



Up and *running*

14th June 2019

Issue 1

Introducing our new newsletter!

Up and running is the new Bedford Harriers newsletter, which aims to keep members up-to-date on future and past events, to answer questions and give suggestions on various matters such as awards, being a sustainable runner etc. It will be published on a frequent (but possibly irregular...) basis throughout the year. If you have any race reports or articles you would like to submit, please forward to bedfordharrierscomms@aol.com.

How it all began (Bill Tallentire)

We all know how great our Club is, but have you ever wondered how it all started and when? Well, read on!

Bedford Harriers began in January 1985 formed by a small group of runners who ran with the Bedford and County Athletics Club. Their idea was to promote road running and organise a local half marathon.

The Club started with just 40 members in 1 group. The driving force behind the forming of the new club was local runner and businessman Bill Steele, who became chairman of the committee together with Patron Bill Jordan (from Jordan's Feeds) and Vice President Richard Canvin.

In the early years the Club tried out several venues to meet on their training nights (Tuesdays and Thursdays) eventually settling on the Bedford Athletics Stadium in 1987. The club quickly formed a committee and organised kit with the gold and black colours we know so well. Although it was before the development of technical materials and the tops used to stretch way down to the knees during a wet race.

Over 30 years ago the Club ethos was the same as now on training nights – never leave anyone behind if they are a bit steadier just circle round and pick them up. There were slightly more male than female members and races tended to be longer 10 miles and half marathons with very few shorter races and no 5k events. Warm-ups were organised on training nights and more groups added as the number of members increased, although the dedicated beginners' sessions and intake were a later development.

The Club recognised early on the local interest in triathlons and held an annual event at Biggleswade sponsored by Jordan's Feeds. The triathlon was made up of a 1k lake swim, 31-mile cycle ride and 7.5-mile run.

If any members do have any photos or press cuttings they would like to share, this would really add to bringing the history alive, please let us know on bedfordharrierscomms@aol.com.

Congratulations to ...

Sammie Marlton and Steven Woods on the birth of their son Grayson.

Dates for the diary

24 June 2019 – **Club Time Trial** – Priory Country Park

29 June 2019 – **Bedford parkrun Harriers Takeover** – run or volunteer to support the new Coached to Run group in their first group parkrun

17 July 2019 - **Club Time Trial** – Bedford Park

11 August 2019 – **Bedford Harriers Triathlon** – **special offer** – book in June for a chance to win your entry fee back!

14 August 2019 – **Harriers Summer Social** at Box End Park

27-29 September 2019 – **Run Weekend with Colin Papworth** in the Peak District

Club Championship Races

31 July 2019 – **Doug Anderson 5k**

6 October 2019 – **Standalone 10k**

13 October 2019 – **Great Eastern Half Marathon** (Peterborough)

19 October 2019 – **Endurance Life Suffolk Ultra**

Multisport Championship Races

7 July 2019 - **Middle Distance Triathlon** – Haver Castle

21 July 2019 - **Sprint Distance Triathlon and Newcomers Championship** – Box End

18 August 2019 - **Standard Duathlon** – Tri-Monster Standard, Ely

3 Counties Cross-Country – Provisional Dates

3rd November 2019 - **Wellingborough and District**

24th November 2019 - **Leighton Fun Runners**

8th December 2019 - **Wootton Road Runners**

15th December 2019 - **North Herts Road Runners**

12 January 2020 - **Dunstable Road Runners**

Race Report: Bedford Sprint Triathlon – 19th May 2019 (Carole Darnell)

The only thing I don't like about the Bedford Sprint Triathlon is the early start with registration opening at 6.30am! Very misty early morning with a possible thought they may delay the start – no such luck.

So off we go, luckily everything was organised ready for my cycle into Bedford Park – don't be too impressed only 3 miles but nice way of warming up. The place is buzzing when I arrive, so rack my bike, arrange clothes in an ordered pile ready for transition and change ready for 1st leg. This is a 400m pool swim – 12 lengths of Robinson Pool.

At the side of pool, we line up in order according to entry number, kindly written on your hand at registration, so no chance of forgetting. It is organised so the slower swimmers go first – hence the early start for me.

Swim today was not my best, but done, so climb up the pool steps and jog to transition area ready for 2nd leg, a 24k cycle ride. Nice out and back route up the A6 to Sharnbrook roundabout. A great ride, not too breezy, and the mist has lifted. There are a few hills so bit of puffing and blowing but pleased with my time.

