



Club Newsletter November 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 37 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

On 13th November, a coach load of runners and supporters (plus a few cars!) set off for Dalby Forest and the Dalby Dash 10k, followed by an amazing lunch at The White Swan in Pickering. This was our first club coach trip since before Covid so we were all very excited and a great time was had by all. Many thanks to Cheryl and Andy for organising, and a special mention to Emily who came 1st in her age category and Paul Hammond who came 2nd in his age category! Also a heartfelt 'welcome back' to Zoe Smith, it was so emotional to cheer you across the finish line.



Then on 20th November it was the final race of the year, the Tad 10. Thanks go to our amazing support crew, and well done to all 22 runners, including a special mention for Stephen Shakeshaft and Iona Davies who ran their first championship race in the Kippax vest!

Take a look at the Championship results table so far on our website <https://kippaxharriers.org.uk/club-championship-results/>. The full results will be announced and the prizes presented after the AGM in January.



Website

New page of the website alert!

Emma's put a new section of upcoming events on the site, which will include races, socials and anything else interesting that you might want to know about.

It'll be kept updated - so if you forget when something KH related is happening, have a look on here:

<https://kippaxharriers.org.uk/coming-up/>

Autumn Handicap

We had a fantastic turnout on Sunday 30th October. The weather was much kinder to us this year, with great running conditions instead of the pouring rain we had last year!

Massive thanks to Alan for doing his usual maths wizardry, and to all the smiley marshals who provided fantastic support along the route.

Congratulations to our winner Carole Kitchen; well done to Andy Hill and Emily Follows who were the fastest male and female; and special mentions for Lee Jamieson and Paul Hammond who both finished within 2 seconds of their predicted times!





Runner	(estimated Time)	Individual Time
Janet Mujtaba	01:06:43	00:00:00
Les Kitching	01:02:35	01:02:49
Dorothy McDonald	00:57:20	00:56:30
Carole Kitchen	00:56:47	00:53:08
Nicola Ward	00:49:58	00:48:16
Jason Britton	00:46:26	00:48:46
Anna Houton	00:45:36	00:44:25
Hayley Jackson	00:43:51	00:43:58
Karina Wrigley	00:43:36	00:43:54
Emma Richardson	00:43:02	00:42:28
Annette McTaggart	00:41:12	00:42:59
Jamie Wainwright	00:40:47	00:44:22
Anna Lay	00:40:43	00:42:14
Veronica Hawking	00:40:29	00:41:06
Alison Hunter	00:40:29	00:40:43
Lee Jamieson	00:40:00	00:39:58
Emily Follows	00:38:53	00:37:58
Jonathan Emery	00:37:58	00:34:32
Paul Hammond	00:36:43	00:36:41
Ian Downham	00:34:35	00:35:43
Alan Davy	00:34:11	00:35:42
Andy Hill	00:33:01	00:34:22



The run was followed by a great social at the Assembly, with the buffet provided by Hill-Stanton catering going down a storm! Thanks Andy & Cheryl!

Finally, huge thanks to everyone who generously bought raffle tickets, we raised a fantastic £87 for the Aplastic Anaemia Trust!

London Marathon Ballot

It's time to start organising our London Marathon ballot for our club place as we expect to have it confirmed next week!

If you'd like to enter the club ballot, please check that you fulfill the eligibility criteria <https://kippaxharriers.org.uk/london-marathon-ballot/> then send a copy of your London Marathon rejection email to kippaxharrierscommittee@gmail.com by Saturday 26th November.

We're hoping that the draw will take place at club on Tuesday 29th November.

Any questions, please ask.

Good luck!



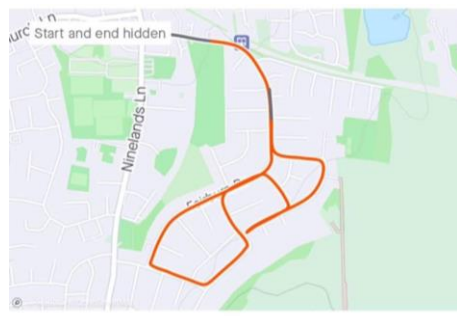
Halloween Strava Pictionary run

On 1st November our usual Tuesday night club run was taken over by ghosts and ghouls as we took part in a Halloween Strava Pictionary run!

