



Up and Running

29th March 2022

Issue 12

Club Championship Races 2022

Each year the Club has a series of races that form the Club Championship series: there is a set for road races and a set for multisport races. All members are encouraged to enter these races, with awards for first 3 males and females as well as awards for age group winners. These awards are presented at the Club's Annual Awards Night.



The Club Championship races for 2022 have been announced and are as follows:

Club Championship Races

- 5k** - Doug Anderson 5K - 20th July 2022
- 5 mile** - Blisworth 5 mile - 20th May 2022
- 10k** - EMGP MK - 5th July 2022
- 10 mile** – Sandy 10 – 11th September 2022
- Half marathon** – St Neots - 20th November 2022
- XC** – first of the Three Counties race of the season

Multisport Club Championship Races

- Sprint** - Box End Sprint - 3rd September 2022
- Standard** – Calfman - 31st July 2022
- Middle** – The Swashbuckler - 10th July 2022
- Aquabike** – *Standard Distance* - Bedford Triathlon - 14th August 2022
- Aquathlon** – *Standard Distance* - Hever Castle – 25th September 2022

Put the dates in your diary and enter when they open – they are usually really good fun and they're a great opportunity to meet lots of other Harriers and wear your yellow and black strip. Plus, you could win one of the awards!

Dates for the diary

- 30th March 2022 - **Annual General Meeting**
- 11th June 2022 - **Bedford Harriers Anniversary Ball**
- 20th July 2022 - **Doug Anderson 5K**
- 14th August 2022 - **Bedford Triathlon - Entries Open!**
- 4th September 2022 - **Oakley 20 - Entries open**

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Bedford Harriers 35th Anniversary Ball - 11th June 2022

Our 35th Anniversary Ball is being held at Bedford Blues Rugby Club. Tickets are £25 per head and available from Val Bird, please contact Val via email - valeriejbird@btinternet.com.

The Charity Champions are planning a raffle at this event and are looking for donations of prizes.

The Club Charity - Bedford Homeless Partnership

Bedford Homeless Partnership (BHP) was chosen as the Club charity at the AGM in March 2021. BHP is a group of charities operating within the Bedford Borough who are focused on preventing homelessness as well as supporting those who are homeless and helping them to get back on their feet. Club members may be familiar with some of the charities that make up BHP, including Amicus Trust, SMART Prebend, Emmaus Village Carlton and The Kings Arms Project among others. For further information about BHP, please see their website - <https://www.bedfordhomeless.org.uk/>

Quizzing for charity – 9th September 2021

Club Charity Champions Shirley McDonagh and Rachel Cooke organised a quiz night in aid of BHP. The quiz was held at the White Horse in Bedford; the Quizmaster was Steve the landlord and the quiz used smartphone technology which made it paperless and fun. Kirstie Cook, CEO of the Kings Arms Project, one of the member organisations of BHP, attended the quiz and spoke about the invaluable work carried out by the Kings Arms Project. Shirley and Rachel organised a raffle as part of the evening - many thanks to everyone who donated raffle prizes, including Ken Parsons, a Club member and owner of *Bedford Sports Massage*, and Nikki Gallagher of *That Yoga Place*.



Thanks to everyone who attended and bought raffle tickets, the event raised a total of £579.00 for BHP. Kristy McMillan from BHP has passed on the charity's thanks, commenting "This is fantastic, thanks so much everyone."

Shirley and Rachel are looking to hold another quiz in the Spring, date to be confirmed.

Weighty Issues – weighing in for the Club charity!

The Bedford Harriers Weighty Issues group featured on the SMART Prebend Facebook page recently, having nominated the charity, which is part of BHP, as last term's charity, benefitting from members' weight gains and losses.



SMART Prebend Centre

18 November at 12:11 · 🌐

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A 🥰 Heartfelt thanks 🥰 to the 'Weighty Issues', weight loss group in #Bedford for raising a rather weighty £130 for our homelessness services!

The group was formed back in 2017 and has been raising money for charity ever since. Members meet, communicate, and motivate each other via a WhatsApp group and post pictures of their weighing scales every Monday morning.

Jacinta Horne said "Our weight loss group is extremely informal - this is in no way a diet thing. Many of us are within our correct BMI and use it to stay that way. We have also had some amazing losses of up to 3 stone. The banter and encouragement on WhatsApp help us if we need it and some of our members have managed to address major issues with their diet."

Money is raised for charities by members agreeing to pay a small fine if they gain weight or if they miss a week of posting in the group. Jenny added "Members can nominate a charity and then they are pulled out of a hat to decide who gets the donations. We prefer local charities, but everyone can suggest one. This is the second time we have chosen SMART."

So far, since 2017, they have raised a whopping £2730 and they are very proud of that fact. AND SO THEY SHOULD BE!

What a wonderful idea – thank you so much to all at Weighty Issues for choosing to support SMART this year! 🥰

If you would like to join the Weighty Issues group, please contact Jacinta Horne.

Update! A further £148.20 was donated for the winter term.

Want to help BHP but not sure how?

Organise a quiz for your running group – if you're interested in doing this, speak to our Charity Champions, Shirley and Rachel, who are happy to help.

Make a Donation - Too busy to quiz but want to donate? Bedford Homeless Partnership have a 'Real Change' campaign JustGiving page. Real Change pays for projects and items to help rough sleepers in Bedford Borough off the streets for good. A designated page has been set up for Bedford Harriers donations under Shirley McDonagh's name, which was used for the recent quiz more details here: <https://www.justgiving.com/fundraising/Shirley-McDonagh1>

Donations - Bedford Harriers offered to collect items for Christmas boxes for BHP and two of the charities in the partnership benefitted from these donations. These charities appreciate donations all year round and they will make a huge difference to vulnerable people at any time of the year. Currently, the two charities are looking for specific items, as listed below.

