



Up and Running

2nd August 2021 Issue 10

Doug Anderson 5k - 21st July 2021



The Doug Anderson 5k was a celebration of being part of an amazing running club - it was a chance for so many of us to come together and put on a great race. Of course it wasn't the same as usual, the start was in a different place to allow for more social distancing, the runners ran the course in reverse and there was no prize ceremony at the end. There was also a new Race Director, Bev Gous, who did a brilliant job bringing together a race under so much uncertainty, and just to make it a bit tougher for her, it was in the middle of a heatwave - congratulations and well done Bev. Congratulations to everyone who ran, well done to all the marshals who did a great job.

At the end of the evening, Steve Crane presented Sarah Fadden, Gill Fullen, Lorena Henderson and Ian Sturdgess with Honorary Lifetime Memberships for their services to the Club.



Dates for the diary

8th August - **Bedford Triathlon** - **Entries close 4th August!**

22nd January - **Awards Night 2022**

20th March - **Oakley 20**

Club Championship Races

3rd August - **10k - MK 10k**

19th September - **10 mile - Leighton 10**

17th October - **XC - Amptill Trophy**

7th November - **Half - Hertfordshire Half (Stevenage)**

Marathon - your choice!

Multisport Championship Races

4th September - **Sprint - Box End Sprint Tri**

10th October - **Duathlon - CalfMan Q**

Up & Running Needs You!

In order to keep Up & Running going on a regular basis we need articles to publish. Please send your race reports (with photos) to hello@bedfordharriers.co.uk.

ReRun Clothing

At the DA5K we collected unwanted running clothes and shoes for ReRun



Clothing. ReRun is a Community Interest Company aimed at prolonging the life of running clothes & equipment and it ties in with the Club ethos to reduce our carbon footprint.

Further collections will take place at future Bedford Harrier races and other Club events, so have a look through your old running gear and sort out anything you no longer need or want ready for the next collection.

Remembering Iva Barr

At the Awards' Evening on 18th January 2020 it was announced that the Club Lady Trophy was being named after Iva Barr. Ian Hammett read an interview between Angela Gallivan and Iva Barr where Iva shared her experiences of running and being a Bedford Harrier. It occurred to us that not everyone was there that evening, and it would be nice to share that interview with all of our members, so here it is, as transcribed by Angela.

How long has she been a Harriers member?

More than 30 years

Why did she join?

She joined because she'd entered the second London marathon having never run before. She always remembers running the marathon in plimsolls from British Home Stores ... not so many fancy trainers about back then!

What has running meant to her?

Running with the Harriers was a big part of Iva's life for more than 30 years and she enjoyed everything about it (apart from the short time that she spent on the committee!). She enjoyed races, both home and away. She remembers when Bedford had its own marathon which reached the dizzy heights of the Cleat Hill Water Tower. She enjoyed club trips away including many visits to the Great North Run (organised in the early years by Jude and Chris Cottam and latterly by Lesley and Steve Gaunt), and trips abroad to run in the Amsterdam Half Marathon and lastly the Brussels Half Marathon for the club's 25th Anniversary trip on the easy to remember date of 10.10.10!

Most memorable event?

Her one most memorable event was running the Athens marathon in 2010 at the age of 83. Harriers' member Paul Hudson arranged the trip and took her there. It was a special occasion as it was the 2500th anniversary of the Battle of Marathon. The villagers were all out cheering, and she remembers an elderly gentleman in a village giving her a hug and a laurel crown to wear.

Was she a coach?

Iva was a coach for a few years. In fact the only beginners group that she coached was in January 1999 and was the group that Steve Crane and I joined 21 years ago!

Which charities does she support?

Iva loves children. She worked for many years at Castle Lower School as a non-teaching assistant. Some years ago, we chose the WhizzKidz charity which provides mobility equipment for disabled children and raised money for them many times at the London Marathon and Great North Run. In her later years of running, WhizzKidz loved having Iva as their oldest London Marathon team runner!

What does having the Club Lady trophy named in her honour mean to her?

