



# Up and Running

4<sup>th</sup> February 2023

Issue 16 -The Chris Leigh Edition Vol. 2

## Christmas Social by Bev Tredget

On Wednesday 14<sup>th</sup> December 2022 around 75 Harriers braved the snow and ice to participate in our annual festive event. Six groups wrapped up warm and either walked or ran the quiz route around the centre of Bedford answering 12 loosely Christmas based questions along the way. Once back at the Stadium everyone enjoyed a hot drink and festive treats as well as a welcome catch up with other Club Members. Most groups answered all 12 questions correctly so the winning teams were decided by the additional local knowledge tiebreak questions.

As the evening drew to a close, the annual volunteers draw and London Marathon place draw winners were announced by Richard Watson and Chris Capps. Congratulations to Stuart Knight for securing the VLM place and to all our winning volunteers, we really couldn't run our Harriers races without you!

A big thank you to everyone who helped me plan the evening, set up the tables and chairs and clear away afterwards. If I try to list everyone's names I'm bound to forget someone, but you all know who you are!

Finally, if anyone is still wondering when the BBC started to broadcast in secret from Bedford Corn exchange, it was in 1941.



## **Membership Renewals**

As a proud member of Bedford Harriers, please remember to renew your membership in a timely fashion and check the details we hold for you. If your email address or postal address is incorrect, you may miss vital information being circulated and it could mean you miss your membership renewal.

Those paying by bank transfer instead of using the link on the website need to use the link to check their details as well.

## Dates for the diary

5<sup>th</sup> February 2023 - **3 Counties XC - Sharnbrook**

8<sup>th</sup> February 2023 - **Food Bank Run & social** in Top Floor Bistro

26<sup>th</sup> March 2023 - **Oakley 20 - Entries Open! Please SIGN UP to volunteer!**

23<sup>rd</sup> April 2023 - **London Marathon - email [hello@bedfordharriers.co.uk](mailto:hello@bedfordharriers.co.uk) if you want a place on the Club coach**

19<sup>th</sup> July 2023 – **Doug Anderson 5K**

13<sup>th</sup> August 2023 - **Bedford Triathlon – Entries Open!**

## Club Championship Races

2<sup>nd</sup> April 2023 - **Sandy 10 miles**

9<sup>th</sup> July 2023 - **Wellingborough 5 miles**

19<sup>th</sup> July 2023 - **DA5K**

24<sup>th</sup> September 2023 - **Standalone 10K**

19<sup>th</sup> November 2023 - **St Neots Half Marathon**

## Multisport Club Championship Races

16<sup>th</sup> April 2023 - **The Stampede – Sprint Distance Duathlon**

2<sup>nd</sup> July 2023 - **Box End Sprint Triathlon**

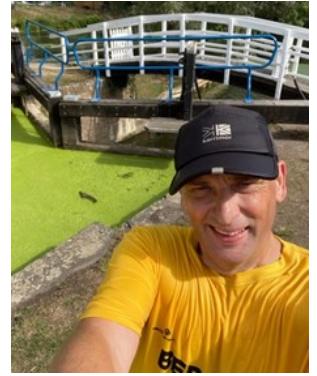
10<sup>th</sup> September 2023 - **Vitruvian Middle Distance Triathlon**

## My Marathon Challenge in 2022 - Part 3 - by Chris Leigh

### AUGUST 2022 cont

#### Marathon number 31 – East Hanningfield Self Navigation trail marathon

This was an off-road marathon where you were given a set of written route instructions at the registration desk just before the start. The instructions were clear but much of the ground we were running on was challenging. Very hard and uneven. No mishaps up until mile 21 just after checkpoint 3. The route then became a series of crossing ploughed fields! Seven in total! Apparently the farmer had ploughed them that morning - thank you Mr Farmer!!! Another great medal for this year's collection! My favourite section was when we ran long the Blackwater Canal and I could see lots of people enjoying water sports and there was a great ice cream shop!



