



Newsletter November/December 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!

Christmas pub run - 12 December 2023

Our Christmas pub run will take place on Tuesday, 12th December 2023. We will meet at club at 7.15pm to set off to run to The Boat at Allerton Bywater. There will be two routes to accommodate everyone, and fancy dress is highly encouraged with a prize for the best! If you have not yet done so, please confirm ASAP with Cheryl if you plan to attend so we can confirm catering numbers.

Club Championship - final race of 2023 and first races for 2024

Our final club championship race, Guy Fawkes 10 took place, appropriately, on 5th November.

This popular 10 mile road race, which begins and ends at Ripley Castle is a beautiful course, but not without its challenges, and hills! 15 members of the club turned out for the race, and a special mention goes to Emily Follows, who came second in her age category. Fantastic running!



The Championship results tables are available on our website <https://kippaxharriers.org.uk/club-championship-results/> The final results will be announced and the prizes awarded in January.

The Captains have now selected our first few Club Championship races of 2024. The rest will be set following the AGM.

The first three races are:

- Sun 28 January - Wetherby PECO <https://pecoxc.co.uk>
- Sat 10 February - St Aidans Winter Beast <https://evensplits.events/st-aidans-winter-beast>
- Sun 17 March - North Lincs Half Marathon <https://tape2tape.co.uk/events/north-lincolnshire-10k-and-half-marathon/>



These are great races to enter, not only because you can take part in the championship but also because you know there'll always be a great turn out of other Harriers also racing and supporting. Next year we are aiming for 14 races on the championship calendar and as ever we aim for a mix of distances, locations and terrains! Find out more about how the club championship works here: <https://kippaxharriers.org.uk/club-championship/>

Runner of the Month

Our September runner of the month was Lucie Stanworth. Lucie was nominated for consistently running well across races including the Great North Run, Yorkshire 10 mile and at parkruns, and continuing to make fantastic progress with her running.

Congratulations and well done Lucie!



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

The PECO cross country series for winter 23/24 kicked off on 12 November at Middleton Park with 14 members taking part - well done to everyone who participated on behalf of the club, and thank you to our wonderful supporters who turned out in the cold to cheer our runners on!



KIPPAX HARRIERS



Even though the season is now underway, you can still sign up and take part in any or all of the remaining races for team Kippax. These races are a great way of keeping your fitness up through the winter, good fun and always a fab team event. The races take place at locations around Leeds over winter. All races are a maximum of 5 miles and entry for all of them is only £17.

Find out more and enter here: <https://racebest.com/races/tq27c>

The Freebies

The Sportsshoes.com code for December is FKEYU9. It's valid until 3rd January 2023, 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, 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 15 November:

Run Aintree 10K - 09/09/2023

Samira Lambert 01:12:00

Warrington Half Marathon - 24/09/2023

Iona Fox 02:46:33

Yorkshire 10 Miles - 15/10/2023

Lucie Stanworth 01:57:20

Langdale Marathon - 21/10/2023

Wayne Wideman 03:51:14

Killham Multi 10K - 22/10/2023

Phil Goss 00:56:52

Abbey Dash 10K - 22/10/2023

Matt Squires 00:45:02

Thomas Gibson 00:46:11

Anna Lay 00:54:12

Julia Grosvenor 00:54:55

Jason Britton 00:58:41

Meridian 10K - 22/10/2023

Patrycja Jaszek 00:54:03

Cop Hill Fell Race 6 miles - 05/11/2023

Dominic Martin 01:12:03

Guy Fawkes 10 – 05/11/23

Hannah Jordan 01:15:49

Emily Follows 01:18:18

Ian Downham 01:18:35

Andrew Harding 01:21:49

Alan Davy 01:22:41

Paul Hammond 01:25:00

Anna Lay 01:41:52

Wendy Chapman 01:45:42

Justin Sales 01:48:18

Nicola Ward 01:49:42

Abigail Hicks 01:51:48

Rachel Davison 01:51:48

Iona Fox 02:00:26

Zoe Smith 02:00:27

Vall Pell 01:41:57

NYC Marathon – 05/11/23



KIPPAX HARRIERS



Andy Weeks 03:53:45

Dalby Dash 10k – 12/11/23

Emily Follows 00:43:02
Andy Hill 00:43:11
Graham Hoy 00:45:14
Fiona Robins 00:48:10
Phil Goss 00:54:45
Linda Durkin 00:55:07
Anna Lay 00:55:11
Cheryl Stanton 01:02:47
Lucie Stanworth 01:03:28
Zoe Smith 01:04:24
Samira Lambert 01:12:13
Les Kitching 01:17:43
Zoe Hoy 01:18:27
John Staveley 00:48:58

PECO Race 1 – Middleton 4.5 miles – 12/11/23

Suzanne Costello 00:40:30
Polly Hardy 00:44:32
Alison Hunter 00:45:12
Michelle Alderson 00:47:15
Hannah Edwards 00:48:24
Clare Copley 00:48:54
Wayne Wideman 00:35:13
Andrew Harding 00:35:48
Tom Hill 00:36:43
Alan Davy 00:36:52
Jonathan Emery 00:37:15
Richard Lay 00:40:05
Paul Hammond 00:40:28
James Copley 00:48:19