



Newsletter September 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!

2023 Club Championship

The Club Championship has seen two more events since the last Newsletter!

Escrick 10k

22 members took part in this lovely race (along with Harriet, Fearne and Eleanor who took part in the fun run). It's a lovely flat route, with a gorgeous section through the woods, but we all found it tough going in the heat! Luckily the BBQ and ice cream van on the village green quickly revived us afterwards! Many thanks to our fabulous supporters too.



Wakefield Thornes parkrun

To fit in with the summer holidays, members could choose which Saturday in August they wanted to tackle this run, with some doing it more than once! The number of hills were a surprise to some members ("I thought Wakefield was flat!") but this lovely one lap course held a good deal of interest and challenge.



KIPPAX HARRIERS



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

🌟 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

Newer members might not be aware that UK running clubs have traditionally been given places for one or more of their members to run the London Marathon. The way the places are awarded has changed this year, and there are fewer places available, but the good news is that we have definitely got one club place for next year's London Marathon, so we will be holding a draw in the Autumn as usual. More details to come soon, but in the meantime you can check your eligibility for the draw on our website <https://kippaxharriers.org.uk/london-marathon-ballot/>



Leeds Country Way

Many thanks to all of the volunteers and runners who contributed to making this year's event such a success. From cake baking, sandwich making, raffle ticket folding, water pouring, timing, marshalling and everything else in between, we couldn't do it without you! With 59 teams from 24 different clubs taking part, it was our biggest LCW to date! We've had some fabulous feedback from other clubs, but we also know we have things that can be tweaked to make it even better next year. A HUGE thank you to Helen Cowley, who has decided to step back after 10 years as Race Director. Thank you to everyone who bought raffle tickets, together we raised £930 for the MNDA. If you haven't received your race memento yet, please see Alan if you were a runner, or Andy if you assisted with marshalling or any other "on the day" duty. All the race results are available on our website <https://kippaxharriers.org.uk/results-2023/>



Welfare Officer Update

Unfortunately, due to personal and professional commitments, Zoe Hoy has resigned from the role of Welfare Officer. We thank Zoe for her hard work during her time in the position and wish Zoe all the best.

For those who may not be aware, our remaining Welfare Officers are Hannah Edwards and Graham Hoy, should you feel it necessary to contact / discuss any club related matter, which may fall under their remit as officers.

Please a link below, information detailing the role of a Welfare Officer. However, should you require any further clarification, please do not hesitate to contact the above named or Andy Hill (chairperson):

<https://www.englandathletics.org/clubhub/collection/the-role-of-a-club-welfare-officer/>



Etiquette for club runs

With lots of lovely new members joining us recently and as we all get back into the swing of things after summer, as a Committee we wanted to just do a quick reminder about some of our protocols to ensure everyone can have a safe and enjoyable run with club. There's been a few incidents in recent months where these haven't been followed and as a result members have been left in unsafe situations. Most of us are doing these already, but here's a quick recap so we can all keep playing our part:

1. Ensure you are wearing high viz from now until the nights are light again next spring/summer. You can purchase a vest from the club, or very reasonably from a sports shop. If you are opting for an 'off road' route please ensure you have a head torch too.
2. Look at the routes in advance so you know where you're going and try to let us know which you'll be running on the Facebook post.
3. Try to ensure you are joining the group that is most suitable for you pace and distance wise, and be considerate of others so we can start on time and not finish too late. As a guide, aim to pick a route that will take roughly around an hour for you to run. The reason as captains we have continued publishing routes in advance is so you can see who else is running what and select the one which is most suitable for you, or so you can arrange to run a longer/shorter route with a mate of a similar pace to you, so you have the best session for you.
4. At the start of your run, be aware of who is running with you. We don't have a designated leader for each distance group, so this is our collective responsibility. Before we leave club, those running the same distance should agree whether they will stick together or split into a couple of smaller groups running at different paces.
5. Ensure no one in your group gets left behind. That means regular checks on how far behind people are, and either taking a breather or looping back to them if you don't want to stop.
6. No one should ever be left alone - if someone is unwell or injured another runner should return to club with them and ensure someone else in their group knows.
7. If you have an accident, please ensure you let us know and complete an accident form on the website.

The most important thing is that we all get to enjoy our running and do the thing we love safely - we just all need to play our part in ensuring we continue to be a happy, inclusive and safe club to run with!

Speed / hill sessions

Our hard working captains have trialled running hill / speed sessions on the last Tuesday of the month, and so far they've gone really well, so they've agreed to continue and make this a permanent feature of our Tuesday night offerings! 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 ****

Menus and costs are currently being finalised, so look out for more information in due course!

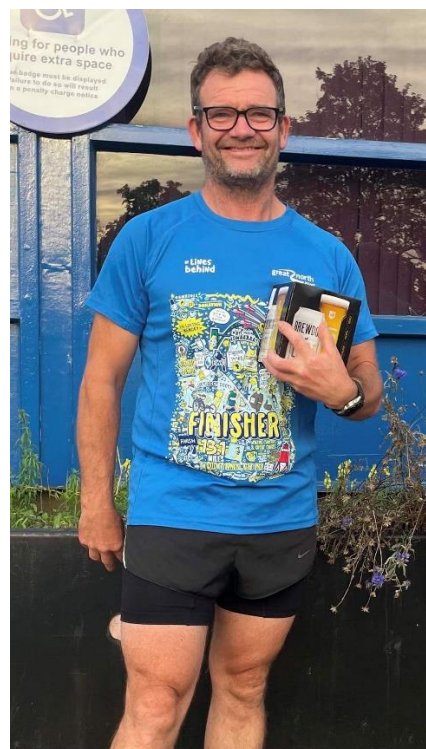
Runner of the Month

The award for April's Runner of the Month went to Stephen Shakeshaft for brilliant runs at both the North Lincs Half and the Baildon Boundary Half, and also more recently, ran a fab LCW leg 3 with his wingman Mr. Hammond.