### SEPTEMBER 2022

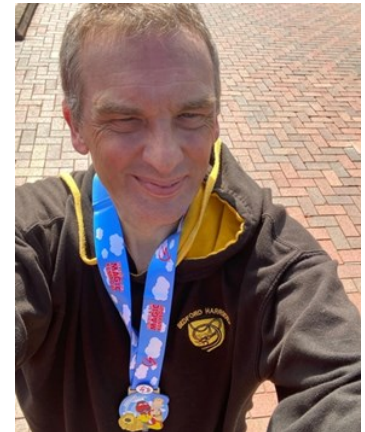
#### Marathon number 32 - Phoenix Track Wars marathon



As part of this year's challenge, I had to do at least one track based marathon! It didn't start well! The journey to Walton on Thames turned from the usual 1 hour 20 mins into a 3 hour trek, after the traffic ground to halt on the M25. When I arrived at the track the runners had already got an hour's head start on me. I certainly made good head way in the first half of the run but then my right foot tightened and caused my heel to become very painful. This has dogged me for most of 2022. I did what I could to keep moving. Running 106 laps is more of a psychological challenge than the physical one. The first half of my marathon was run in an anti-clockwise direction with the second half in a clockwise direction. I was surprised at how much I preferred running anti-clockwise, probably because that is how I have done all of my track training in the past (apart from warm up and cool downs). Job done. The medal from the event was massive!!! Literally the size of a large tea plate! That was my 90<sup>th</sup> official marathon.

#### Marathon number 33 – Saturn Counting Numbers trail marathon

Number 33 took me to Staines-on-Thames with Saturn Running. A revised route consisted of 6 x 4.4-mile loops along the beautiful towpath. It was very humid but not as hot it had been in the last few months. After the dreadful news of the Queen's passing the day before, I took a one minute silence at the far end of the route at 9am. I found this run helped me to reflect on lots of things. I loved the Magic Roundabout medal!!!



#### Marathon number 34 – Saturn Pretty Runners trail marathon

The day after number 33! I took a trip to Runnymede for a trail marathon with Saturn Running along the towpath to Staines and back eight times! The recent periods of heavy rain meant that the towpaths were now getting more challenging, with a mixture of very muddy and flooded sections. After the previous day's marathon, I did wonder how I would cope but after the first lap I got into a rhythm and my legs were ok. What was more challenging was just psychologically getting through the 26.2 miles. I hit a mental block between laps 4 and 6 but once I shook that off all was well!!! We had the added bonus of the Thames Towpath 100k passing through on the same section of towpath. It was great to see them and I realised that I was in much better shape than they were! (They were running over twice as far as me after all!) It spurred me on to get the run completed! So, marathon 92 completed and the 34<sup>th</sup> of 2022. Only 8 away from the 100<sup>th</sup> milestone!!!

#### Marathon number 35 – Great Ponton self navigating trail marathon



My third marathon in 3 days took me to Great Ponton for a self navigating trail marathon with the LDWA. These are great events where you have to follow written route instructions to arrive safely at a number of checkpoints. As a reward each checkpoint has food!!!! There were 5 checkpoints today across beautiful countryside in a figure of eight circuit. The rain held off, but it was incredibly humid, which made the whole run very energy sapping! The stretches along the canal and through the fields of cows were particularly pretty. At the end I was able to enjoy soup and apple crumble!

#### Marathon number 36 – Ricky Races trail marathon

One of my favourite locations for a lap-based marathon is Rickmansworth Aquadrome and the Ricky Races marathon gave me a chance to get back there! It was a much cooler day but still humid. Easier running conditions although as the morning went on there were more and more members of the public enjoying the park with their dogs. After cracking a rib at a fall on a trail marathon in July it had taken time to get back to fitness with my breathing, but I was getting at this point. I loved the Wacky Races themed medal!!! It was Professor Pat Pending today. I now have three in the series and have a chance to get a fourth in November (I have my eyes on Dick Dastardley!!!).



### Marathon number 37 – Saturn Running Moulin Run

Set in the Thames Valley Park, this run was organised by Saturn Running and consisted of 6 x 4.4-mile loops. It was a little cooler today so a very good day for running. The park was in lovely condition and the route gave us a great view of the river but also some of the pretty features in the park, including the lake. I managed to shave 10 minutes off of my time from Thursday, a sign that I was getting back to full fitness after the rib injury. The right foot and heel still wanted to go on strike from mile 13 onwards but I just told them to do one!!! That was marathon 95 overall and I can now see the 100<sup>th</sup> coming fully into focus!! I love the Wizard of Oz themed medal! I'm also looking forward to getting some cracking medals next week!

