



Newsletter January / February 2024

Welcome

A warm welcome to the 2024 season from your Committee! We are sure there'll be several "lists in buckets" & "itches to scratch" as we head into the year with regards to races & challenges. Whatever it may be, support is always on hand, whether it be at a club session or just seeking advice from one of our more experienced Harriers – please don't be too shy to ask!

Kippax Harriers AGM - January

Many thanks to all who attended & contributed at the meeting. The AGM minutes have been distributed to all members, please do not hesitate to contact the Committee if you have not received a copy & would like one. Resulting from the meeting, we are pleased to announce your new 2024 Committee:

Chair - Andy Hill

Secretary - Stevie Roberts

Treasurer - Emma Richardson

Men's Captain - Alan Davy

Men's Vice Captain - Ian Downham

Ladies Captain - Veronica Hawking

Ladies Vice Captain - Hannah Edwards

Social Secretary - Helen Frith

Kit Secretary - Karina Wrigley

Membership Secretary - Cheryl Stanton

Web Editor – Stephen Shakeshaft

A reminder please, your Committee are all volunteers and they have dedicated their time to ensure all members have a safe & enjoyable experience.

2024 Club Championship

Races 1 & 2 of this year's championship calendar have already taken place, well done to all who participated in the Middleton Peco XC & St. Aidan's Winter Beast, both very demanding races in their own right.

Your captains have selected additional Champ races as follows, please note the remaining 3 races will be announced in due course, these will be events held in October, November & December and, remember, you must run in the KH race vest or T-shirt to qualify for the points!

Sunday 17th March – North Lincolnshire Half Marathon <https://www.resultsbase.net/event/6659>

NB – if you feel you are not ready to take on the North Lincs 13.1 miles, there is also a 10K as part of the event, this isn't a champ race, but you can ensure there'll be fantastic KH support come race day as always.

Sunday 7th April – Bramham Park 10k <https://wilddeerevents.co.uk/events/48/>

Sunday 5th May – Bluebell 10 mile https://bookitzone.com/andrew_falkingbridge/lvjFFX

Sunday 2nd June – Wharfedale Half Marathon https://www.sientries.co.uk/event.php?event_id=11673



Sunday 23rd June – Filey Lions 10k

<https://www.runbritain.com/entries/EnterRace.aspx?evid=7ebf0bcf5972&erid=75bc06c85859>

Sunday 13th July – Bishop Wilton Beast 10 mile – Not yet open for entries

Sunday 4th August – York 10k <https://www.runforall.com/events/10k/york-10k/>

August – Park Run challenge – venue tbc

Sunday 28th September - Meanwood Valley Trail <https://racebest.com/races/68f98>

Captains' "Last Tuesday in the Month" Sessions

We will continue to host a speed or hill session on the last Tuesday of the month. These have been well attended & received. Thank you again to our brilliant captains for organising the sessions.

Runners of the Month

Our October Runner of the Month was Zoe Smith for her fantastic comeback after illness & going from strength to strength. Particular performances of note, Hedgehog Half and Dalby Dash alongside lots of consistent training.

Andy Harding was our Runner of the Month for November for being consistent in his training, a committed regular at club sessions and his PECO efforts.

Congratulations to both.

Kippax Harrier 2023 Presentation Evening

Thank you to all who attended & joined in celebrating the club & its members achievements during the 2023 session. Cheers to our new Social Secretary, Helen, for organising the food - "in at the deep end" springs to mind.

Congratulations to our 2023 prize winners:

Spring Handicap	Winner	Clare Copley		
Autumn Handicap	Winner	Rachel Davison		
Ladies Vets 35-44	Winner	Emily Follows	Runner up	Emma Richardson
Ladies Vets 45-54	Winner	Annette McTaggart	Runner up	Nic Ward
Ladies Vets 55+	Winner	Alison Hunter		
Mens Vets 40-49	Winner	Alan Davy	Runner up	Graham Hoy
Andy Burns Memorial	Winner	Andy Hill	Runner up	Ian Downham
Mens Vets 60+	Winner	Paul Hammond		
Handicap League	Winner	Emily Follows	Runner up	Hannah Edwards
Ladies Championship	Winner	Hannah Jordan	Runner up	Emily Follows
Mens Championship	Winner	Andy Hill	Runner up	Ian Dowham
Runners, Runner of the Year	Winner	Emily Follows		
Lifetime Achievement Award	Winner	Les Kitching		



The Freebies

The Sportsshoes.com code for February is KLRRG1 . It's valid until 3rd March 2024, giving you 10% off the whole range and free standard shipping, worth £4.99, on all orders.