May's Runner of the Month award went to Elizabeth Holdsworth for running 2 marathons in 3 weeks (London and Leeds), helping Zoe and Stevie to complete the Leeds Marathon, doing LiRF training, and running so well whilst also coping with her illness.

Our June Runner of the Month went to Rob Ward for showing not only true grit and determination to run 2 marathons (Leeds and Windermere) within 7 days of each other, but then also take part in and complete the Bolton Ironman some 6 weeks later.

Well done and congratulations to all 3 of you, all very well deserved.



Have a look at all our Runners of the Month on our website: <https://kippaxharriers.org.uk/runner-of-the-month-2023/>



PECO Cross Country League

Provisional dates and venues for this winter's PECO cross country events have been announced:

<i>Dates and venues are subject to landowner permission</i>				
2023/24	Date	Host	Assistant	Venue
Race 1	Sun 12 November	Rothwell Harriers/Hyde Park - joint hosting		Middleton Park
Race 2	Sun 3 December	STAC	Kippax Harriers	Temple Newsam
Race 3	Sun 17 December	Abbey Runners	Horsforth Harriers	West Park/Becketts Pk
Race 4	Sun 28 January	Wetherby Runners	Nidd Valley	Wetherby
Race 5	Sun 18 February	Roundhay Runners	Chapel Allerton	Roundhay Park
Relays	Sun 10 March	Valley Striders		Bramley Fall Park
AWARDS	TBC	Presentation Night at Brudenell Social Club		

For our newer members, the PECO Cross Country League is a series of 5 cross country races organised in and around Leeds in which clubs affiliated to the League compete across men's and ladies' divisions. Each race is about 4-5 miles. There are also junior races of 1-2 miles. The races are often very muddy and hilly, but are great fun with a fantastic team spirit!

For more info please visit <http://www.pecoxc.co.uk/index.html>

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.

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 5th September:

James Herriot Trail 14k 30/07/2023

Iona Fox 01:45:30

Lotherton Hall Trail 8.5k 04/08/2023

Justin Sales 00:55:33

Kate Penrose 00:56:59

Abigail Hicks 00:58:54

Lucie Stanworth 01:01:37

Zoe Smith 01:17:21

York 10k 06/08/2023

Stephen Shakeshaft 00:51:33

Tom Hill 00:52:54

Veronica Hawking 00:51:40

Judith Jones 01:04:05

Claire Pybus 01:18:53

Ken Bingley Memorial 10k 17/08/2023

Ian Downham 00:44:59

Quadrathon Half Marathons

Anna Houton Half Marathon 1 - 17/08/2023 02:55:44

Anna Houton Half Marathon 2 - 18/08/2023 03:00:36

Anna Houton Half Marathon 3 - 19/08/2023 03:04:06

Anna Houton Half Marathon 4 - 20/08/2023 02:45:33

Escrick 10k 20/08/2023

Andrew Harding 00:43:19

Hannah Jordan 00:43:52

Ian Downham 00:44:16

Graham Hoy 00:46:48

Alan Davy 00:47:41

Paul Hammond 00:49:56

Robert Ward 00:51:43

Annette McTaggart 00:52:23

Alison Hunter 00:53:04

Linda Durkin 00:53:51

Jon Burton 00:54:11

Karina Wrigley 00:57:05

Sue McCluskey 00:58:21

Pippa Crossland 00:58:52

Katherine Penrose 00:59:40



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Wendy Chapman 01:02:29
Nicola Ward 01:03:15
Elizabeth Holdsworth 01:08:38
Lucie Stanworth 01:08:47
Samira Lambert 01:10:32
Zoe Smith 01:10:58
Zoe Hoy 01:21:25
Grace Burns 01:41:46

Denby Dash 5.6 miles 28/08/2023

Kate Penrose 01:06:22

Peverill 33 miles 02/09/2023

Dave Bonning 08:26:38

Wakefield Thornes parkrun August 2023

Wayne Wideman 00:20:02
Andy Hill 00:21:13
Ian Downham 00:21:27
Andy Harding 00:21:30
Hannah Jordan 00:21:39
Tom Gibson 00:21:48
Emily Follows 00:22:48
Richard Lay 00:22:48
Graham Hoy 00:23:04
Paul Hammond 00:23:22
Annette McTaggart 00:25:04
Alison Hunter 00:25:39
Jamie Wainwright 00:27:02
Emma Richardson 00:27:25
Karina Wrigley 00:28:21
James Copley 00:28:33
Clare Copley 00:28:34
Nicola Ward 00:29:24
Karen Downham 00:31:45
Judith Jones 00:32:11
Zoe Smith 00:32:38
Elizabeth Holdsworth 00:32:56
Richard Hunter 00:34:08
Alan Davy 00:34:55
Zoe Hoy 00:38:29