### Marathon 38 – Phoenix Running Purple Dragon trail marathon

This was a tough one for me. In my head I didn't want to run, the news about Ukraine/Russia was bad and I got held up in traffic getting to Walton on Thames to run the marathon. But I got there and I did it. To be honest, starting was the hardest part. I had great support from home and Phoenix Running and was rewarded with a fantastic medal. 38 down for this year and 96 in total. With just one day's rest before the next one, I was hoping to be more in the right frame of mind for that one!

### Marathon 39 – Phoenix Running Green Dragon trail marathon

I felt so much more positive about this run. I left home half-an-hour earlier and arrived at Walton on Thames over an hour earlier than for the previous run. That put me in a better frame of mind, although it was raining on arrival! The rain lasted for the first hour of the run, but it was still very humid. By the end of the run, I had largely dried out. Another great medal and I am looking forward to claiming my third on Sunday! That was my 97<sup>th</sup> attended marathon! I also picked up my Phoenix bronze wings as that was my 10<sup>th</sup> Phoenix event.



### Marathon 40 – Phoenix Running Black Dragon trail marathon

More positive vibes this morning for marathon number 98 and the 40th of 2022! Back to Phoenix Running at Walton on Thames for the Black Dragon trail marathon. The weather was perfect and I ran a fairly even pace for the whole run. Being a Sunday, the towpaths did get very busy in the last 10k so there was the added challenge of ducking and diving between dogs and toddlers!

### Marathon 41 – Phoenix NOT the London marathon AGAIN!



It was marathon 99 today (and 41<sup>st</sup> of 2022), the day of the London Marathon! I didn't run the official one! Instead, I was back at Walton on Thames with Phoenix Running and completed their 'Not the London Marathon' run. It started wet with heavy rain at times but by halfway the rain had stopped and it became quite warm. The tow paths were at the muckiest I have seen them this year and whilst initially I was avoiding the puddles, by the second half I was splashing my way through! Another great medal and a superb bonus souvenir pin of the queen. As it was my 99<sup>th</sup> I was also given a bonus Cadbury's flake – the connection to a 99 ice cream!

### Marathon 42 – and my 100<sup>th</sup>!!! – the Phoenix Steampunk trail marathon

After a cold start at Walton on Thames the sun began to creep out and warm us up. A perfect morning for running but I did struggle to get going. The harder I pushed myself the tougher it became. As it was my 100<sup>th</sup> I came to the conclusion that this was all about the celebration of the milestone and not the raw time. It rapidly turned into a long training run. Phoenix Running did a brilliant job with the event again and I was touched by their presentation at the end of the run with their branded 100 marathon relay and wings. So, at least another 10 marathons before the end of the year. It's countdown time!!!



### Marathon 43 – Running Miles Decade Dash trail marathon

The weather was not on my side when I got to the start by the Jubilee River near Slough. Rain and overcast but once I was wet then it didn't matter! Very different to when I ran it in July and we were having ice lollies each lap! I love the route because it has such nice views of the river. I've been struggling with heel pain in my right foot for several months now and it wasn't any better today, hampering my pace again.

### Marathon 44 – the Abingdon marathon

This was the fourth time I had run the Abingdon marathon, but it was 11 years since I ran the third. The day hadn't started well with weather of biblical proportions. As I drove to Abingdon there was lightning and heavy rain with more than a few cars aquaplaning! The parking area was a mile from the stadium so by the time I got there I was soaked. Oh well, it was going to happen at some point! The race was started by Liz and Martin Yelling bang on time. By the time I arrived at one of my favourite parts of the course along the river I was soaked through and shoes and socks filthy. I had to chuckle at the sponge stations. Seriously! By mile 10 the weather improved. The rain stopped and the sun came out. It got warmer and warmer as the race progressed. So much so that in the final few miles I saw a disproportionate number of runners in difficulties. I finished in 4 hours 19 mins and 1 second. Not as fast as I would have liked but given the state of my right foot, I was happy just to have finished! I am loving the race momento of a branded buff! So, number 44 completed and just 8 to go! The strategy - get those 8 completed as quickly as possible before my foot completely packs up!



