



Newsletter April 2023

2023 Club Championship

Well done to all the fantastic runners and supporters at the 4th race of the 2023 championship, the Baildon Boundary Way.



The results for the first 4 races are available on our website <https://kippaxharriers.org.uk/club-championship-results/>

Congratulations to Andy Hill and Alison Hunter who are currently leading the men's and women's tables, but there's still plenty of time if you'd like to join in. 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/>

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

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 110 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



Beginners' Group

The 2023 Kippax Harriers Beginners' Course starts on Tuesday 18th April and will run for 12 weeks, with a graduation run on Tuesday 4th July.

Many thanks to those who have kindly volunteered to support and encourage this year's beginners. Please find below the rota. If you are unable to assist on your allocated date, please contact Andy.

As per previous years, if possible, to distinguish ourselves from the beginners, if we could please all be sporting either the KH race vest or the red anniversary T shirt.

Thank you again and here's to another successful beginners year!

	18th April	25th April	2nd May	9th May	16th May	23rd May	30th May	6th June	13th June	20th June	27th June	4th July	Total
					Strength								
LiRFs													
Andy	x	x			x	x		x	x		x	x	8
Emma		x	x		x	x	x		x	x		x	8
Veronica	x		x	x			x	x		x		x	7
Cheryl	x	x		x	x				x	x		x	7
Stevie	x	x		x				x	x		x	x	7
Alan	x		x		x		x	x			x	x	7
Sue	x		x	x		x		x			x	x	7
Linda	x	x				x	x			x	x		6
Liz	x			x	x		x			x		x	6
Per Week	8	5	4	5	5	4	5	5	4	5	5	7	
H Helpers													
Lindsay	x				x			x			x	x	5
Hannah	x	x			x				x			x	5
Alison	x			x			x	x				x	5
Judy Jones			x		x					x		x	4
Kirsty		x		x			x		x			x	5
Nic		x		x		x		x				x	5
Helen			x				x		x			x	4
Ann			x					x		x		x	4
Nikita		x		x		x					x	x	5
Zoe H	x	x			x				x		x		5
Annette			x				x	x			x	x	5
Charlotte				x		x		x			x	x	5
Amelia	x		?			?		?				x	5
Kay Kay			x		x		x		x			x	5
Fiona	x			x		x				x		x	5
Pippa		x		x		x					x	x	5
Janet			x		x		x			x		x	5
Clare Copley	x					x			x		x	x	5
James Copley			x	x				x		x		x	5
Ian	x	x			x			x				x	5
Per week	8	7	7	8	7	6	6	6	6	5	7		



Kippax Harriers 40th Anniversary Summer Ball

As you know, the Kippax Harriers 40th Anniversary Party is taking place at Thorpe Park Hotel & Spa on Saturday, 24th June 2023.

The cost will be £40 pp to include a welcome drink upon arrival and 3-course meal, followed by a DJ and disco.

There will also be some fundraising activities on the evening to raise as much as we can for our Charity of the Year, the MND Association.

If you would like to come along and help us celebrate our lovely little club in style (partners/plus ones welcome too), please click on the link below and follow the instructions to confirm how many tickets you require, along with your meal choice(s) on the evening, and to pay in full:

<https://docs.google.com/.../1FAIpQLSfLN89N5NeTr6.../viewform>

Kindly complete and submit this form by Monday, 16th May 2023 at the latest.

Many thanks in advance and we look forward to seeing lots of you there for what promises to be a great evening.

Runner of the Month

The awards for December, February and March 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-2023/>

The Freebies

Don't forget we also 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 4th April:

Lightwater Valley 10K - 05/03/2023

Patrycja Jaszek 00:53:05



Thirsk 10 Mile - 12/03/2023

Andy Hill 01:09:00
Hannah Jordan 01:11:22
Alan Davy 01:12:06
Richard Lay 01:12:21
Emily Follows 01:14:02
Paul Hammond 01:18:12
Fiona Robins 01:18:11
Stephen Shakeshaft 01:21:29
Alison Hunter 01:25:43
Veronica Hawking 01:26:14
John Messenger 01:27:26
Emma Richardson 01:28:21
Iona Fox 01:30:58
Lee Kitching 01:32:16
Hannah Edwards 01:33:06
Carolyn Davy 01:35:21
Les Kitching 02:11:24

Kielder Dark Skies 10 Mile - 17/03/2023

Elizabeth Holdsworth 02:14:09

Keighley 10K - 19/03/2023

Phil Goss 00:53:35

Coniston 14 Mile - 25/03/2023

Jon Dakeyne 02:11:47
Linda Durkin 02:13:33
Kate Penrose 02:22:53
Wendy Chapman 02:28:14

Sheffield Half Marathon - 26/03/2023

Hannah Jordan 01:35:18
Graham Hoy 01:47:24
Anna Lay 02:06:18
Charlotte Robinson 02:21:46

Baildon Boundary Way - 02/04/2023

Andy Hill 01:51:49
Graham Hoy 01:59:58
Stephen Shakeshaft 02:11:00
Alison Hunter 02:26:32
Anna Lay 02:28:12
Iona Fox 02:46:57
Stevie Roberts 03:16:25
Ben Strangeway 01:53:59



KIPPAX HARRIERS 

London Landmarks Half - 02/04/2023

Veronica Hawking 01:51:26

Paris Marathon - 02/04/2023

Wayne Wideman 03:40:41

Monsal Trail Half - 02/04/2023

Emily Follows 01:41:22