



KIPPAX HARRIERS



WELCOME TO KIPPAX HARRIERS!

We're so glad that you've chosen to join us. Our club currently has around 110 members.

You can find out lots about us on our website www.kippaxharriers.org.uk and on our Facebook page: search for 'Kippax Harriers - Members 2023/2024' and ask to join. We also have an email account if you need to get in touch with us but you're not on Facebook, send your email to: kippaxharrierscommittee@gmail.com

We meet twice a week at Garforth Leisure Centre on Ninelands Lane. On Tuesdays we usually have a choice of 3 running routes of between 4 and 8 miles, and there's often a walking group too. On alternate Thursdays our captains organise either a speed or a hill session, with the other Thursday being a simple 'turn up and run'. On both nights we meet in the leisure centre car park, 7:15pm for a 7:30pm start. All of these sessions and routes are advertised each week on our Facebook members group.

We organise a regular calendar of running and social events, some of which are subsidised: pub runs, Christmas party, Christmas pub run, club handicap races in Spring & Autumn (with pub social afterwards), Leeds Country Way Relay, Beginners' Course (with graduation pub run), PECO cross country league, Club Championship, occasional coach trip to races eg Dalby Dash, and many more!

Every year we have a Club Championship. Our captains choose a series of races for us, covering a variety of distances and types of course (10k, half marathon, trail, road, cross country, parkrun, etc). They try to include a mixture of old favourites as well as smaller races we might never have heard of before, some local and some further afield. Not only are the races a chance for us to be competitive, but they're also a great social occasion, with everyone providing lots of support (and sometimes cake too!) Members need to do at least 6 races to qualify for the Championship and points are taken over your best 8 races. Prizes are awarded in January, after the AGM. You can find out more on our website <https://kippaxharriers.org.uk/club-events/club-championship/>

Kippax Harriers has a committee made up of 11 members. A new committee is voted in at the annual AGM every January. The 2023 committee is:

Chair	Andy Hill
Club Secretary	Annette McTaggart
Treasurer	Emma Richardson
Membership Secretary	Les Kitching
Men's Captain	Alan Davy
Men's Vice-captain	Graham Hoy
Women's Captain	Veronica Hawking
Women's Vice-captain	Hannah Edwards
Social Secretary	Cheryl Stanton
Kit Secretary	Karina Wrigley
Web Admin	Alison Hunter

Welfare Officers – our two Welfare Officers are Graham Hoy and Zoe Hoy. They can be contacted via email welfare@kippaxharriers.org.uk or via the contact form on our website <https://kippaxharriers.org.uk/welfare-officers/> if you have an issue or a concern that you wish to raise.



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When you joined Kippax Harriers you automatically became a member of England Athletics (EA) which is part of UK Athletics (UKA). It's really important to use their membership portal <https://myathleticsportal.englandathletics.org/Account/Login> to check that your personal details are up to date (please also email the committee if you change your address, phone number or email address so we can keep in touch with you). We also need you to keep your ICE details up to date, so that if you have an accident while out on one of our club runs, we can easily contact someone for you. Rest assured we also have accident reporting procedures, and we regularly carry out risk assessments. These can be found on our website under 'Health and Safety' <https://kippaxharriers.org.uk/health-and-safety/>

Code of Conduct – when you join us it's really important that you digitally sign the EA Senior Athlete Code of Conduct. This can be done via your membership portal, and it is an EA requirement that we check that all of our members have signed up. The procedure is not totally straightforward so we've attached a 'How to' guide to help you through the process. All of our Club policies and codes can be found on our website <https://kippaxharriers.org.uk/health-and-safety/>

Discounts – being a member of Kippax Harriers, and therefore affiliated with England Athletics, brings you certain discounts. Each month we are sent a unique code for sportshoes.com which usually gives 10% off and free shipping (look out for the new code on our Facebook group and via the Newsletter, but please don't share this code with anyone outside our club); we have a partnership with High5 whereby you get 40% off full price items on their website using the code H5#KIPPAXHARRIERSRC and they also give the club 10% back for our own fundraising (please feel free to share this code with friends and family); if you show your EA Affiliation (which can be found as a digital card via your membership portal) at running shops such as Up & Running they often give you 10% off; when entering races if you select 'Affiliated' then there's usually a £2 discount.

Club Shop – if you would like to run any of our Club Championship races then you will need to buy a club vest. These are available, along with other club items such as hoodies for keeping warm at races or whilst volunteering, or for that all-important trip to the pub afterwards, and high-vis vests for those winter evening runs, via our website <https://kippaxharriers.org.uk/shop/> Contact our Kit Secretary if you have any questions about our range of kit.

Newsletter – every month we send out a newsletter by email to all members, which consists of various items including the latest Club Championship news, details of upcoming events, recent race results, and so on. Previous newsletters can be found on our website: <https://kippaxharriers.org.uk/newsletters/>

Runner of the Month – every month we celebrate a member who has achieved something special in their running or who has shown commitment to the club in some way. The committee votes to choose a worthy winner who is announced at a club night or upcoming club event. You can see previous recipients on our website: <https://kippaxharriers.org.uk/runner-of-the-month-2023/>

London Marathon – every year the club is awarded one place for a member to enter the London Marathon. We hold a ballot to decide who this will be. As places to run the London Marathon are so hard to come by, we have a strict set of criteria which members have to meet in order to enter our ballot. The most up to date criteria can be found on our website: <https://kippaxharriers.org.uk/london-marathon-ballot/>