### Marathon 45 – Saturn Hemerodromoi trail marathon

This was a return visit to Runnymede for a lovely trail marathon. The run had been set up to celebrate Richard Williams 300<sup>th</sup> marathon. What an achievement! I knew this was going to be a challenging run because right from the start the rain was lashing down! The run consisted of 6 x 4.4-mile loops first going west towards the Magna Carta and then east towards Staines. The west section had a newly laid gravel path in part but other parts were very wet, muddy and full of tree roots. As we went east on each lap the towpath was very muddy and wet. I was feeling the extra effort I had put into last week's marathon at Abingdon together with the painful right foot. So I approached the run more carefully and used a Jeffing workout to get me through it. Oh, and what does Hemerodromoi mean? It's Greek for 'day runner' and was used to denote long distance runners.

### NOVEMBER 2022

### Marathon 46 – Enigma Fireworks trail marathon

I knew I had overdone it earlier in the week with 3 runs and a gym session so this was always going to be tough! I've never run with Enigma Running or around Caldecote Lake. It was a cold start but dry. The run consisted of one 0.7-mile loop and then 7 full loops of the lake. After a couple of laps the sun started to shine through and it warmed up. I was glad I had come along with enough of my own energy drinks and gels, as I got to the end of lap 4 I definitely felt short on sugar and the gels were a big help. I dug in and got some relief from the energy drink and biscuits at the start/finish area. Never has a malted milk biscuit looked or tasted so good! The plantar fasciitis on my right foot struck at mile 12 and became a right royal pain. The painkillers didn't touch it. I had no choice but just to soldier on and do the best I could on one leg!!! Just 6 to go now!

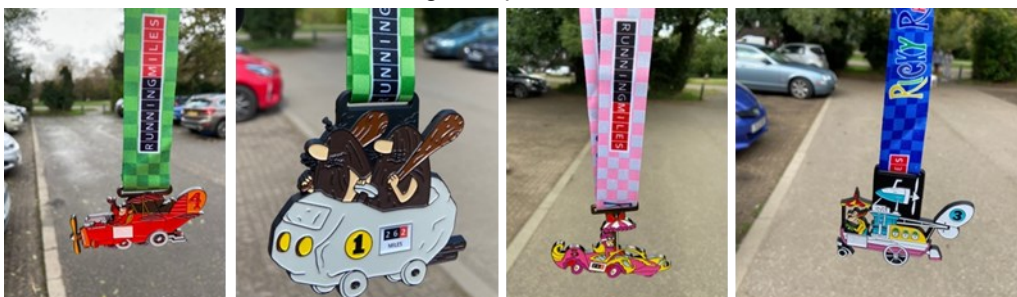
### Marathon 47 – Phoenix Armistice trail marathon



It was a very mild morning and still dark when I set off at 6:55am. The first of my 8 x out and back laps was very peaceful with lots of wildlife on the river. A swan taking off was quite a sight. I kept focussing on ticking off the laps as the light came and more and more runners joined me. The towpath was in fair condition with just a few sections that were particularly muddy. I kept an eye on the clock and I cleared Sunbury lock as the clock struck 11am. All runners stood still where they were and observed two-minutes silence. The last two laps were difficult for me given the pains I was experiencing with my right foot. Today was particularly painful around the heel and less so at the front part of my foot. It slowed me down but nowhere near as much as last week. It needs to be rested but I still have 5 marathons to complete before I can take that rest! On to the next one!

### Marathon 48 – Ricky races trail marathon (Rickmansworth aquadome)

I was back at Rickmansworth Aquadrome for the fourth and final Ricky races of 2022! It had rained heavily the night before and the lake and canals were at bursting point! The rain was still coming down at the start, so by the time I got to complete 4 laps and reach halfway, I was soaked. As soon as the rain stopped I was able to take advantage of a kit swap and get into a dry top! Much better! I love this park, even on a wet day it is very pretty. As the morning progressed more and more people were coming into the park with their dogs and a few times I became the meat in a sandwich of a dog fight! The medal was themed with Wacky Races and I picked out the Red Baron! These medals bring back great memories of the TV show that I grew up with and I have a nice mini collection of them!





