



Newsletter May 2023

Kippax Harriers 40th Anniversary Summer Ball

Thank you to everyone who has already made their meal choices and paid for the Kippax Harriers 40th Anniversary Party, which takes 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 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/forms/d/e/1FAIpQLSfLN89N5NeTr6_aF_haozajMb0bS47GXg7beibXfTZnDQXXVQ/viewform

Kindly complete and submit this form by Monday, 16th May 2023 at the latest as we need to confirm numbers with the hotel.

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

2023 Club Championship

There's been no more championship races since the last newsletter, there's just the small matter of the Leeds Marathon to be done before the calendar of races resumes! Good luck to all Harriers racing and supporting. Join us on Sunday 28th May, from 2pm onwards, at Wetherspoons in Garforth for post-marathon celebrations. Everyone welcome!

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

- ✨ 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 is now sold out)
- ✨ July 7th (7pm) - St Aidan's 10k <https://racebest.com/races/vr22q>
- ✨ 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>
- ✨ November 5th - Guy Fawkes 10 mile https://bookitzone.com/matthew_rickard_1/q7jFFX

December - no races



Beginners' Group

The Kippax Harriers Beginners' Course has got off to a flying start! Many thanks to all those who have kindly volunteered to support and encourage this year's beginners. Here's a reminder of the rota; if you are unable to assist on your allocated date or would still like to volunteer, please contact Andy.

| | | | | | | | | | | | | | Graduation | |
|------------------|------------|------------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|----------|------------|--|
| | 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 | | | | | | | | | |
| <u>LIRFs</u> | | | | | | | | | | | | | | |
| 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 | | | 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 | | |
| <u>H Helpers</u> | | | | | | | | | | | | | | |
| 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 | | | 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 | | | |

PECO Presentation Night

Congratulations to John Messenger (1st) and Alison Hunter (3rd) on their Age Category awards from the 2022/23 Peco season. Outstanding performances and very well deserved.





Runner of the Month

The award for February went to Iona Davies, for her fantastic progress and commitment to the club, running really well at PECO, parkrun and in the club championship races.

The award for March went to Emily Follows, for running really well, including a PB at Thirsk, for being so modest about her achievements and for all her previous hard work as ladies' captain.

Well done both of you!



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 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.

New club t-shirts

If you pre-ordered one of the new club race t-shirts, please contact Karina to arrange collection and payment.

Race reports

Web Editor request: if any member would like to write a race report about an event or race you have completed it would be most welcome for the website. The report can be a snapshot of the race, how you felt, how the training went, if you enjoyed the race etc etc. There are so many races coming up please share your experience for us all to enjoy.



The Results

Here's the Results Update for races up to 2nd May:

Bramham Park Trail 10k – 02/04/2023

Patrycja Jaszek 00:54:57

Judy Lankester 01:11:31

Manchester Marathon - 16/04/2023

Andy Hill 03:30:35

Jon Dakeyne 04:16:24

Jason Marshall 04:27:19

Cheryl Stanton 04:40:54

Vale of York 10 - 16/04/2023

Emma Porter 01:31:13

Sam Lambert 01:59:43

Zoe Hoy 02:13:20

London Marathon - 23/04/2023

Annette McTaggart 04:48:51

Wendy Chapman 04:59:03

Val Pell 05:20:06

Iona Fox 05:23:18

Elizabeth Holdsworth 05:24:24

Judith Jones 05:34:39

Madrid Rock and Roll Half - 23/04/2023

Karina Wrigley 02:13:27

The Longhorn 10k – 23/04/2023

Patrycja Jaszek 00:55:45

Roche Abbey Trail 10k – 30/04/2023

Patrycja Jaszek 00:59:47