



Club Newsletter September 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 just over 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, and is available on our Facebook group, 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.

Leeds Country Way Relay

A huge thank you and well done to everyone involved in making the 2022 LCW happen. It's safe to say the day was a huge success and enjoyed by all. There's been lots of lovely comments from other clubs about the organisation, atmosphere and food at the end.

I'm sure you'll all be really pleased to hear that the sale of raffle tickets, together with donations, have raised around £900 (final total still to be confirmed) for the Aplastic Anaemia Trust!





2022 Club Championship

There's been two more races since our last newsletter: the York 10k and Rothwell parkrun. We've seen some great running by everyone (especially the huge number of PBs at Rothwell!) and as always, some fantastic support too.



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

There's just four races left this year:

13. Knaresborough Crag Rat - 5 miles - 25.09.22 <https://racebest.com/races/cgkuw>
14. Bridlington 13.5 mile multi-terrain - 02.10.22 <https://www.theentrypoint.co.uk/.../the.../information>
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>

Autumn Handicap

The Autumn club handicap race will take place on 30.10.22 on the usual Kippax route. Look out for more information coming soon on Facebook to request marshalls and runners.

PECO

It's that time of year to try and remember where you left your muddy cross country trainers, and to start thinking about this year's Peco races! All dates are provisional at the moment whilst awaiting permission from land owners, so please look out for more information coming soon on Facebook, including details of how to enter.

Provisional Peco dates:

- 27.11.22 Middleton Park
- 18.12.22 Temple Newsam (**we are hosting this race so please try keep this date free for marshalling or running**)
- 22.01.23 West Park
- 19.02.23 Middleton Park
- 05.03.23 Roundhay Park

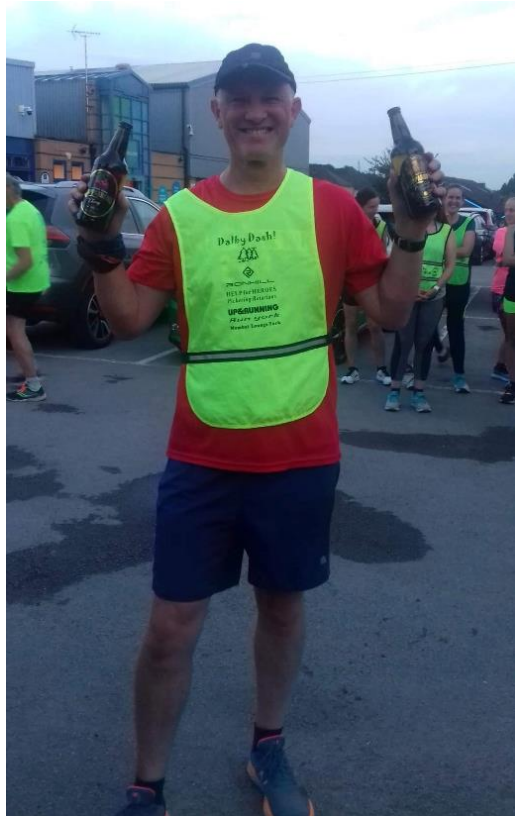


Christmas Party

And not running, but an important date if it's not already in your calendar - the Christmas do!!! 03.12.22 More details to follow.

Runner of the Month

The June award went to Richard Hunter for the commitment he shows to the club, from his regular attendance at Thursday training nights, to the support he gives others at races when he's not running. He's also a longstanding member who is showing steady improvement in his running, shown recently in his performance at the Cookridge 10k and the Graduation pub run. Well done Richard!





The Results

Here's the Results Update for races up to 13th September:

Nostell Priory 10K - 20/07/2022

Andy Hill 0:48:42

Kate Penrose 1:03:14

Lotherton 8k Trail Race - 05/08/2022

Kate Penrose 0:58:06

York 10k – 07/08/2022

Graham Hoy 0:45:25

Kevin Robinson 0:48:42

Julie Taylor 0:50:50

Alison Hunter 0:51:35

Stephen Hanley 0:52:08

Clare Copley 0:52:09

Jamie Wainwright 0:52:22

Annette McTaggart 0:52:32

Anna Lay 0:53:30

Benjamin Sutcliffe 0:54:55

Karina Wrigley 0:55:21

Jessica Cordy 0:58:06

Charlotte Robinson 0:58:51

Kirsty Worsnop 0:59:29

Judith Jones 1:00:56

Richard Hunter 1:03:00

Carolyn Davy 1:04:43

Lucie Stanworth 1:08:40

Les Kitching 1:19:43

Annie Beaumont 1:20:56

Zoe Hoy 1:30:24

Rothwell parkrun - 13/08/2022

Graham HOY 22:28

John MESSENGER 24:06

Clare COPLEY 25:37

Annette MCTAGGART 25:38

Paul DURKIN 26:28

Jason BRITTON 28:26

Sarah HONEYMAN 30:13

Samira LAMBERT 35:23

Annie BEAUMONT 38:06

Amelia BEANE 38:32

Zoe HOY 53:44



KIPPAX HARRIERS



Ken Bingley Memorial 10k - 18/08/2022

Alan Davy 0:44:35

Ian Downham 0:45:59

Correguda Popular Almoines 4.6M - 18/08/2022

Graham Hoy 0:34:55

Rothwell parkrun - 20/08/2022

Andrew WEEKS 20:23

Andrew HARDING 21:54

Paul HAMMOND 22:14

Emily FOLLOWS 22:57

Alison HUNTER 24:43

Jamie WAINWRIGHT 25:05

Stephen HANLEY 25:09

Richard HUNTER 29:27

Elizabeth HOLDSWORTH 32:05

Amelia BEANE 38:32

Les KITCHING 38:37

Janet MUJTABA 43:10

Rothwell parkrun - 27/08/2022

Andrew WEEKS 19:41

Andy HILL 20:30

Andrew HARDING 21:54

Paul HAMMOND 22:39

Emily FOLLOWS 22:43

Stephen HANLEY 24:16

Linda DURKIN 24:48

Annette MCTAGGART 24:57

Julie TAYLOR 25:16

Veronica HAWKING 25:28

Paul DURKIN 25:33

Anna LAY 25:43

Karina Wrigley 26:20

Cheryl STANTON 27:13

Sarah HONEYMAN 29:00

Annie BEAUMONT 38:41

Janet MUJTABA 41:36

Gilberdyke 10M – 28/08/2022

Kate Penrose 0:99:00

Vale of York Half - 11/09/2022

Sam Lambert 2:48:42



Great North Run - 11/09/2022

Andy Hill 1:35:29

Alan Davy 1:40:35

Linda Durkin 2:03:12

Cheryl Stanton 2:04:18

Veronica Hawking 2:05:33

Paul Durkin 2:09:46

Robert Ward 2:13:40

Judith Jones 2:19:33

Phil Goss 2:25:56

Helen Frith 2:31:14

Stevie Roberts 2:41:12

Elizabeth Holdsworth 2:41:51

Kirsty Worsnop 2:23:10

Lucie Stanworth 2:53:16