



Newsletter October 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!

London Marathon 2024

10 members entered the draw for our club place, which took place at club on Tuesday 24th October. Congratulations to Nic Ward who won the coveted place, with Judy Lankester being drawn as the reserve.

2023 Club Championship

There have been another two Club Championship races since the last Newsletter.

Wetherby 10k

This race is usually held on the same weekend as LCW, so when they changed the date this year it was an easy decision to include it as one of our championship races. We had an amazing turnout of 39 members taking part! It was another very enjoyable race, and we had a fantastic support crew cheering us on!





Hedgehog Half Marathon

19 members made the very early (and very cold) journey over to Normanby Hall for this scenic half marathon. It was a lovely route with amazing marshals, and although it wasn't as flat as some of us were expecting, we clocked some fantastic results. Again our travelling support crew were amazing, and Fearn completed the Hoglet Mile too.



There's just one remaining Club Championship race for 2023:

🌟 November 5th - Guy Fawkes 10 mile https://bookitzone.com/matthew_rickard_1/q7jFFX

The Championship results tables have recently been updated on our website <https://kippaxharriers.org.uk/club-championship-results/>. The final results will be announced and the prizes awarded at the AGM in January.

Committee Update from Alan

“Just to let everyone know that Graham Hoy has stepped down from his Committee positions with immediate effect. Graham has served in dual capacity both as Welfare Officer and as my Vice Captain although as I'm sure Veronica and Hannah will agree it's always been more Co-Captain.

I'd like to thank Graham for all the hard work putting together routes and organising events and for making my job much easier, he will be missed in the role.

The remaining Captains will continue as is until the AGM where anyone who fancies the job is welcome to stand. We will also continue to be served by our remaining Welfare Officer, Hannah Edwards.

Once again thank you to Graham.”



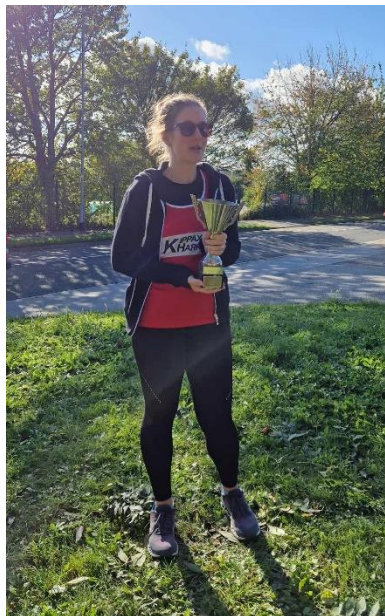
Club Autumn Handicap

20 members turned out to run the Autumn Handicap on Sunday 22nd October, on a chilly but bright, sunny morning, perfect conditions for running!

Massive thanks to Alan for working out all the handicaps, and to all the brilliant marshals who provided fantastic support and photos along the route.

Congratulations to our winner Rachel Davison; well done to Graham Hoy and Hannah Jordan who were the fastest male and female; and special mentions for Jackie Greaves and Graham Hoy who both finished within 10 seconds of their predicted times!

We enjoyed a picnic buffet in the sunshine afterwards (lovely posh sandwiches from M&S thank you Cheryl & Alison!) with several members also celebrating into the afternoon at Wetherspoons!



Runner	Estimated Time	Finish Time	Individual Time
Zoe Smith	00:55:11	11:52:17	00:52:17
Rachel Davison	00:53:53	11:49:50	00:48:32
Lucie Stanworth	00:53:29	11:53:46	00:52:04
Wendy Chapman	00:48:35	11:52:44	00:46:08
Jackie Greaves	00:47:39	11:55:20	00:47:48
Kay Kay	00:47:31	11:53:18	00:45:38
Justin Sales	00:47:11	11:54:07	00:46:07
Abigail Hicks	00:46:45	11:54:35	00:46:09
Hayley Jackson	00:45:05	11:54:38	00:44:31
Pippa Crossland	00:44:13	11:56:37	00:45:39
Karina Wrigley	00:43:22	11:55:49	00:44:00
Hannah Edwards	00:43:06	11:55:46	00:43:40
Alison Hunter	00:41:29	11:55:32	00:41:50
Annette McTaggart	00:40:44	11:56:52	00:42:25
Paul Hammond	00:37:30	11:54:34	00:36:53
Tom Hill	00:37:28	11:55:35	00:37:52
Stephen Shakeshaft	00:37:18	11:56:39	00:38:46
Jonathan Emery	00:35:23	11:56:31	00:36:43
Graham Hoy	00:35:08	11:55:19	00:35:16
Hannah Jordan	00:32:31	11:57:43	00:35:03



Christmas Party

Our annual Christmas party at Garforth Golf Club has now been confirmed for ** Saturday, 2nd December 2023 **

Three-course meal + coffee, followed by disco

£25 pp full/social members

£35 non-members

For those of you who would like to attend, if you could confirm your attendance on Facebook, complete the menu form by clicking on the link below, and make your payment by bank transfer (details on form) by ** Tuesday, 31st October 2023 **, please, that would be great.

Looking forward to seeing you lots of you there to kick off the festive fun!

<https://docs.google.com/forms/d/e/1FAIpQLScZ1RUQ28YbgX0ffoP1NZ4na1tG5EGbAR-E4-aJ2R8FxrKH2Q/viewform?fbclid=IwAR2xmKfaKpTHvkwWYABROVwcYagoFFrGvcZNQ00YGYiq-gMaZkGrKJX4qTc>

Runner of the Month

July's Runner of the Month was Hannah Jordan, who was nominated for running consistently well, including at Caistor 10k and the Leeds Marathon.