Please remember this is a code specific to us and should not be shared outside the club, it definitely should not be posted on social media or we will lose future discounts.

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/>

Anyone can write a race report 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,



The Results

Here's the Results Update for races up to 4th February:

Swinsty and Fewston Trail Marathon 12/11/23

Tom Smith 3:51:00

Tadcaster 10mile 19/11/23

Nathan Vaughan 1:21:17

Doncaster 10k – 26/11/23

Matthew Squires 00:47:40

Jon Dakeyne 00:54:56

PECO Race 2 – Temple Newsam 4.3 miles- 03/12/23

Sarah Bannister 0:32:09

Emily Follows 0:34:42

Suzanne Costello 0:38:25

Polly Hardy 0:41:13

Clare Copley 0:44:31

Kate Penrose 0:49:32

Veronica Hawking 0:50:30

Hannah Edwards 0:50:38

Wayne Wideman 0:32:27

Andrew Harding 0:33:48

Robert Bryce 0:35:07

Richard Lay 0:38:30

South Leeds Bah Humbug 10k – 10/12/23

David Semmence 00:58:27

Alex Hawkhead 01:20:37

Iona Davies 01:20:37

PECO Race 3 – 17/12/23

Sarah Bannister 00:33:35

Emily Follows 00:35:22

Suzanne Costello 00:39:38

Hannah Edwards 00:46:04

Kate Penrose 00:48:40

Iona Fox 00:49:42

Lucie Stanworth 00:50:24

Alex Hawkhead 00:51:23

Wayne Wideman 00:33:22

Andrew Harding 00:35:46

Alan Davy 00:36:05

Richard Lay 00:39:33

Tom Hill 00:40:28



Winter Solstice Strider – 22/12/23

Graham Hoy	00:54:17
Anna Lay	01:12:47
Elizabeth Holdsworth	01:25:03

Temple Newsam Ten – 14/01/24

Graham Hoy	01:17:58
Alan Davy	01:20:39
Emily Follows	01:21:12
Suzane Costello	01:24:00
David Semmence	01:25:37
Robert Ward	01:33:25
Paul Hammond	01:35:28
Veronica Hawking	01:34:48
Anna Lay	01:37:20
Thomas Gibson	01:41:05
Hayley Jackson	01:44:25
Karina Wrigley	01:45:20
Emma Richardson	01:46:33
Alison Hunter	01:49:51
Lucie Stanworth	01:52:04
Wendy Chapman	01:52:32
Kate Penrose	01:54:49
Lee Kitching	01:57:41
Iona Davies	02:00:26
Judith Jones	02:01:42
Judy Lankester	02:02:51
Nicola Ward	02:06:04
Zoe Smith	02:06:24
Caroline Cheetham	02:19:40
Stevie Roberts	02:19:39

Kirkstall Calverley Cutter – 27/01/24

Russell Gregory	01:19:01
Wayne Wideman	01:19:52

PECO Race 4 – 28/01/24

Sarah Bannister	00:35:04
Emily Follows	00:37:30
Suzanne Costello	00:39:20
Kaina Wrigley	00:45:10
Veronica Hawking	00:45:54
Alison Hunter	00:46:31
Emma Richardson	00:47:43
Clare Copley	00:50:05
Kate Penrose	00:51:52



KIPPAX HARRIERS



Iona Fox	00:52:50
Lucie Stanworth	00:53:45
Alex Hawkhead	00:54:56
Ben Strangeway	00:34:35
Robert Bryce	00:35:15
Andy Hill	00:35:53
Andrew Harding	00:36:49
Alan Davy	00:37:54
Stephen Shakeshaft	00:39:55
Richard Lay	00:42:04
Paul Hammond	00:43:11
James Copley	00:44:28

Dewsbury 10k – 04/02/24

Graham Hoy	00:43:43
David Semmence	00:44:52
John Staveley	00:49:14
Annette McTaggart	00:50:46
Anna Lay	00:52:38
Justin Sales	00:58:38
Zoe Smith	01:04:04
Judy Lankester	01:05:41
Samira Lambert	01:05:36
Ruth McKee	01:26:34

Torremolinos Half Marathon – 04/02/24

Rob Ward	02:09:13
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