



## Club Newsletter January 2023

### 2022 AGM

Our 2022 AGM and presentation evening will be held on Friday 20th January at the Garforth Country Club.

Doors open from 7:30pm, AGM to commence at 8:00pm prompt, followed by food and presentations. Last orders 11:30pm.

Social members will also be welcome to attend and tuck in to the food, however, they will be unable to contribute in any of the AGM matters.

As per usual, all committee roles are up for re-election, if you are interested in any of the roles, please do not hesitate to contact a member of the committee should you require further information.

If you wish to attend, could you please let us know asap, so we can gauge numbers for food and how many bits of paper we need to print off!

We haven't been able to hold a presentation evening for 3 years now due to covid so we're really looking forward to a massive celebration of another brilliant year of all things running, and we're hoping as many members as possible will be able to attend.

### Runners' Runner of the Year Award 2022

If you have not yet submitted your Runners' Runner of the Year nomination, this can be done by emailing your vote to:

[khrunnersrunner22@gmail.com](mailto:khrunnersrunner22@gmail.com)

The deadline for nominations is the 6th January, only 1 vote per member, those who voted at the Xmas have already registered a vote.

For those new to the club, your nomination could be someone who you think, whose running has improved over the year or overcome adversity / injury or has simply been a valued asset to the club during 2022.

### 2023 Club Championship

Your captains would like to reveal the 1st three club championship races for 2023. For those new to the club, these are a variety of races, which usually attract a high number of Kippax Harriers, creating great team spirit and a chance to try different running events. Your runs are also automatically entered into our own club championship, which involves a male and female league table and a handicap league. Trophies are presented to winners at the end of the year (also age categories for the male/female leagues). Your best 8 races are used for the final points at the end of the year (enter a minimum of 6 races to be in with a chance).

Race 1: 22.1.23 PECO XC West Park. If you're not already entered, enter here: <https://racebest.com/races/2ct4z>

Race 2: 05.02.23 Muddy Boots 10k, RIPON (multi terrain) <https://racebest.com/races/ettu4>

Race 3: 12.03.23 Thirsk 10 mile (road) [https://bookitzone.com/elizabeth\\_wordsworth/nQjFFX](https://bookitzone.com/elizabeth_wordsworth/nQjFFX)

Looking forward to seeing you there.



## Christmas Party

We had a fantastic time at Garforth Golf Club, so much laughter, sparkles, drinks and dancing, everyone had so much fun. It was lovely to see everyone dressed up, not a muddy trainer or hoody in sight! Huge thanks to Cheryl for organising such a great night. Probably the best bit of the night was presenting a cheque for £1,000 to Zoe for the Aplastic Anaemia Trust after a year of fundraising, well done everyone!





## Christmas run

A great effort from our Santa Clauses, Rudolphes, Christmas Trees and Snowmen on Thursday 22<sup>nd</sup> December! Everyone enjoyed a fun evening running around Garforth and collecting photographs for their list, followed by a festive tippie in the Podger!



## PECO

A massive "Chairtain PECO" thank you to you brilliant lot. Huge thanks to the marshals - including the mini Harriers, tailrunners, course setter uppers, registration ladies, reccie buddies, gazebo erectors / descenders, bun makers, coffee suppliers.....this really was one hell of a team effort. #oneproudchairtain





# KIPPAX HARRIERS



If you haven't taken part in any PECO races yet this season, there's still time to enter: <https://racebest.com/races/7uu83> and <https://pecoxc.co.uk/index.html>

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

After the first two races, the Ladies' Team are placed 5th in the Second Division and 9th in the Vets First Division, with the Men's Team 8th in the Second Division and 7th in the Vets First Division. Great running everyone!

## London Marathon Ballot

Congratulations to Annette McTaggart who was drawn to represent Kippax Harriers from the London marathon club ballot. Jason Marshall was drawn as reserve.

Good luck to everyone who is training for the big spring marathons, especially if it's your first one: Manchester, London and of course the Rob Burrow Leeds Marathon. We're all here to support each other so please don't hesitate to ask if you need some advice or a training buddy for those long runs!



## Runner of the Month

The award for August went to Clare Copley, for her outstanding running at Leeds Country Way, including achieving 5k and 10k PBs during her leg. Well done Clare!



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 October, November and December have been decided by the committee but there hasn't been an opportunity to give them out yet so watch this space...