When I told Iva about the plans to name the Lady of the Year Cup after her, she was absolutely thrilled. She said she would never have expected anything like this. "What an honour!"

Anything else you or she think important or noteworthy.

Iva said she had so many happy memories of her years running with the Harriers, which only ended when she was 90!



How should we remember Iva as a Club?

The Committee would like members to send in suggestions about how we should remember Iva as a Club. Please send your suggestions to hello@bedfordharriers.co.uk.

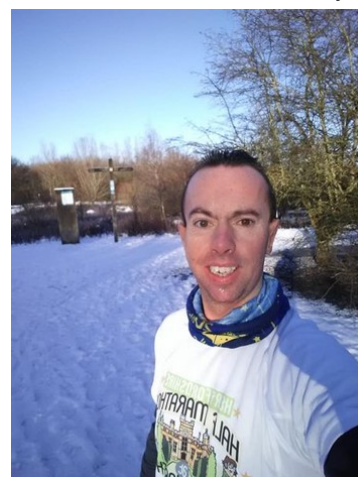
A last word on Bedford Harriers Virtual Events

Throughout 2020 and 2021 a number of club virtual events were organised; they were well subscribed and helped a lot of members stay motivated to run and walk and sometimes cycle. For many they became a daily social interaction with other club members. Adam Hills was one such member, here are his thoughts on it which he wrote back in February 2021 about the Isle of Wight Challenge.

Who ever thought this time last year we would be running in virtual races and still being competitive? - Adam Hills

This just goes to show that whatever situation we find ourselves in, we still want to be out there running! I decided to sign up for the virtual Isle of Wight Challenge. The original challenge in November was to run the 70-mile lap around the island in your quickest time possible. As the event became more popular, Richard Lawson, one of the organisers, decided to expand the challenge by another two months and entertained us all with his amazing statistics and top 10 charts! Bring back the old Top of the Pops and the Wizard theme tune by Paul Hardcastle any day.

It was pleasing to see Richard mention and congratulate as many runners as possible, to make the challenge as inclusive as possible. I firmly believe in good sportsmanship whereby we show respect to other runners with their own individual achievements. I noticed great performances from several people including Gary Butler who huffed and puffed in the last few days to excel in the eclectic and age-graded challenges. A mention is worth going to Fiona Fiander who scored the most entries and time on feet. We must not forget those who felt delighted to be inside the top 10. It was certainly a close call in the total distance challenge and I feel thrilled to have won this. It is certainly true that if you want to achieve something in life, you have to be really determined and you are more likely to get it. So, well done to every single one of you, no matter how slow or fast, or whether you were in the top ten or not, you are all winners in your own right. We have had some very cold weather and we should be thankful for the motivation we had for trying out the Challenge.



Back on the Run - Jazz Clark

On Wednesday the 5th of May I had finally plucked up the courage to get back to training again. This wasn't without lots of encouragement from my mum, Elaine and Richard and my group leader Darren Cimelli. Throughout lockdown I had been really struggling with my mental health and had not been running since the November lockdown when coach led sessions were no longer allowed to continue under Covid restrictions. I was feeling very anxious to return as running is something that does not come easily to me.

When I arrived at Mowsbury Park, I explained to Darren that it was my first time back and he was very patient with me and reassured me that I had already made the first step by turning up to the session. Pre lockdown I had mainly ran with Darren's group and I knew that he understood the mental blocks I have during a run, and he was able to talk me through them. He was willing to make the targets shorter for me for a few weeks whilst I was finding my confidence and stamina again.



During my first session back, I had been very nervous about my ability to not only keep up with the group, but also how to talk to people again. In the first session a few minutes in I was struggling to find my pace again, but I felt so supported by every single group member and I was feeling happy to be back running again, even though it was really tough after being out of action for so many months.

Whilst I was happy to be back, I was finding it incredibly difficult to keep the momentum going and keep running. I found myself getting frustrated with not being able to run at the speed I used to be able to and that I was struggling to find a consistent pace. Being quite an anxious runner, this really knocked my confidence but running again with such a supportive group I now look forward to running sessions like I used to.

