others. Kate ran all 5 PECO races this season, finishing 5th overall in the F65 category. She also ran really well at the Madrid Marathon despite having been injured during training and getting covid just before the race. Well done Kate!

The May Runner of the Month was awarded to Kevin Robinson. One of our newer members, Kevin has fully embraced the Kippax Harrier spirit, encouraging others and running really well at his first club races, the Bramham Trail Half and the Cookridge 10k. Well done Kevin!



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



Paul's parkrun!

We had a fantastic turnout at Temple Newsam on 21st May to celebrate with Paul Durkin, who was running his 400th parkrun! This means Paul has run a total of 1,240 miles at various different parkruns, what an incredible achievement. Well done Paul!



Christmas Party

**** Save the date **** Although it may seem somewhat premature, apparently some of you social butterflies have diaries that are already getting booked up, so...

* Kippax Harriers Christmas Party - Saturday, 3rd December 2022 *

No action required as yet other than keeping it free!

Leeds Country Way Relay Raffle

It has been agreed that this year's LCW raffle will support the Aplastic Anaemia Trust 😊

I've got a long list of emails to send out to try and get lots of great prizes, but before I do that, has anyone got any good contacts for local businesses that might be willing to donate a prize (vouchers are always good in case we have to post them out to the winners!) Thank you!



The Results

Here's the Results Update for races up to 7th June:

Pontefract 10k - 15/05/2022

Graham Hoy	00:46:00
Emily Follows	00:47:29
Annette McTaggart	00:51:55
Paul Durkin	00:56:27
Anna Houton	01:03:21
Stevie Roberts	01:11:45
Amelia Beane	01:17:18

Cookridge 10k – 22/05/22

Andy Hill	00:44:40
Ian Downham	00:45:09
Alan Davy	00:45:51
Graham Hoy	00:47:41
Kevin Robinson	00:49:20
Emily Follows	00:49:42
Paul Hammond	00:51:22
Suzanne Costello	00:51:23
Annette McTaggart	00:51:55
Mark Albon	00:52:18
John Messenger	00:53:27
Emma Richardson	00:54:33
Julie Taylor	00:55:54
Cheryl Stanton	00:57:21
Clare Copley	00:57:44
Alison Hunter	00:57:46
Anna Lay	00:57:54
Charlotte Robinson	01:00:55
Karen Downham	01:02:14
Jay Kitchen	01:03:20
Jason Britton	01:06:41
Richard Hunter	01:09:38
Judy Lankester	01:13:13
Lucie Stanworth	01:16:04

Windermere Marathon - 22/05/2022

Rob Ward	04:39:25
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Edinburgh Marathon – 29/05/2022

Andrea Harland	04:56:12
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KIPPAX HARRIERS



Ilkley Trail Race 6.9 miles - 03/06/2022

Kate Penrose

01:22:19

Goole Riverbank 10k - 05/06/2022

Paul Hammond

00:51:25