### Marathon 49 – the Sundon Saunter self-navigating trail marathon

It rained throughout the week and this was an off-road, hilly route, what could possibly go wrong? The 27.8 mile route from Barton le Clay Village Hall was challenging, particularly the first half with steep climbs around the Sundon Hills. The section through Woburn Park was particularly good with terrific views of the herds of deer. A slip at a gate near mile 24 saw me covered head to toe in mud! The LDWA put on a terrific spread at the end to finish off a great event. 28 miles clocked up, number 49 for 2022 completed! Just 3 to go!

### Marathon 50 – Phoenix Running Intergalactic Friday trail marathon



A cold start improved gradually during the morning and that brought out more members of the public walking their dogs and feeding the geese/swans along the tow path. The company was much appreciated! Conditions were good underfoot and I enjoyed the run. There was the usual great support from the Phoenix Running team at the aid station each lap, What a medal! Just two to go!!!!

### Marathon 51 – Saturn Autumn trail marathon

With all of the rain in the last couple of weeks, the east facing course was not available, so we turned west! This allowed the use of a predominantly pathway-based course but it did have a wicked bridge crossing that had to be crossed over 16 times! The rain stopped 15 mins before the start and started 15 mins after I finished. I was pleased with my run, given the state of my right foot. The Saturn treats at the end of the run were superb as well. Just one more marathon to go to get to the 52<sup>nd</sup> this year!!! I am soooooo looking forward to it now!



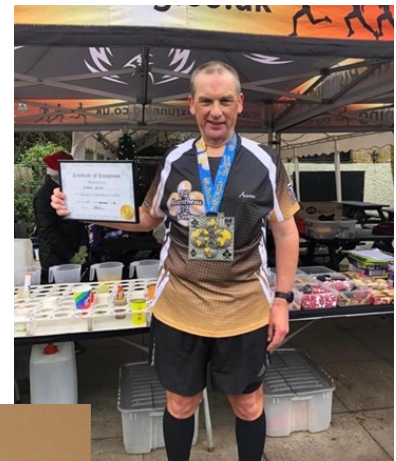
### Marathon 52 – Phoenix Christmas Advent marathon

A final marathon at Walton on Thames with Phoenix Running! When I started the challenge of 52 marathons in 2022 it was difficult to see this moment. In fact, my 52<sup>nd</sup> marathon was due to be run on 30/12/2022 but a series of events earlier in the year meant that I both needed to and wanted to finish the challenge earlier.

It was the coldest of the year for me and I actually needed gloves! I got into my run and ticked off the 8 laps systematically getting faster in laps 3 to 6, which is usually where I struggle. On lap 8 I helped a fellow runner who had fallen (thank goodness it wasn't me, I have a track record for spectacular falls!). As I finished, a certain Mr Mo Farah came through the aid station on his training run and I got a wave!

So, the challenge is over. 52 marathons in 45 weeks of 2022. What next? Back to running mixed distances, enjoying some quality training and getting back to some of my favourite races! I love running!

I want to say a huge thank you to my wife Sue, my friends and family and my running buddies at Bedford Harriers, you have helped keep me going through some of the hardest parts of the year. Your support has also enabled me to hit my fundraising target. Thank you.



## Bedford Harriers AC Kit Catalogue

We are pleased to launch the new catalogue for Bedford Harriers AC's kit.

The new catalogue offers members an increased range of kit featuring:

- New racing kit based on our classic design
- A range of branded training tops, beanies, buffs and bags
- Vastly improved quality of materials
- Enhanced eco credentials with vegan friendly items and most items made from recycled and/or sustainable materials
- Men's and ladies ranges with improved fit for ladies garments

Enjoy 20% off all orders of racing kit (t-shirts and vests) made before 10<sup>th</sup> February 2023.  
*Use the discount code "HARRIERS23" when placing your order online.*

Kit can be pre ordered in the following way:

- Online: <https://www.nolimitz.co.uk/clubwear/bedford-harriers/>
- Phone: 01234 350 720
- In person: No Limitz, 25 Shuttleworth Road, Bedford MK41 0HS

**Don't forget that when representing the Club at races (other than the London Marathon), members will still be required to wear the Club race kit – gold top with black stripe.**

Additional items in the kit catalogue are intended for training purposes only.

If you have any questions please email [hello@bedfordharriers.co.uk](mailto:hello@bedfordharriers.co.uk)

Happy kit shopping!