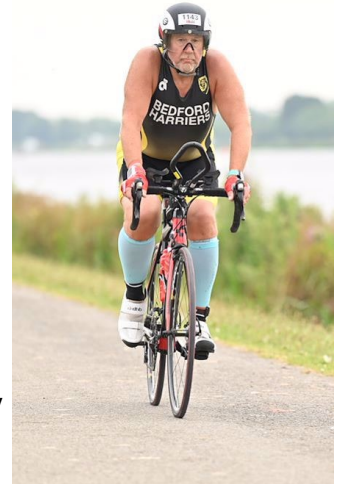
I found lockdown very difficult and felt unable to train without our coach led sessions and know just how tough it feels to get back in the game. If you are currently reading this and have not returned to your group, I would say this, whenever you feel ready your coaches and group members will be happy to see you return.

Outlaw Full distance triathlon - 25th July 2021 - Ian Sturdgess

Due to Covid and associated safe practices we were recommended to carry out a lateral flow test which fortunately was negative which also meant for a very long transition. We racked our bikes on Saturday and collected our swim-bike bag, bike-run bag and dry kit bag. Some were organised and filled their bags on Saturday but we hung our bags on Sunday morning.

After a sleepless night the alarm went off at 3am to give time to have breakfast and drive from the hotel to the National Water Sports Centre. Bags were hung, nutrition and hydration put on the bike and after a bit of faffing we were ready for the off. I was in the water for my 2.4 mile swim about 06:15 (we were a little late starting) and quickly got into my stride as we swam up the left hand-side of the Regatta Lake. I had a good swim on this outward leg catching swimmers who started before me. Once we rounded the buoys onto the return leg which wasn't quite as good as other swimmers who were tiring couldn't hold a straight line. I finished the swim in 90 minutes and entered T1. Once my helmet was on, bike shoes on, gloves on and number on I exited T1, mounted the bike and off I went on the 111.5 mile bike course (it was reduced to 111.5 because of the long transition).

The bike course took us out of Nottingham via Radcliffe-on-Trent and out to the Southern loop of the course to include Elston, Hawton, Orston and the first feed station at Farndon. The route then took us through Lowdham and Epperstone onto the Northern loop which included Oxton Bank, Oxton (feed station 2), Southwell and feed station 3 at Farnsfield and then back to the Southern loop for a second time with Farndon being feed station 4. We returned back to the Water Sports Centre via some very gravelly roads and then into T2. During the first Southern loop and up to Oxton my really good friend Paul Hennessey and his wife Elaine were there to support me which was awesome. What a welcome back from the 100s of spectators and my good friend Victoria Gibson and her husband Tom. Luckily my trusty steed had no mechanical issues. Despite the relatively 'flat course' as I am not great on the bike I was quite slow but made the cut-off.



Once I had changed into my running kit I was off on my 26.2 mile run. Running past the finish area I saw a glimpse of Sacha waving her Harriers cycle top which gave me a boost as I started my marathon. The run was a 2-lap course taking us along the river into Nottingham past Nottingham Forest FC, across the suspension bridge into Victoria Park and then back to the Water Sports Centre and a lap of the Regatta Lake. After the second lap it was just one lap of the Regatta Lake to the finish. The marathon was literally a run to each feed station which were about every 2 miles so it didn't feel like a marathon. I was joined on my lap around the lake by a couple of the OSB Crew as I was the last runner and they wanted to make sure that I finished. I was relieved at this as I had actually run the marathon only walking for about 10 minutes. I finally ran down the finish chute on the orange carpet to a guard of honour in 17hrs 9min and 10sec and as I had my photographs taken the fireworks went off. I was called back for more photos and

felt like a celebrity and I was called an Outlaw.

What a day! 17hrs I certainly got my money's worth. The day for me was brilliant. The volunteers at the feed stations were great. The OSB team were great as were the traffic management team and the other competitors were so encouraging. To me it was an awesome event and after 2 previous DNFs at this distance it was third time lucky. Proud to be an Outlaw and an Ironman.

Big thank you goes to my coaches Dan and Caroline Stendall for all of their support.