The award for August's Runner of the Month went to Tom Gibson for running really well, including at parkrun, LCW recces and Yorkshire Marathon training.

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/>



PECO Cross Country League

Please find the link below to enter the PECO cross country series for winter 23/24.

If you've not been involved with these races before please take a look. They are great for keeping your fitness up through the winter, good fun and always a fab team event.

Maximum of 5 miles and only £17 for the 5 race season, no commitment to do all 5 but you do get a run related prize if you make them all. 🏃🏃🏃🏃🏃🏃

<https://racebest.com/races/tq27c>

Yorkshire Veterans' Athletics Association

The committee has decided to restart our affiliation, giving our vets members (age 35+) access to the YVAA's Championship and Grand Prix leagues. For more info please see their website <https://www.yvaa.org/>

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 17th October:

Great North Run half marathon – 10/09/2023

David Semmence	02:03:01
Robert Ward	02:03:45
Jason Marshall	02:06:17
Phil Goss	02:17:29
Carolyn Davy	02:21:37
Nicola Ward	02:29:18
Lucie Stanworth	02:38:51
Anna Houton	02:42:32
Zoe Smith	02:45:56
Annie Beaumont	03:03:02
Zoe Hoy	03:24:01

Vale of York Half - 10/09/2023

Tom Smith	01:50:26
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Wetherby 10k - 17/09/2023

Hannah Jordan	00:41:49
Andy Hill	00:43:12
Andrew Harding	00:43:15
Russell Gregory	00:43:16
Ian Downham	00:44:11
Emily Follows	00:44:15
Alan Davy	00:44:23
Graham Hoy	00:45:11
Tom Gibson	00:46:45
Tom Hill	00:48:11
Stephen Shakeshaft	00:47:58
Paul Hammond	00:48:13
Dominic Martin	00:48:39
Kevin Robinson	00:50:32
Suzanne Costello	00:51:20
Veronica Hawking	00:51:42
Maria Kaye	00:52:33
Alison Hunter	00:53:21
James Copley	00:54:28
Emma Richardson	00:55:12
Karina Wrigley	00:55:46
Hannah Edwards	00:55:25
Clare Copley	00:56:52
Pippa Crossland	00:56:52
Hayley Jackson	00:57:58
Annette McTaggart	01:00:48
Justin Sales	01:00:41



Iona Fox	01:01:00
Jackie Greaves	01:01:17
Jason Britton	01:01:26
Judith Jones	01:06:04
Judy Lankester	01:06:57
Karen Downham	01:08:07
Samira Lambert	01:10:32
Elizabeth Holdsworth	01:11:32
Anna Lay	01:14:54
Zoe Hoy	01:19:18
Amelia Beane	01:23:33
Stevie Roberts	01:23:37

Northumberland Coastal Half - 17/09/2023

Ben Strangeway	01:43:18
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Kirkstall 7 - 24/09/2023

Russell Gregory	00:49:22
Kate Penrose	01:12:01
Anna Lay	01:12:44

Berlin Marathon - 24/09/2023

Wayne Wideman	03:25:18
Liz Holdsworth	05:24:11

Sheffield 10K - 24/09/2023

Tom Gibson	00:45:10
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Bridlington (more than) Half - 01/10/2023

Nathan Vaughan	01:53:49
Kate Penrose	02:25:33
Valerie Pell	02:25:31

Dovedale Dash - 01/10/2023

Alex Hawkhead	01:09:46
Iona Fox	01:09:53

Zagreb Half - 08/10/2023

Alison Hunter	02:06:15
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Yorkshire Wildlife 5K - 08/10/2023

Judy Lankester	00:33:16
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Royal Parks Half Marathon – 08/10/2023

Anna Lay	02:09:58
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Morley 10K - 08/10/2023

Matt Squires	00:47:05
Alex Hawkhead	01:06:03
Iona Fox	(Pacer) 01:14:20

Hedgehog Half - 15/10/2023

Wayne Wideman	01:29:00
Andy Hill	01:37:54
Graham Hoy	01:38:07
Emily Follows	01:38:32
Ian Downham	01:39:21
Alison Hunter	01:56:34
Veronica Hawking	01:58:19
Annette McTaggart	02:01:07
Hannah Edwards	02:02:24
Karina Wrigley	02:06:01
Pippa Crossland	02:06:25
Hayley Jackson	02:06:52
Anna Lay	02:07:36
Cheryl Stanton	02:09:44
Nic Ward	02:15:07
Robert Ward	02:15:08
Justin Sales	02:16:37
Elizabeth Holdsworth	02:32:56
Zoe Smith	02:43:38

Yorkshire Marathon - 15/10/2023

Tom Gibson	04:18:05
Dominic Martin	04:25:57

Yorkshire 10 Mile – 15/10/2023

Wendy Chapman	01:48:41
Lucie Stanworth	01:57:20
Iona Fox	(Pacer) 01:59:24

Amsterdam Marathon - 15/10/2023

Nathan Vaughan	03:44:58
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Calverley Chaos - 15/10/2023

Kate Penrose	01:55:39
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Amsterdam Half Marathon – 15/10/2023

Patrycja Jaszek	02:04:07
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