



Newsletter March 2023

Membership



As you probably know it's pay your membership time of year so if you can, please pay by 1st April (fees are the same as last year).

Full running member	£35.00
Social non-running member	£15.00
Second claim member	£20.00

Please pay by bank transfer if possible (with your name and Subs23 as reference).

Sort code 40-39-21

Account number 01101536

Bank HSBC

Other ways to pay:

Cash or cheque payable to Kippax & District Harriers (please put in an envelope with your name and Subs23 on it, and pass to a member of the committee)

If for some reason you no longer wish to be a member, please let us know.



2023 Club Championship

Here's a reminder of the Club Championship races for 2023:

✿ Jan - West Park PECO ✓

✿ Feb - Muddy Boots 10k ✓

✿ March 12th - Thirsk 10 miles ✓

✿ April 2nd - Baildon Boundary Way half marathon: <https://racebest.com/races/&utzv>

May - No race due to Rob Burrow Marathon

✿ June 18th - Leeds 10k <https://www.runforall.com/events/10k/leeds-10k/>

✿ July 2nd - Caistor Sting in the Tail 10K <https://caistorrunningclub.com/.../sting-in-the-tail.../> (this race sells out quickly and there are currently 185 places remaining so early booking is advised)

✿ July (date TBC) - St Aidan's 10k (Race organisers have confirmed date is TBA)

✿ August - park run (location TBA) - chance to run this park run any Saturday in August (5,12, 19, 26)

✿ August 20th - Escrick 10k <https://bookitzone.com/escrick10k/oQjFFX>

✿ September 17th - Wetherby 10k <https://racebest.com/races/fvgsh>

✿ October 15th - Hedgehog Half <https://curlysathletes.co.uk/the-hedgehog-half> (waiting list - booking open in March)

✿ November 5th - Guy Fawkes 10 mile <https://13milers.com/races/guy-fawkes-10-mile> (not yet open for bookings)

December - no races

For those who are new to the Club Championship, you need to do at least 6 races to qualify and points are taken over your best 8 races. See more on our website <https://kippaxharriers.org.uk/club-events/club-championship/>

Well done to all the fantastic runners and supporters at the third race of the 2023 championship, Thirsk 10 miles.





KIPPAX HARRIERS



PECO

The 2022-23 PECO season has now come to a close, with Race #4 at Middleton Park in February and Race #5 at Roundhay Park in March. A huge well done and thank you to everyone who has run and supported at any of the races this year.



The final overall results placed the Ladies' Team 3rd in the Second Division and 5th in the Vets First Division, with the Men's Team 6th in the Second Division and 9th in the Vets First Division.

<https://pecoxc.co.uk/Results/race5/League%20Tables%202022-23.pdf>

Beginners' Group

The 2023 Kippax Harriers Beginners' Group is available now for interested parties to sign up! Full details are here:

<https://kippaxharriers.org.uk/beginners-group/>

The course starts on Tuesday 18th April and will run for 12 weeks, at the bargain price of £25. As usual, the aim is to help everyone on the course to improve their running - and to aim for a 10km at the end of the 12 weeks.

We will of course be asking for support from Lirfs and anyone wishing to be a 'Harrier Helper' - but for now, if you could let anyone who may be interested in joining know that it's time to sign up, as places are filling up fast!



Kippax Harriers 40th Anniversary Summer Ball

****SAVE THE DATE ****

Saturday, 24th June 2023

Thorpe Park Hotel

Champagne reception, 3-course meal, music & dancing

Black tie & cocktail dresses (optional)

Circa £36pp (TBC)

Open to all members & partners

Further details & sign-up to follow in the coming weeks, but keep it free because it promises to be a great celebration of 40 years of our amazing little club!

Runner of the Month

The award for January went to Lee Kitching, for his amazing January running challenge which has raised over £800 for Andy's Man Club. Well done Lee!



The awards for December and February have been agreed by your committee, but haven't been announced yet, so watch this space!

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



The Freebies

We 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.

Finally we also get 10% off at Up and Running, both in-store and also online using the code CLUB10.

The Results

Here's the Results Update for races up to 7th March:

Snake Lane 10 Mile - 26/02/2023

Richard Lay 01:11:11
Graham Hoy 01:13:07
Paul Hammond 01:16:41
Jon Dakeyne 01:27:56
Linda Durkin 01:27:59
Phil Goss 01:29:30
Anna Lay 01:33:22
Annette McTaggart 01:41:05
Iona Davies 01:50:04
Elizabeth Holdsworth 01:50:08
Samira Lambert 01:57:21
Zoe Hoy 02:11:34

PECO Roundhay Park 4.5 miles - 05/03/2023

Emily Follows 00:35:59
Fiona Robins 00:38:17
Maddie Bissett 00:40:52
Andrea Foulke 00:41:27
Alison Hunter 00:42:09
Linda Durkin 00:42:59
Emma Richardson 00:44:40
Karina Wrigley 00:45:19
Iona Davies 00:45:36
Clare Copley 00:45:41
Hannah Edwards 00:45:50
Kate Penrose 00:49:17
Valerie Pell 00:50:59
Andy Hill 00:33:54
Richard Lay 00:35:00
Alan Davy 00:35:12
Paul Hammond 00:37:56
John Messenger 00:42:59
Mark Sutton 00:49:33



North Lincs Half Marathon - 05/03/2023

Graham Hoy 01:36:14
Stephen Shakeshaft 01:55:59
Cheryl Stanton 01:59:05
Hayley Jackson 02:04:10
Helen Frith 02:13:01
Annette McTaggart 02:17:41
Zoe Hoy 02:56:34

North Lincs 10k – 05/03/2023

Samira Lambert 01:09:47