



Up and Running



21st June 2022

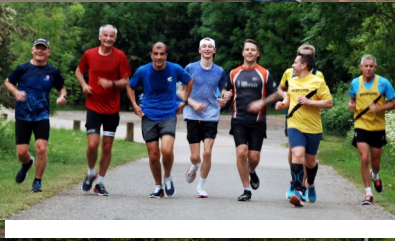
Issue 13

Ukraine Support Evening

On Wednesday, 18th May 2022 we got together as a Club to raise money for the Disasters Emergency Committee Ukraine Humanitarian Appeal.

Over 100 members turned out to support this fundraiser and ran together at the start of the evening. This was followed by a social gathering in the bar area where cakes and drinks were sold along with raffle tickets. In total the evening raised £1,252.65 for the DEC appeal and also provided a great opportunity for Club Members to chat and catch-up with each other.

A huge thanks to Chris Capps for organising it, along with his team of willing helpers.



Dates for the diary

20th July 2022 - Doug Anderson

5K - **Entries open**

14th August 2022 - Bedford

Triathlon - **Entries open**

4th September 2022 - Oakley 20

- **Entries open**

Club Championship Races

5k - DA5K - 20th July 2022

5 mile - Blisworth 5 mile - 8th July 2022

10k - EMGP MK - 12th July 2022

10 mile - Sandy 10 - 11th September 2022

Half marathon - St Neots - 20th November 2022

XC - first Three Counties race of 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 - **Entries Open!**

Aquathlon - Standard Distance - Hever Castle - 25th September 2022

Meet the new Bedford Harriers Committee!

The new Committee have been asked to introduce themselves to the rest of the Club Members.



Chairman - Chris Capps

I have been a member of Bedford Harriers for just over 20 years and a regular runner for longer. I have been a coach for 15 years and a committee member a little over 10 years and had various jobs on the Committee including leading on the London Marathon marshalling and a former awards night organiser. I have been the race director for most of our road races, latterly for Oakley 20 prior to becoming Chair, and was the Vice Chair for the last 3 years.



As the new Club Chair, I see my role as providing support and leadership to all committee members, harnessing their strengths and talents in all the work of the committee so we can continue to develop and improve all aspects of our Club for the benefit of all our members.

Club Secretary - Jenny King



I have been a member of Bedford Harriers since 2012 and have served on the Committee since about 2016 or 2017, I think. I took on the role of Club Secretary at the 2019 AGM. I love running with my group and I also enjoy swimming and cycling and (sometimes) competing, though I am the archetypal pre-race Eeyore, so I advise you to keep a wide berth in the pre-race assembly area! I'm just an ordinary athlete, nothing special, not remarkably fast or slow but have always felt valued and encouraged by other members: it's what makes us such a lovely club! It is that ethos of encouragement and support that was my motivation to offer a range of fun but often 'pointless' activities during the Covid lockdowns. One of the many rewards I got from organising them was that I got to know more of you, albeit online.

Treasurer - Richard Watson

I have been Treasurer for the Bedford Harriers since 2011, and before that was Club Secretary. At the moment I am trying to get fit enough to be able to run regularly with the club again and hopefully get back to racing as well.



Vice Chair - Richard Woodward



I have lived in Bedford for 18 years, originally hailing from Derby but here is now very much where I call home. Running is in my family and as a child both my parents were members of the local club in Derby and my sister and I would be dragged all over the country every weekend to various races throughout the year. Not a surprise that we both got the running bug, and the rest is history as they say. In my professional life I work in the public sector advising Local Authorities on the delivery of children's services. I have been a member of Bedford Harriers since 2015, a coach for the last 6 years and am entering my fourth term on the committee.

Membership Secretary - Jacinta Horne



The amount of time I have spent on the Committee is buried somewhere in the archives! I have been a member of Bedford Harriers for 28 years. With a background of admin jobs, I have reorganised the membership and renewals processes to make them easier and have a list of the membership number and name of every member there has ever been. I also liaise between committee and coaches and have been managing race entries ever since I can remember. I am passionate about the Club and running for sport, fitness and social reasons.