## The Freebies

Don't forget we also now have a 40% discount code to use at [www.highfive.co.uk](http://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.

## Happy New Year!

Happy New Year Harriers, here's to a year full of challenges, adventures and achievements. Happy 2023 to you all!





## The Results

Here's the Results Update for races up to 20<sup>th</sup> December:

### **Run Through Alton Towers 10k – 12/11/2022**

Judy Lankester 01:14:39

### **Dalby Dash 10k - 13/11/2022**

Andy Hill 00:42:15

Ian Downham 00:42:53

Alan Davy 00:43:30

Jonathan Emery 00:44:14

Emily Follows 00:45:25

Paul Hammond 00:45:57

Kevin Robinson 00:50:10

Robert Ward 00:50:28

Linda Durkin 00:51:37

Anna Lay 00:51:43

Emma Richardson 00:53:08

Andrea Foulke 00:53:28

Rob Chard 00:53:50

Karina Wrigley 00:54:07

Phil Goss 00:56:32

Annette McTaggart 00:57:22

Wendy Chapman 00:57:27

James Copley 00:59:11

Clare Copley 00:59:13

Kirsty Worsnop 00:59:19

Nicola Ward 01:02:12

Karen Downham 01:02:49

Carole Kitchen 01:06:35

Stevie Roberts 01:10:42

Katherine Penrose 01:11:00

Zoe Smith 01:12:09

Valerie Pell 01:12:10

Graham Hoy 01:12:11

Jay Kitchen 01:13:30

Les Kitching 01:17:47

Jamie Wainwright 00:53:43

### **Tadcaster 10 Mile - 20/11/2022**

Andrew Weeks 01:10:23

Andy Hill 01:11:06

Ian Downham 01:11:50

Paul Hammond 01:14:18

Graham Hoy 01:17:36

Kevin Robinson 01:18:31

Emily Follows 01:19:35



Suzanne Costello 01:22:28  
Alison Hunter 01:24:22  
Veronica Hawking 01:24:48  
Anna Lay 01:25:34  
Stephen Shakeshaft 01:26:02  
Jamie Wainwright 01:29:56  
Karina Wrigley 01:31:04  
Cheryl Stanton 01:33:07  
Pippa Crossland 01:33:37  
Anna Houton 01:35:43  
Iona Davies 01:36:22  
Charlotte Robinson 01:39:03  
Kirsty Worsnop 01:42:21  
Wendy Chapman 01:44:41  
Stevie Roberts 01:57:25

## **PECO Race 1 Middleton Park – 27/11/2022**

Andy Hill 00:34:40  
Richard Lay 00:35:36  
Alan Davy 00:36:31  
Jonathan Emery 00:38:03  
Paul Hammond 00:39:25  
John Messenger 00:43:28  
Linda Durkin 00:44:56  
Andrea Foulke 00:45:01  
Emma Richardson 00:45:58  
Sue McCluskey 00:47:11  
Jason Britton 00:49:15  
Wendy Chapman 00:49:37  
Valerie Pell 00:52:14  
Karen Downham 00:52:47  
Mark Sutton 00:54:07

## **Percy Pud 10k - 04/12/2022**

John Messenger 00:50:26

## **Bah Humbug 10K - 11/12/2022**

Iona Fox 01:07:09

## **Candy Cane Canter 3K - 18/12/2022**

Carolyn Davy 00:18:50

## **Sprout Scuttle 10K - 18/12/2022**

Carolyn Davy 01:13:21



# KIPPAX HARRIERS



## **Rudolfs Revenge 10K - 18/12/2022**

Carolyn Davy 01:34:00

## **PECO Race 2 Temple Newsam – 18/12/2022**

Wayne Wideman 00:34:59

Jonathan Emery 00:35:50

Andy Hill 00:36:04

Richard Lay 00:36:14

Emily Follows 00:38:28

Paul Hammond 00:38:44

Fiona Robins 00:39:49

Anna Lay 00:43:32

Jess Cordy 00:44:39

Andrea Foulke 00:44:43

Linda Durkin 00:44:51

John Messenger 00:45:23

Iona Davies 00:49:01

Valerie Pell 00:54:28

Wendy Chapman 00:54:33

Kate Penrose 00:56:11

Mark Sutton 00:50:44

Les Kitching 01:28:07