



Newsletter June 2023

Kippax Harriers 40th Anniversary Summer Ball

Everything is now finalised for the 40th Anniversary party on Saturday, 24th June at Thorpe Park:

Champagne reception from 19:00 (please don't arrive any earlier)

Dinner from 20:00

Disco from 21:30

Last orders 23:50

Night night, go home 00:30

For any guests who are planning to drive, parking for the evening will be free but if you wish to leave your car overnight there will be a £12 charge.

There will also be a fundraising raffle on the night in aid of the MND Association.

All that remains is to don your glad rags and get ready to party in style!

2023 Club Championship

The calendar of Club Championship races resumes on Sunday 18th June with the Leeds 10k. Good luck to everyone running and supporting, it's going to be a warm one!

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> (73 places left)

✨ August - parkrun (location TBA) - chance to run this parkrun 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' Graduation- 4th July

To celebrate another brilliant and successful beginners' course, the graduation will be held at Quirkys on Ash Lane.

The beginners will run either a 10k route, conveniently finishing at Quirkys or a 6-7k (route tbc). The Captains will not be providing routes for this week. Usual start time, 7:30pm from Glebelands.

This is also an opportunity for the committee and beginners to also thank our brilliant LiRFs and fabulous Harrier Helpers who kindly gave up their time to support and encourage our wannabe Harriers.

Food will be served, in the form of a burger (meat or veggie) and fries, funded courtesy of the KH coffers.

This is an open invite to all members, inc social, whether you assisted with the course or not. If you would like to attend and be catered for, could you please comment on the Facebook post (or drop us an email if you're not on Facebook) stating whether you'd like "beef" or "veggie" burger....or just fries if you don't dig burgers!

If you could please confirm by Wednesday 28th June, that would be very much appreciated.

Spring Handicap

18 members ran the Spring Handicap on Thursday 8th June. It was a warm evening but everyone ran a great race. Congratulations to our winner Clare Copley who was first past the post!



Many thanks to everyone who volunteered on the night: timing, marshalling, handing out water, and taking photos. And of course our thanks go to Alan, our resident stats man!

Special mentions to Helen Frith who finished only 3 seconds away from her predicted time; and to Emily Follows (fastest female) and Robert Bryce (fastest male).

Following the race, there was a great social at The Assembly, with fab pizzas too!



Runner	(estimated Time)	Individual Time
Alison Hunter	00:46:37	00:43:50
Ben Strangeway	00:37:26	00:34:46
Clare Copley	00:53:44	00:46:46
Emily Follows	00:40:52	00:38:35
Graham Hoy	00:39:45	00:37:17
Hannah Edwards	00:47:40	00:47:03
Hayley Jackson	00:47:33	00:47:15
Helen Frith	00:50:27	00:50:30
Iona Fox	00:53:39	00:50:41
Jonathan Emery	00:37:52	00:38:03
Lee Kitching	00:46:53	00:50:22
Nic Ward	00:52:00	00:50:51
Phil Goss	00:48:17	00:46:40
Richard Hunter	00:51:39	00:50:28
Robert Bryce	00:36:44	00:34:02
Russell Gregory	00:35:08	00:37:48
Suzanne Costello	00:41:22	00:41:48
Thomas Gibson	00:43:00	00:41:18

Leeds Country Way

Our captains have already put a post on Facebook asking for anyone who would like to be considered for running on Sunday 3rd September. Look out for another post coming soon which will ask for volunteers too. Lots of running clubs have entered their teams already, so the excitement is building! Don't forget, there's a LCW Facebook page if you haven't already liked it:

<https://www.facebook.com/LeedsCountryWay>

Runner of the Month

The awards for April and May will be announced soon.... 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 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.

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

Race reports

The Race Reports section of the website has gone live, with the first two reports of 2023 races: The Stainland Bluebell Trail from Anna Lay and the London Marathon from Annette McTaggart. Settle down with a cuppa and a biscuit and take a look here <https://kippaxharriers.org.uk/race-reports-2023-2/>

Anyone who would like to contribute by writing a race report short or long will be welcomed.

The Results

Here's the Results Update for races up to 6th June:

Great Newsome 5 Mile Blast - 05/05/2023

Hannah Edwards 00:44:42

Bluebell Trail 10 mile - 07/05/2023

Anna Lay 01:58:37

Suzanne Costello 01:47:43

Cookridge Community 10K - 07/05/2023

Annette McTaggart 00:59:43

Jason Britton 01:02:21

Judy Lankester 01:10:52

Rob Burrow Leeds Marathon - 14/05/2023

Alison Hunter 04:48:14

Andrew Hill 03:49:35

Anna Lay 04:43:38

Annette McTaggart 04:54:34

Carol Hardt 05:32:34

Carolyn Davy 04:58:48

Charlotte Robinson 05:34:18

Cheryl Stanton 04:56:25

Chris Bartle 04:02:12

Clare Copley 04:59:06

David Bonning 05:12:11

Elizabeth Holdsworth 06:57:53

Emily Follows 03:39:41



Emma Richardson 04:59:07
Graham Hoy 04:14:53
Hannah Jordan 03:36:00
Helen Frith 05:50:50
James Copley 05:23:44
Jamie Wainwright 04:47:01
Judith Jones 05:38:31
Karina Wrigley 05:11:11
Kevin Robinson 04:31:49
Kirsty Worsnop 05:26:32
Linda Durkin 04:49:05
Maddie Bissett 04:31:30
Nicola Ward 05:19:41
Phil Goss 06:31:13
Pippa Crossland 04:54:19
Robert Ward 05:19:40
Russell Gregory 03:32:41
Stephen Hanley 04:31:19
Stevie Roberts 06:57:52
Sue McCluskey 05:07:53
Valerie Pell 05:23:43
Veronica Hawking 04:40:49
Wayne Wideman 03:39:29
Wendy Chapman 06:01:32
Zoe Hoy 06:57:54

Leeds Half Marathon - 14/05/2023

Andy Harding 01:48:53
Emma Porter 02:04:25
Jackie Greaves 02:36:31

Up the Odda - 20/05/2023

Iona Fox 01:17:41

Asics Windemere Marathon - 21/05/2023

Rob Ward 04:57:53

Goole Riverbank 10k - 28/05/2023

Judy Lankester 01:05:07

Bradford 10k - 28/05/2023

Graham Hoy 00:44:50
Iona Davies 00:59:37
Zoe Hoy 01:18:53