



Newsletter July/August 2023

Welcome

A huge welcome to all our new members this month, we hope you enjoy being a member of Kippax Harriers. If you haven't already, please join our Facebook members group where we post all our latest news!

Beginners

This year's Beginners' Course has been a huge success. We had a fantastic Graduation Run with a choice of 2 routes, both finishing at Quirkys, where we enjoyed delicious burger and chips, followed by presentations to our 16 graduates.

Huge thanks to all of our LIRFs and Harrier Helpers, and a special mention to Emma and Andy who did a fantastic job of organising it all.

Finally, a HUGE welcome to all the Beginners who have joined us as full members, we look forward to enjoying lots of runs and socials with you!





KIPPAX HARRIERS



Kippax Harriers 40th Anniversary Summer Ball

Wow what an amazing night we had! The food was incredible, the company fabulous, the drinks were flowing, the photos were a great trip down memory lane, and to top it off we raised over £500 for the MND Association! Thank you to everyone who came and celebrated with us, and thank you to Andy and Cheryl and everyone else who helped to organise such a great night.





2023 Club Championship

The Club Championship has resumed with 3 races since the last Newsletter!

Leeds 10k

The new route was introduced last year and for many of us it was a new one, having only previously run the old route out and back along the Kirkstall Road. The general feeling was that the new route is a huge improvement but it was much tougher, with its undulating nature and a bit of a killer hill towards the end! The fantastic organisation at the start and end more than made up for it though, and on such a warm morning, the sponge stations out on the route were a big hit! Congratulations to everyone who took part, and may thanks to our fabulous support crew, and a special mention for Alison Hunter who came 1st in her age category.





KIPPAX HARRIERS

Caistor 10k

Just 11 members (plus some fabulous supporters) made their way over to Caistor in Lincolnshire for the 'Sting in the Tail' 10k race. It certainly lived up to its name, with a fairly straightforward first 5 miles followed by several very short, steep inclines in the last mile! The atmosphere in the town market square at the end was fantastic, and we were all very impressed with the race goodies we received: a souvenir pint glass, a can of beer and a carton of ice cream! Very welcome after such a warm race! Congratulations to our ladies Hannah Jordan, Emily Follows and Annette McTaggart who won the ladies team prize, and to Emily who was also first in her age category.



St Aidan's 10k

We had a fantastic turnout of runners and supporters, with the race followed by sunset drinks and snacks. The new race route and the sudden one day heatwave made for an interesting evening's running! Well done to everyone who ran, particularly all our new members and beginners graduates running in the Kippax colours for the first time, and congratulations to Emily Follows, Alison Hunter and Kate Penrose who won their respective age categories, and to Dawn Sinfield who ran her first ever 10k.





KIPPAX HARRIERS



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

✿ August – Wakefield Thornes parkrun - <https://www.parkrun.org.uk/wakefieldthornes/> You can run this parkrun any Saturday in August (5, 12, 19, 26) and your fastest time will be used for championship points.

Just one favour first, if you intend to run could you please log into your own parkrun profile and update your club to Kippax Harriers, this makes the results much easier to collate. And don't forget your Barcode on the day!

Kippax vest/t-shirt please and remember parkrun always needs volunteers, if you're free multiple Saturdays please help out, with the added bonus of supporting teammates.

✿ 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

You can see the Championship results so far on our website <https://kippaxharriers.org.uk/club-championship-results/>

London Marathon 2024

Congratulations if you were one of the lucky few to get a London Marathon ballot place! If you got a 'no' please keep hold of your email if you'd like to enter our club ballot. More details to come soon, but in the meantime you can check your eligibility on our website <https://kippaxharriers.org.uk/london-marathon-ballot/>



Leeds Country Way

Many thanks to all who have kindly offered to help on LCW day! Please see Facebook for details of marshals and marshal points. A marshal meeting will be held on Wednesday 30th August and all are invited to attend - venue and time of meeting tbc.

If you are unable to marshal at the allocated time, could you please contact Andy asap. If you have been selected to run a leg, but unfortunately are now unable to do so, could you please contact the captains, as any amendment to the runners could have a knock on effect with regards to the marshal list.

Hopefully your recces are going well. Can we ask that people open up their recces to anyone who is interested (make use of Facebook), the more people you have the less chance of getting lost and to be honest the social running recces are one of the best bits!

