



Latest Update July/August 2022

England Athletics Code of Conduct

Many thanks to everyone who has signed up to this, but at the time of writing this newsletter only half of our members have done so. As an affiliated member of UKAthletics/England Athletics, all club members must agree to the 'Senior Athlete Code of Conduct' which can be read and electronically signed 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.

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 as soon as possible we'd be very grateful.

Beginners' Course

This year's Beginners' Course has been a huge success. We had a fantastic Graduation Run down to The Boat at Allerton Bywater, where we presented certificates and goody bags to our 16 graduates, and then enjoyed an amazing buffet!

Huge thanks to everyone who has joined in as a LiRF or as a Harrier Helper, and a special mention to Emma and Andy who did a fantastic job of organising it all.

Finally, a HUGE welcome to the 12 Beginners who have joined us as full members, we look forward to enjoying lots of runs and socials with you!

Leeds Country Way Relay

Plans are going really well for this year's event on 4th September; many thanks to all those who have kindly volunteered to help out on the day. Andy will be issuing a marshal list next week via Facebook and email, please let us know if there are any more takers...there's always room!.

This year, as a thank you, all volunteers will be presented with a bespoke LCW 30th anniversary T shirt to wear on the day, upon issue of the marshal list, if you could please confirm the size of T shirt required ASAP as they'll need to be "rattled off" quick smart. The T shirt will be in addition to the usual LCW memento. T shirts will also be available to be purchased, separate order details to follow.

A date for your diaries, Thursday 1st September, we will be holding a marshal meeting, time and venue tbc.

Lots of recces are taking place which is great. Please let us know asap if any of the Route Description for your leg needs updating so we can get it on the website.

Prizes for the raffle are coming in; so far we've had prizes donated by Yorkshire Runner, Big Bobble Hats, High5, 3RPhysio, New Beginnings, Helen Powell, ION Body, La Bella Vita, Kanyu escape rooms, Jump Inc, and Whistlestop Valley. We'll be selling raffle tickets before and after the race, as well as at all the changeover points. All the raffle proceeds will go to the Aplastic Anaemia Trust, so please help to spread the word!



2022 Club Championship

There's been two more races since our last newsletter: the Harrogate 10k and the Eccup 10 mile. Some great running by everyone and fantastic support too.

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



After careful consideration our captains have decided that our August parkrun will be **Rothwell**. You have two dates to give it a try: 20th and 27th August (or do both and we'll take your best time).



The races for the rest of the year are:

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) – Rothwell <https://www.parkrun.org.uk/rothwell/>
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>

The Freebies

We now have a 40% discount code to use at www.highfive.co.uk The code is H5#KIPPAXHARRIERSRC but unfortunately the code cannot be used against discounted or promotion products! The good news is that you can share this code with friends and family, just enter at the online checkout.

The Results

Here's the Results Update for races up to 19th July:

Hull Half Marathon – 12/06/2022

Jason Marshall 01:57:09

Eccup 10 Mile - 26/06/2022

Andy Weeks	01:09:58
Ian Downham	01:14:15
Andy Hill	01:14:55
Graham Hoy	01:19:33
Jason Marshall	01:22:03
Paul Hammond	01:21:52
John Messenger	01:26:35
Mark Albon	01:28:29
Karina Wrigley	01:29:09
Julie Taylor	01:30:11
Linda Durkin	01:30:55
Paul Durkin	01:37:33
Jenny Jennings	01:43:58
Kirsty Worsnop	01:45:24
Judith Jones	01:46:58



Harrogate 10k - 03/07/2022

Andy Weeks	00:43:04
Ian Downham	00:45:41
Andy Hill	00:47:53
Graham Hoy	00:50:01
Emily Follows	00:51:21
Veronica Hawking	00:56:05
Karina Wrigley	00:57:46
Jason Britton	01:03:37
Jay Kitchen	01:05:43
Carole Kitchen	01:12:54

Leeds 10k - 03/07/2022

Suzanne Costello	00:47:41
Stephen Hanley	00:54:43
Emma Porter	00:59:41
Kirsty Worsnop	01:00:47
Kathryn Langstaff	01:07:07
Claire Pybus	01:15:41

Endure 24 - 02/07/2022

Carolyn Davy	55 Miles (Solo) 24 Hours
Annette McTaggart	50 Miles (Solo) 24 Hours
Kate Penrose	30 Miles (Team) 24 Hours
Valerie Pell	25 Miles (Team) 24 Hours

St Aidans 10k - 08/07/2022

Hannah Edwards	00:58:48
Samira Lambert	01:09:56

Caistor Sting in the Tale 10k - 17/07/2022

Ian Downham	00:45:41
Andy Hill	00:45:41

Due to the summer holidays and preparations for Leeds Country Way, the next Committee meeting will be in September, so this newsletter covers July & August, with the next one being published in September.