



Club Newsletter October 2022

England Athletics Code of Conduct

Many thanks to everyone who has signed up to this, but at the time of writing this newsletter there are still 44 members who have not 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.

2022 Club Championship

There's been two more races since our last newsletter: the Knaresborough Crag Rat and the Bridlington 13.5 mile multi-terrain. Yet again there's been some amazing running by everyone 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 two races left this year:

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> (418 places remaining at time of writing)



Dalby Dash coach trip

As this year's Dalby Dash on Sunday 13th November is a club championship race, and given that so many Harriers have signed up to participate, we have organised a return coach trip for everyone.

The coach will be leaving from club at 8:30am.

For those of you who haven't been on this trip before, after the race we head to Pickering for lunch and a couple (depending very much on the individual's interpretation!) of beers before returning back to club (usually sleepy yet merry!) at around 5:15pm.

We have been in contact with the White Swan in Pickering who have reserved a private dining room for us seating around 35 people.

If you would like a seat on the coach (53 available, first come first served, priority going to those who are running), please let us know.

Other eateries are available in the town, but if you do wish to dine in the White Swan afterwards, please also let us know whether you would like:

- a) Beef roast (£16)
- b) Pork roast (£14)
- c) Nut roast (£14)

Kindly let us know by Monday 7th November at the latest if you require both coach transport and lunch, just coach transport, or just lunch.

Autumn Handicap

This will take place on Sunday 30th October. Runners will be set off from 11am at **Kippax** leisure centre.

Please let us know if you would like to run and if you are available to marshal/volunteer.

We'll then meet for drinks and food at The Assembly in Garforth from 1:30pm.

For the benefit of newer club members, anyone is welcome to run - the way it works is that Runners are given estimated times for completing the route and set off at different intervals with the ultimate aim of everyone finishing at the same time or thereabouts.

The Route is pretty simple with left turns only and is usually marshalled at each turn!

<https://www.mapmyrun.com/routes/view/2282127478>



PECO

Entries are now open <https://racebest.com/races/2ct4z>

The PECO Cross Country League is a series of 5 cross country races organised in and around Leeds in which clubs affiliated to the League compete across men's and ladies' divisions. Each race is about 4-5 miles.

The simplest way to enter is to buy a season ticket online in advance for just £15, which provides entry to all five races. Once registered and paid for, you will not need to register again all season. You will collect your season race number at the first race you attend and then you just turn up to each race with your number and run.

Alternatively you can enter each race on the day. The cost to enter each race individually on the day is £7.

Provisional Peco dates:

27.11.22 Middleton Park

18.12.22 Temple Newsam **(we are hosting this race so please try to 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 Look out for more details coming soon on Facebook!

Runner of the Month

The awards for July, August and September have been chosen by the committee, and rest assured they will be announced very soon!

The Freebies

Don't forget 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 18th October:

Knaresborough Crag Rat 5 miles - 25/09/2022

Andy Weeks 00:32:54
Andy Hill 00:33:41
Alan Davy 00:34:52
Ian Downham 00:35:17
Graham Hoy 00:37:13
Paul Hammond 00:37:27
Emily Follows 00:37:42
Alison Hunter 00:41:18
Anna Lay 00:42:11
Benjamin Sutcliffe 00:42:12
Karina Wrigley 00:43:44
Kirsty Worsnop 00:45:50
Jason Britton 00:47:03
Charlotte Robinson 00:48:38

London Marathon - 02/10/2022

Wayne Wideman 03:40:31
Emma Richardson 04:25:58
Caroline Foster 04:36:06
Jason Marshall 04:43:58
Helen Frith 05:13:17

Bridlington Half Marathon - 02/10/2022

Kevin Robinson 01:54:27
Fiona Robins 01:56:00
Emily Follows 01:57:00
Veronica Hawking 02:09:01
Annette McTaggart 02:29:48
Val Pell 02:39:52

Chester Marathon - 02/10/2022

Mark Albon 04:22:11
Kate Penrose 04:56:25

Run for Wildlife 5K - 09/10/2022

Graham Hoy 00:21:58
Judy Lankester 00:34:39
Zoe Hoy 00:40:31

Palma Marathon - 09/10/2022

Andy Hill 03:41:45
Alison Hunter 04:21:04



Linda Durkin 04:40:10
Cheryl Stanton 04:46:35

Palma Half Marathon - 09/10/2022

Paul Durkin 02:12:43

Yorkshire Marathon - 16/10/2022

Jonathan Emery 03:51:05
Kevin Robinson 04:08:49
Mark Albon 04:36:43

Yorkshire 10 Mile - 16/10/2022

Anna Lay 01:26:24
Karina Wrigley 01:32:43
Kirsty Worsnop 01:34:49
Judith Jones 01:42:12

St Aidan's Half Marathon - 16/10/2022

Wayne Wideman 01:39:11
Graham Hoy 01:47:42
Emily Follows 01:49:47
Fiona Robins 01:52:55
Hannah Edwards 02:11:34
Wendy Chapman 02:25:17
Val Pell 02:27:12
Jenny Jennings 02:33:31