Team 1: Witch



Team 2: Pumpkin



Team 3: Bat



Team 4: Cat



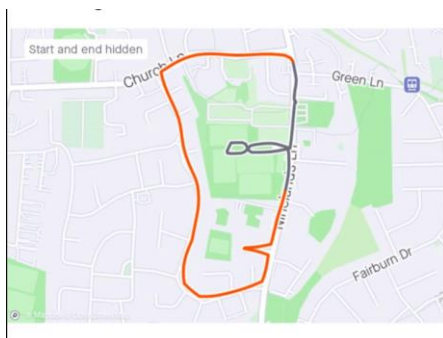
Team 5: Ghost



Team 6: Skull



Walkers: Frankenstein



Here's the results:

1st place: Team 5's GHOST (a lovely one at that wearing Andy's sunglasses 😂!) with 17 correct guesses congratulations!

2nd place: Team 1's WITCH with 14 correct guesses (impressive 100% accuracy guess rate too!)

3rd place: the walker's Frankenstein- 13 correct guesses.



PECO

Get your trail shoes out, it's time for the first PECO race of the season this Sunday! More info here:

<https://racebest.com/races/2ct4z> and <https://pecoxc.co.uk/pages/race1.html>

The deadline for entering, in time to be a 'counter' in Race 1 is 2.00pm on Friday 25th November. The simplest way to enter is to buy a season ticket online in advance for just £15, which provides entry to all five races. Alternatively you can enter each race on the day. The cost to enter each race individually on the day is £7.

2022/23	Date	Host	Assistant	Venue
Race 1	Sun 27 November	Abbey Runners	Valley Striders	Middleton Park
Race 2	Sun 18 December	Kippax Harriers	STAC	Temple Newsam
Race 3	Sun 22 January	Horsforth Harriers	Nidd Valley Runners	West Park/Becketts Park
Race 4	Sun 19 February	Hyde Park Harriers	Rothwell Harriers	Middleton Park
Race 5	Sun 5 March	Chapel Allerton	Roundhay Runners	Roundhay Park
Relays	Sun 26 March	TBC		TBC

***** We are hosting Race 2 at Temple Newsam on Sunday 18th December; please look out for a post on Facebook soon asking for volunteers *****

Kit Update

New black warm hoodies and new vests have arrived!

New hoodies are £19.50

New sublimated vests are £24.50

Please order and pay via the website where possible <https://kippaxharriers.org.uk/shop/>

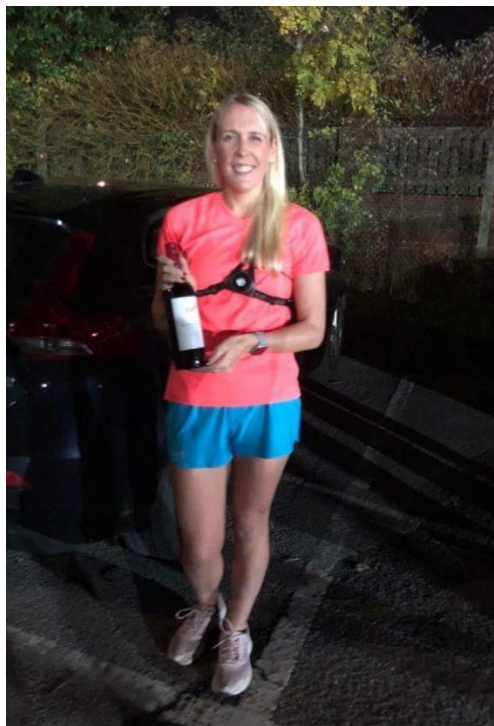




Runner of the Month

The award for July went to Linda Durkin, for her commitment for leading several LCW recces, and for running consistently well, including running her fastest parkrun in a few years! Well done Linda!

The award for September went to Kirsty Worsnop for running an excellent leg at LCW, and making a great contribution to club by taking part in club races, as well as running regularly on Tuesdays and hill sessions on Thursdays. Well done Kirsty!



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

The awards for August and October have been decided by the committee but there hasn't been an opportunity to give them out yet so watch this space...

The Freebies

Remember 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.

Christmas

We're looking forward to a very busy, festive December! We've got our Christmas do at Garforth Golf Club on the 3rd, Temple Newsam Peco on 18th (there's already talk of fancy dress for marshals!) and keep an eye on Facebook for news of a Christmas club run! We're going to be so busy that our next committee meeting isn't until 20th December, so this is the last newsletter for 2022. It's been a fabulous year, full of races and socials, and we've welcomed lots of new members. Let's hope 2023 is just as exciting! Wishing you all a very merry Christmas and a happy, healthy New Year. Make sure you eat and drink loads, remember it's never too early to start carb loading for that marathon training!!!



The Results

Here's the Results Update for races up to 8th November:

Abbey Dash 10k – 23/10/2022

Mark Albon 49:52

Kirsty Worsnop 56:10

Dave McDonald Haltemprice 10k – 30/10/2022

Phil Goss 59:20

Wooler Trail Marathon - 05/11/2022

Dave Bonning 07:25:06

James Copley 07:25:06