Emmaus Village Carlton, known to many of our runners, their companions and staff go to Northampton and Wellingborough every week on their Rucksack Stomps to support those that are less fortunate than themselves. If you would like to donate to Emmaus the following items would be gratefully accepted:

- ◆ Sleeping bags
- ◆ Warm gloves/socks/hats/scarfs
- ◆ Warm clothing

Supplies can be dropped off Wednesday – Saturday, 9.30am – 4.30pm and Sunday 10am – 4pm at the Emmaus Village Carlton reception in the Dom Gregory building, School Lane, Carlton MK43 7LQ. Please say you are donating behalf of Bedford Harriers.

Smart CJS are one of the key charities helping to support homeless adults in Bedford. They are currently running the emergency accommodation in Bedford and have been doing so throughout the pandemic. Their outreach team is ensuring that they engage with anyone rough sleeping daily, with the aim of swiftly moving them into accommodation – usually within 1 day of them finding themselves on the street. They also run a supported accommodation unit, Rogers Court, which supports people who have previously found themselves rough sleeping. The charity aims to provide some stability in their lives, while supporting them to move onwards – including support to find employment, long term accommodation and wrap around support that they may need. If you would like to donate to Smart CJS the following items would be gratefully accepted:

- Food, toiletries and clothing to enable residents to make the transition into our service with the essentials that they need
- They are also grateful for starter packs containing crockery, cutlery and other household items when people have options to move-on to sheltered, affordable or other types of more permanent housing.

Donations can be taken to Rogers Court, 32 St John's Street, Bedford, MK42 0DH or Prebend Centre, addressed to Smart CJS and a note to say you are donating behalf of Bedford Harriers.

Up & Running and On the Run Need You!

In order to keep Up & Running going on a regular basis we need articles to publish. We also need articles for the annual On the Run magazine - these articles will be collated and saved for publication in early 2023.

Please send your race reports (with photos) to hello@bedfordharriers.co.uk .

Hertfordshire Half – Club Championship Race - Elaine Massie

We entered the Hertfordshire Half mainly because it was the only Club Championship race we could run this year, as we had a few races carried over from 2020 which meant a limited race schedule for the year. So, we booked it without looking at the course and then during discussions with other Harriers we started to hear comments such as “Oh, that’s a hilly one!” and “Are you sure you want to run that as your first half?” and lots of raised eyebrows! The race website wasn’t that useful as the wrong map had been uploaded and the elevation information told us very little about the course. We received the actual route with the race information pack and did a little driving recce – “Yep, it’s a hilly half!” was our conclusion. I thought a half would take me 2 hours 45-48 minutes, then I saw there was a 3-hour cut-off and then panic set in once I’d driven the route – would I make it? I really wasn’t sure, not with those hills!

We left home nice and early on race day, we thought we’d have plenty of time to spare to park, visit the facilities and

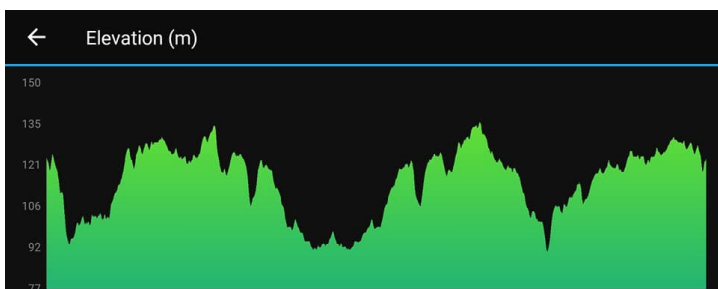


do some dynamic stretches before the start. We were sadly wrong: the traffic was awful and it took an hour from leaving the A1 to parking the car – a distance of around 2 miles! So, we actually missed the start (as did many other people), it was a little surreal just the 2 of us running across the start line! But off we went, I’d started my first half marathon (more than I managed in 2019 when the Great Eastern Half was cancelled while we were in the starting pens!). I have to admit that when I ran past the car shortly after the start, I did consider sitting in the car for a couple of hours rather than run a lonely race from the back – but I did continue!

I was soon out on the main road which was nice as it was the part of the route that was an out-and-back, so I saw lots of Harriers on their way back while I was running out – it was good to see Richard had made up quite a lot of ground and was well and truly in the main pack. I managed to pick-off a few people en-route, but once on

my way back it was quite a lonely race which was more like a training run. The marshals were great, and supported us slower runners with great enthusiasm, which is always nice. The hills were as bad as they seemed in the car: a walk-run strategy was deployed counting cones to give me a set interval.

The miles ticked away, and I was soon back in the Knebworth House Estate and the finish line was in sight. Richard and Noel Jones were there to cheer me on at the end, as was a very rude headwind on the finishing straight. I crossed the line and finished my first half marathon with some relief! 2:52:47 chip time - I was actually happy with that time!



Club Annual General Meeting - Wednesday, 30th March 2022

The Club's Annual General Meeting will be on Wednesday, 30th March 2022 at 8:30pm in the bar area upstairs at the Bedford International Athletic Stadium. The Committee warmly invites ALL members, whether old or new, to come along to vote for the following year's committee, hear and vote on proposals affecting the Club's future, observe the annual volunteers' draw and congratulate award winners.

An email has been sent with links to view the minutes from the AGM 2021, the combined letter of invitation & agenda and a nomination form for members to consider their nominations for committee leading the club forward in 2022/23. These documents will also be on display on the notice board in reception on Monday and Wednesday evenings where the nomination document can be completed. On-line versions can be viewed via the 'home' page of the Club's website under the heading [Harriers Members Information](#).

Please be aware that food and beverages are not currently available at the stadium.