As always GPX, routes and descriptions are on the KH Website <https://kippaxharriers.org.uk/leeds-country-way/overview/>

Team 1					Team 2				
Leg	Runner 1	Runner 2	Reserve 1	Reserve 2	Leg	Runner 1	Runner 2	Reserve 1	Reserve 2
1	Tim Lawrence	Ben Strangeway	Alan Davy		1	Hannah Jordan	Emily Follows	Jonathan Emery	
2	Veronica Hawking	Alison Hunter	Jackie Greaves		2	Graham Hoy	Suzanne Costello	Kirsty Worsnop	
3	Jamie Wainwright	Hayley Jackson	Wendy Chapman		3	Paul Hammond	Stephen Shakeshaft	Tom Gibson	
4	Linda Durkin	Anna Lay	Annette McTaggart		4	Karina Wrigley	Pippa Crossland	Jason Britton	
5	Hannah Edwards	Iona Fox	Phil Goss	Cheryl Stanton	5	Zoe Smith	Liz Holdsworth	Sam Lambert	
6	Andy Hill	Ian Downham	Lee Kitch	Cheryl Stanton	6	Zoe Hoy	Stevie Roberts	Rob Ward	

Speed / hill sessions

We have heard from quite a few members that they are keen to join hill / speed sessions, but cannot make Thursdays, so over the next few months the captains are going to be trialling running these on the last Tuesday of the month too. The first session on Tuesday 25th July was a great speed session with Veronica, it was very well attended and there was lots of very positive feedback. For those who don't want to participate in the hill /speed sessions and just want a run, there will also be an 'out and back' route on these nights.

Christmas Party

**** SAVE THE DATE ****

**** Saturday, 2nd December 2023 ****

**** Garforth Golf Club – Kippax Harriers Christmas Party ****

Details, menus etc. to be confirmed closer to the time!

Runner of the Month

The awards for April, May and June 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

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.

Race reports

The Race Reports section of the website can be found here <https://kippaxharriers.org.uk/race-reports-2023-2/>

So far there's only 2 reports on there and we'd love to see some more, so please get in touch if you'd like to tell us about a race you've done recently, it doesn't have to be a Club race, it could be a parkrun, or a triathlon, or a race where you've supported or volunteered. Long or short, we'd welcome any report you'd like to share with the rest of the club!

The Results

Here's the Results Update for races up to 18th July:

Leeds 10k 18/06/2023

Jason Britton 01:00:59

Clare Copley 00:54:28

Helen Clark 01:27:57

Iona Davies 01:09:27

Ian Downham 00:43:15

Karen Downham 01:03:25

Hannah Edwards 00:55:35

Stephen Hanley 00:48:39

Veronica Hawking 00:51:33

Graham Hoy 00:45:07

Zoe Hoy 01:18:11

Alison Hunter 00:51:19

Hannah Jordan 00:42:18

Kathryn Langstaff 01:06:30

Judy Lankester 01:19:38

Annette McTaggart 00:51:25

Claire Pybus 01:16:38

Emma Richardson 00:55:20

Kevin Robinson 00:46:05

Stephen Shakeshaft 00:47:12

Zoe Smith 01:17:17

Jamie Wainwright 00:53:05

Nicola Ward 00:58:19

Kirsty Worsnop 01:02:12



Caistor Sting in the Tail 10k - 02/07/2023

Alan Davy 00:43:43
Ian Downham 00:44:43
Hannah Edwards 00:58:16
Emily Follows 00:45:39
Andy Hill 00:44:21
Alison Hunter 00:55:51
Hannah Jordan 00:44:09
Anna Lay 00:56:01
Annette McTaggart 00:53:27
Emma Richardson 00:57:26
Cheryl Stanton 01:02:29

St Aidan's 10K - 07/07/2023

Amelia Beane 01:22:49
Suzanne Costello 00:49:43
Rachel Davison 01:09:18
Alan Davy 00:45:21
Ian Downham 00:44:58
Karen Downham 01:07:56
Hannah Edwards 00:59:36
Emily Follows 00:48:24
Iona Fox 01:12:38
Sally Fryer 01:24:38
Thomas Gibson 00:48:57
Russell Gregory 00:42:46
Paul Hammond 00:50:26
Andy Harding 00:45:25
Veronica Hawking 01:12:31
Abigail Hicks 01:09:18
Andy Hill 00:44:23
Elizabeth Holdsworth 01:12:45
Alison Hunter 00:55:39
Richard Hunter 01:07:47
Judith Jones 01:12:40
Dominic Martin 00:57:42
Annette McTaggart 00:53:42
Kate Penrose 01:00:08
Emma Richardson 00:57:56
Dawn Sinfield 01:32:50
Zoe Smith 01:17:00
Cheryl Stanton 01:03:51
Lucie Stanworth 01:15:34
Nicola Ward 01:07:52

Otley Chevin Fell Race 2.9 miles - 07/06/2023

Iona Fox 00:35:57



Flat Cap 10K - 11/06/2023

Anna Lay 01:02:21

Coniston Marathon - 11/06/2023

Dave Bonning 06:25:47

James Copley 06:46:54

Carsington Water 10K - 11/06/2023

Judy Lankester 01:11:48

The Wall – 18/06/23

Elizabeth Holdsworth 70 miles 23:25:47

Handsworth Hobble 5.25 miles - 19/06/2023

Patricja Jaszek 00:54:31

Endure 24 - 02/07/2023

Wendy Chapman 40 miles 21:42:33

Kate Penrose 50 miles 23:11:49

Bolton Ironman – 02/07/2023

Rob Ward 15:57:07

Due to the summer holidays and preparations for Leeds Country Way, the next Committee meeting will be in September, so this newsletter covers July & August, with the next one being published in September.