Social Secretary - Valerie Bird

I have been a member of the Bedford Harriers for almost 24 years joining in September 1988, my first coach was Jennette Cheetham. I became a committee member in 2004/2005 and still I'm serving on the committee after 17 years; I have been Social Secretary for more than 10 years. I have helped organise three of our Anniversary events, the 25th, 30th and 35th. I had the honour of being club lady of the year 2014.



Race Management - Beverley Gous



I embarked upon a C25K programme in 2014. Apart from parkrun, I ran alone and did a number of OC races. I chose the Bedford Harriers Half Marathon in 2016 as my first half and joined the club a few months later. Injury prevailed itself and I opted to volunteer for the Club's 2017 half marathon race. My running hasn't ever got back to my early performances, and I've lost count of the number of times I've restarted C25K, but I'm happy run-walking 5k+ distances and helping stage the Club's races. I took over as Race Director of the DA5K in 2020 and joined the committee as Race Management Secretary in 2021. My day job - I'm a Registered Childminder and get paid to sing nursery rhymes (really badly, I might add) and play all day.

Team Management - Peter Pack

Although I have been a member for over 20 years, I have only recently become more involved in the running of the club having joined the Committee a few years ago. I also assist with Team Management and volunteer at as many Harriers events as I am able plus marshalling at the London Marathon and volunteering at park run. I also now help coach Group 5 and in 2019 led a successful Beginners group. My running level is best described as 'social' with coffee and cake being a prerequisite for a weekend run.



Mental Health Champion - Vicky Shaw

I first joined Bedford Harriers in April 2013 having already signed up for a half marathon. My plan at the time was to train for and run the half marathon and hang up my running shoes!!!! I volunteered to train and become our Club Mental Health Champion (you can find more information about this on the club website or speak to me on a club night) in 2017 and at the same time was asked to join the committee, which I agreed to as thought this would be a great opportunity for me to give something back to our club.

When not running or attending committee meetings, I am a busy mum to my son and I love spending time with my family & friends; in recent years pursuing my other interest of paddleboarding.

I also bring the following experience/skills to the committee:

- Previously a PTA member at a lower school for 5 years
- Been a volunteer speaker and fundraiser for a national charity for 15 years
- Hold a Mental Health First Aider qualification



General Committee Member - Elaine Massie

Improving my 5k time was the catalyst for me to start running back in 2018; a friend then suggested I join Bedford Harriers as he thought I'd enjoy the races and the social aspects of the Club as well as the running. He was absolutely right! I'm probably best known for my speed – rather the lack of it! I love the fact that even I, a seriously slow runner, have been embraced by the Club and this inclusiveness is definitely one of our many great features. Gill Fullen did a presentation to the beginner's group during which she unknowingly threw down the gauntlet leading me to triathlons. I took part in my first triathlon in 2019 and realised it isn't just my running that is slow!



I was co-opted onto the Committee during 2020 and have served since as a general Committee Member representing the Multisport Group and also organising the 2021 Awards Night that never happened due to the pandemic. As a psychology teacher and former insurance risk consultant, I bring various skills to the Committee including organisation, statistical and analytic skills, teamwork and empathy. As a quartermaster's daughter I bring the storekeeping skills needed to help maintain the Club's kit and organise the container getting kit ready for our races. I'm also the Editor of *Up and Running* and have recently taken on the editorial role of *On the Run*.

General Committee Member - Niki Jones



The "bug" was caught after a small group of my neighbours decided to get fit and we started to run/walk. After 6 months we were all at different levels so it became quite challenging and annoying, so I looked into joining a running club

I came across the Bedford Harriers and rocked up one day in September 2014. There I was taken under the gentle wings of David Prior who quickly brought me up to speed in his group. I then moved up to join Steve Gaunt. It was Steve who then developed me into an award-winning runner as well as getting my silver times only the following year to miss out on gold in every race by seconds. I can only now dream of those times!