Dismount from my bike and run pushing my cycle back to the transition area. The 3rd leg is the 5k run – 2 laps of Bedford Park including the dreaded Cemetery Hill. If you have ever wondered what it is like to run in wellies full of custard that is how my legs always feel at the start. Pleased with my run time, cross over the line with a great feeling of achievement. All done and dusted including coffee, shower and presentation by 11 o'clock.

This is an inclusive event for all ages, abilities, sizes and shapes - great for novices or people like me who don't fancy an open water swim. Hope to improve on my time of 1:37:39 in July which is the 2nd event at Bedford in the 2019 series of 3.

Race results – Simon King - 1:24:28 (2nd M60-64), Carole Darnell – 1:37:39 (1st LV60-64)



Carole on her run
(Photo by Peter Pack)

Mental Health Champion & #runandtalk (Vicky Shaw)

For those of you are new to the club, my name is Vicky Shaw and I am the Mental Health Champion for our club supporting the #runandtalk scheme.

What is #runandtalk ?

Running can help to lift our mood, help reduce stress and anxiety and improve our mental wellbeing. #runandtalk is an England Athletics initiative supported by Mind, the mental health charity, which aims to improve mental health through running.

What do Mental Health Champions do?

- Engage-link with local mental health organisations
- Share-share on social media using the #runandtalk
- Talk-start conversations about mental health
- Advocate-provide information and guidance about mental health
- Support - people experiencing mental health problems to be physically active through running, whether that is to support them in starting, returning to or continuing to run

I wanted to make you all aware of an upcoming #runandtalk event that I am holding on Wednesday 24th July at 6:45pm from Priory Park called "Run and Revitalise". The event is in response to some of our members making me aware that often when they are feeling stressed, anxious or suffering with their mental health, they can find it hard to come along and participate in a normal club night session. The idea of the session in July is for anyone that may be suffering with any Mental Health Issue (whether it just be stress from work, daily life, or just finding it hard to be motivated to run) to come along and participate in a "fun, no pressure" run followed by the option of refreshments afterwards.

The run in July will be a trial with the intention to hold a "Run and Revitalise" once a month.

In the meantime, please do contact me if I can offer any support, if you have any ideas for events, or if you simply want more information about the scheme. Please be assured that any discussion with me will be treated in a sensitive, respectful and confidential matter.

If you would like to chat to me then I am available on club nights or email me on:

hello@bedfordharriers.co.uk

We're taking part
in #runandtalk to
break the stigma of
mental health.

#runandtalk

Race Report – Blisworth 5 mile, 17 May 2019 (Richard Lawson)

After a week of unseasonably hot weather, the Friday evening was disappointingly cold! This was our first attempt at Blisworth so we didn't really know what to expect. What we definitely didn't expect was the chaos at the start, with numerous cars deciding that this was the best time to travel, resulting in the mass of runners being forced ever further into the hedge...

After a nice downhill start (and, according to my Garmin, my fastest mile ever at 7:16, despite the crowding at the start!). The second mile was considerably more uphill on some nice country roads, but I maintained my pace quite well (for me) and was very happy with my time of 40:40. Other than the start, it was well organised and definitely one to consider for next year (whether or not it's a Club Championship race). A couple of beers in the bar afterwards rounded off a nice end to the week!

Congratulations to all 50 Harriers that completed the race, but especially to Adam Hills (fastest Harrier), Kevin Shelton-Smith (3rd M55), Jerry Pullinger (2nd M60), Stephanie Macleod (3rd FS), Nora Haggart (2nd F60), Sheila Humphries (2nd F65) and Larry Corkrey (1st M80).



Coming down the first hill of Blisworth 5-mile
(Photo by Robin Fiander)

Quick reminder

If you haven't already completed your stadium and EA membership (if applicable), please do so! Also, those whose membership renewal is due, remember to complete this online for renewal and by form for new members.

Club Awards – Part 1 – The Standard Award

One of the biggest nights in the Harriers' social calendar is our Awards Night, in January each year. With our new influx of beginners well into their stride, we thought this would be a good opportunity to explain our awards. So, to start off with the easiest award to understand – the Club Standard Award.

To get this award, all you need to do is complete any 4 races as a Bedford Harrier. To qualify:

- You must be a fully paid up member at the time of the race;
- You must wear club kit (except for the London Marathon, where charity kit can be worn);
- You must enter as a Bedford Harrier and be shown on the race entry and results list as a Bedford Harrier;
- The race must be shown on your [Runners Page](#) on the Bedford Harriers website.