I became a coach in 2016 and very much enjoy the role and commitment, the Harriers really is my second family and has been for many years. For those of you who know my personal circumstances I would not have got through 2020 to now without this organisation and its members.

Whilst I'm not running and volunteering at the local rugby club stewarding, I have a full-time job in finance, working in hospitality. I bring along to the committee a sense of humour, financial analysis as well as the commitment in making Bedford Harriers a part of the Bedford running community for many years to come.

General Committee Member - Mark Taggart

I have been running on and off since I enjoyed cross country at school. After focusing more on rugby and martial arts, I was in my early 30s when I started to get more into taking running seriously. I plucked up the courage to join the Harriers in 2009, and have never looked back. PBs tumbled in the first couple of years with the proper training – something sadly I don't see much of these days!

Listening to others and seeing what they had achieved – most notably Ronnie Singleton's account of the Marathon de Sables – spurred me on to try more adventurous things and in the last few years I have completed events including 100k ultra runs and several half iron distance triathlons.



This is my second stint on the committee, having been a member for several years previously, where I was on the sub-committee for team management. Given the transition period we are in, I decided to re-join to offer some support, a little "history" of what we've done before and some of the people skills I have in my day job leading a team that delivers leadership development and training across a global organisation. I have also been the primary administrator of our Facebook group since it launched, and I aim to expand into supporting some of our more external facing social media ages in the future.

General Committee Member - Rob Burrells

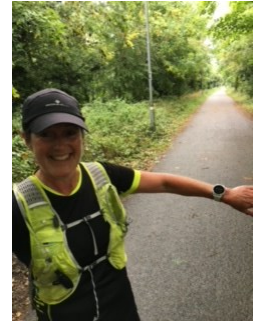


I am Bedford born and bred. I run a shop in Castle Road specialising in antiques, new and used furniture, and fitted furniture. I have been an active runner since 1980. I did my first half marathon in 1981. I, along with seven others including Bill Steele, founded Bedford Harriers in 1985. I am proud of Bedford Harriers, I am a life member, and a vice president.

General Committee Member - Steve Gaunt



Senior level 2 performance coach with 35 years' experience with 28 being with the Harriers. Presently coaching group 5 plus the Friday Track and circuit sessions. Former Club Chairman and race organiser.



General Committee Member - Bev Tredget

I joined the Harriers in August 2008 after being persuaded to do so by a work colleague, Anna Didier. I had run as a child and thought running clubs were only for fast serious runners, so was quite reluctant to join initially, but the Harriers proved me wrong! I joined Steve Crane's group which is now group 3. After a couple of years I started to help organise the Saturday runs and group social events and finally took the plunge and completed my run leaders qualification around 8 years ago. In recent years I have helped organise the Saturday morning trail running, including Grizzly training.

Professionally I am a Senior HR Consultant and workplace Mediator, managing a team of 11 HR Consultants operating in the education sector. I will bring to the committee my love and enthusiasm for running and our club, as well as my mediation skills and knowledge and experience of team management and employment law.

General Committee Member - Carolanne Gibson

I joined Bedford Harriers in 2017 as someone who was new to running and I was welcomed into the Club by everyone that I met. I completed the Beginners Group and progressed through.



I then discovered the Jeff Galloway method of Run/Walk/Run and my passion began. A passion that I wanted to share with others. So I took my Leadership in Running and Fitness (LIRF) training and became a Coach enabling the first Run/Walk Group at Bedford Harriers to be formed in January 2020.

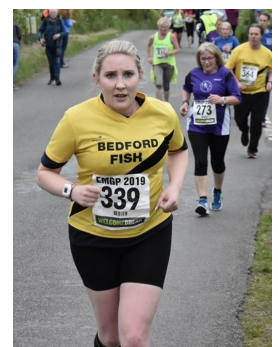
I joined the Committee this year as this was the next natural step to being part of a new forward-thinking Committee and with my passion and insight into this new group for the Harriers, I can now be part of the bigger team.

I want to achieve a holistic representation for anyone who is interested in being part of the Harriers so that everyone is able to achieve their own 'best' in a safe, supported and encouraging environment.

General Committee Member - Debi Fisher

I joined Bedford Harriers in 2018 as part of the coach-to-5k programme and haven't looked back. I was running intermittently before joining the Harriers and have seen a significant improvement in my running since joining the club. I am also training to become a coach for the club.

I volunteer at most Harriers events and look after the Club's Instagram account. Just before lockdown I was an ambassador for a running events company in Dorset, so I am hoping I can utilise that experience to promote Harriers events and the Club on social media. On a final note, I work in purchasing so am hoping I will be able to put my negotiation skills to good use at some point to benefit the club.



General Committee Member - Helen Whiting



I joined Bedford Harriers 4 years ago, starting with the beginners group. At this time, I had been attending the gym for a year and completed the Couch to 5k app on my own, but prior to that I wasn't athletic at all. In fact, PE was my least favourite subject at school!

Since joining, I've really enjoyed getting to know fellow Harriers across the groups during our training nights, social events as well as volunteering and running at many races.

This year, I've decided to take a more active role in supporting the Club and give back for the support it's given me. This is my first year on the Committee and I've already started looking at the inclusivity of the Club and how we can get more involved with different areas of the local community. I've also just started my coach's training and I'm looking forward to supporting and meeting more Harriers through this role.

General Committee Member - Lorena Henderson

I first started running in 2009, joining the Harriers later that year. Apart from a short break last year, I have been on the committee since 2011. I became the club statistician in 2014 and have been preparing the stats for the annual award night every year since that time. I became a coach in 2014 and am currently with group 5.



General Committee Member - Veronica Singleton-Lawley

In 1978, I took up jogging twice a week with a girlfriend at university, specifically to be able to



“keep up with the boys” on exercise in the Officers Training Corps (Territorial Army for students). Together we ran our first race, the 1982 Cardiff Marathon, and both said: “Never again!”. But we were hooked – Ann took up orienteering, and I joined Les Croupiers Running Club in Cardiff. Running highlights included being selected for South Glamorgan, representing Wales in European Clubs competitions in Italy and Portugal, gaining a Welsh Masters cap and winning the Police National Cross-Country Championships. On the administrative side, I was club captain for many years, and also Welsh Team Manager for road and cross country.

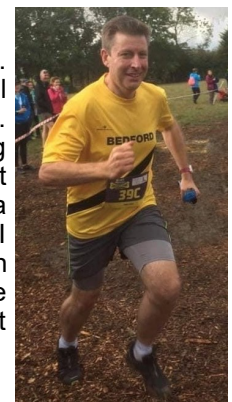
I moved to Bedfordshire in 1996, where I met Viv Kilgour (who I'd known in Cardiff) at a race in Sharnbrook. She told me about Bedford Harriers, and the rest is history.

Twenty-six years later, I've finally succumbed and joined the committee. A keen environmentalist, I have made a few suggestions to the committee over the years regarding sustainability (awards, race mementos, litter picks, etc). Being semi-retired, I hope to now have the opportunity to contribute more fully to the club in researching and developing those ideas.

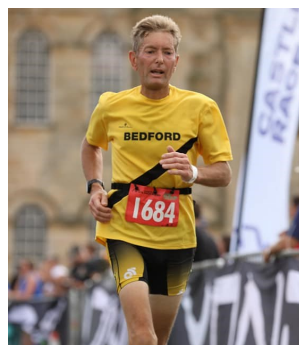
I love racing (5k is a bit short and fast for me these days, but I have over 60 marathons and ultras under my belt, and am a London Marathon pacer). Vegan since the age of eight, I'd be happy to share my personal experience of vegan nutrition in sport, or any other aspect of my training, while I have no formal qualifications in these areas, I do have plenty of experience and enthusiasm!