It's **your** responsibility to make sure that races show up on your Runners Page. Our website administrator Neil Loader does his best to pick up local or popular races, but he can't pick up everything! If something's missing, send an email to hello@bedfordharriers.co.uk with a link to the results. The Runners Pages will be explained in more detail in the next issue.



For the Club Standard award, a race is pretty much any organised event – any distance, any surface, and it doesn't need to be accurately measured. For example, the 3 Counties Cross Country events all count. Pretty much all that doesn't count is parkruns (as the name suggests, they're runs not races!) and club time trials. The criteria are much stricter for the other awards!

The award year starts on the Monday after the first Sunday in December and ends on the first Sunday in the following December, so the current year runs from Monday 3 December 2018 to Sunday 1 December 2019.

Next issue, we'll move onto the other Standard awards – Tin, Copper, Bronze, Silver, Gold, Platinum, Diamond and Crystal!

Ironman Lanzarote – 25th May 2019 (extracts from Gill Fullen's race report)

Ironman competitions are tough, but Ironman Lanzarote is regarded as one of the toughest; with a choppy sea swim, a climb of over 2,500 metres through the mountains and notoriously windy conditions to contend with, plus a bit of Canary Island sun! This year was no different; two Bedford Harriers took on the challenge. Gill Fullen won her age category in 11:56:40 and qualified for the Kona Ironman World Championships in October 2019 and Dea Ditchfield completed the course in 14:44:09. But how tough was it? Here are some insights gained from Gill's race report:

How choppy was the sea?

"... I was diving back into the melee and initially thought I was swimming pretty well, until I noticed the chap next to me was only using one arm to swim and was still cruising past me pretty efficiently. Then my porridge made its reappearance. Over the next 30 minutes I lost the entire contents of my stomach and was left breast-stroking and heaving every few minutes. Stopping to heave in front of a canoe I seriously thought I was going to be pulled out of the swim altogether. I kept swimming as well as was now possible with my stomach in knots and knowing my hopes of a decent time were left floating in the choppy waves with my breakfast. ..."

OK, so the swim was tough, how about the bike, was the wind really that bad?

"... 90k came and went, heralding the start of the Mirador del Rio climb, which was literally endless! I kept thinking the next rise must mark the end of the climb, but it just kept on coming! ... However, the apex of the climb eventually came and the descent with a tail wind was simply epic! Apparently, I reached 80kph and came mega close to stacking it on a tight corner where someone cut in front of me and I barely managed to miss them, losing my rear wheel completely. Somehow, I stayed upright – I seriously have no clue how that happened; I should by rights have been sliding off the edge of the cliff leaving lots of skin to resurface the road. Thanking my lucky stars, I was a little more cautious for a while but still enjoying the high-speed descent and relief from the head wind."



Gill receiving her age group award

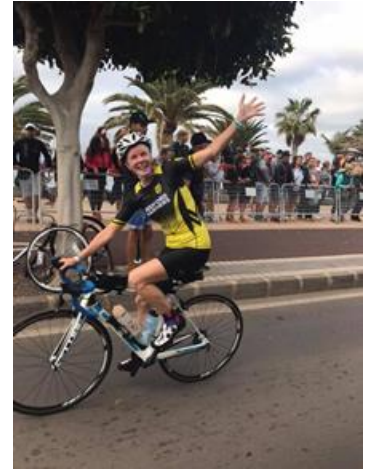
(photo by Lynne Greenard)

So, the wind helped to some extent on the bike, how about on the run? And, was it really that bad running in the lovely Canary Island sunshine?

"... the bracing head-wind was back! The first loop was a half-marathon distance all the way into Arrecife, past the airport with the lovely smell of burning rubber and aviation fuel. ... The second and third run loops were 10ks – head wind out and baking heat back! I was fuelling on coke and water by now and sloshing around as I finally rehydrated after drinking nowhere near enough on the bike. Finishing the first big loop a trusty supporter shouted that I had 50 minutes on the next lady in my age group. This was a big relief but no consolation for being out here for so long. It meant I could at least walk through the aid stations in order to stay hydrated, but my pace gradually dropped as my body threatened to give in. I tried to take another gel but my stomach immediately revolted and threatened to give me a repeat of its behaviour in the swim so I gave up on that idea and resigned myself to jogging in as best I could. Which I did.

A finish line has rarely been so welcome but never so long in coming."

I think it is fair to say it was very tough! Congratulations and well done to both Dea and Gill.



Dea still smiling after the swim; setting off on the bike leg

(photo by Juliet Smith)