General Committee Member - Tim Southam

Hi! I have been a member of Bedford Harriers since I joined the beginners group in 2018. Previously, I was very much a non-runner, in fact I did not partake in any form of physical exercise although I did spend a number of years competing in motorcycle races around the UK. Since joining the Club, I have taken part in many events including Harriers organised Doug Anderson 5k, Bedford Harriers Half Marathon, Oakley 20, as well as many others, most notably the London Marathon in 2019. Outside of the club, I am the Managing Director of a Recruitment Business and my responsibilities are for the Operations across England & Wales. I live with Louisa (a fellow Harrier) as well as two teenagers and two dogs - the latter being much tidier! I am delighted to be able to represent the Club on the committee and I hope, in some small way, to be able to serve the club membership by offering my skills, expertise and support for both current and future members.



General Committee Member - Richard Lawson



I only came along to the Beginner's Group in 2018 to keep Elaine (Massie) company, having spent my whole life hating even the idea of running - and was very surprised that I actually quite enjoyed it! A similar route led me to start doing triathlons the following year...

My favourite events so far have been Grizzly Cub (3 times), Castle Howard triathlon and last weekend's 24 swim relay at Shepperton in aid of Level Water - probably no coincidence that all of them seem to involve eating a lot of cake...

Since I retired from being an actuary, I've had plenty of time to volunteer at Harriers events and to get involved with the awards process. Sadly, I enjoy playing with spreadsheets so was very happy being the stats geek for the virtual events during lockdown!

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.

Committee Chair - the First Two Months

I was deeply honoured when elected as Committee Chair in March, especially as I was succeeding Steve Crane who did such a sterling job over many years. On behalf of the Club, thank you Steve for your hard work and dedication.

I did wonder what I had let myself in for when the AGM elected a committee of 22 members. I do have to say however our committee meetings are productive and everyone is 'stepping up to the plate' and I see that we will make significant progress during the committee year.

Some of the things we are working on include progressing a refresh of the website; this is in the early stages so I don't know where it may lead; following a challenge from a Harrier member we are working to see how the Club can be more representative of the rich cultural mix of Bedford and what we need to do to enable our ladies to take on more officer roles on the committee.

We had a successful Ukraine support evening with over £1,200 being donated, this collection together with an all-club social resulted in a fantastic evening for all.

As a result of holding three Harrier races this year, the Committee has agreed to fund the Friday track sessions, more about the races later.

We will be celebrating our 35th Anniversary with an Anniversary Ball taking place in mid-June with over 120 Harriers and guests enjoying a three-course dinner in our 'glad rags' with a guest speaker and dancing to a live band. The actual anniversary was in 2020 but as a result of Covid the Ball had to be postponed to 2022. Special thanks to Val Bird for all her hard work organising it.

Looking forward we have Harrier races in July, August and September, in the form of the Doug Anderson 5k, Bedford Triathlon, at Olympic distance and Oakley 20 respectively. The success of these races requires Harriers volunteering so we can use the profits for the winter circuits, team events such as Greensands Ridge Relay and Round Norfolk Relay and future social events, so please make sure you support our races.

During the summer there will be a Couch to Sprint Triathlon training programme and together with the ongoing runner's beginner's programme, there is much the Club has to offer not only to its established members, but also new members.

Finally, I am heartened by the number of younger committee members we have, the Club's future is assured. Committee work is a challenge, needing the individual to hone their debating skills, thinking on their feet and being prepared to work in small groups, all in a voluntary capacity. I want to encourage involvement by all and am happy to provide references to any committee member when applying for new positions in their work.

That's all for now, I will give another update later in the summer/early autumn.

Chris Capps

Chair, Bedford Harriers Committee

Volunteers/Marshals Needed!

Please note that we have 3 Bedford Harriers events this summer - DA5K - 20th July, Bedford Triathlon - 14th August and Oakley 20 - 4th September. Nearer the events emails will be sent out asking for volunteers for various roles including marshalling, race set-up/take-down etc. Please volunteer. A lot of the feedback we get from our races is about how wonderful, friendly and supportive our marshals are. You, the members, make these event happen and a popular choice for participants.