



# Up and *running*

30<sup>th</sup> October 2019 Issue 5

## Squeaky Bone 3.5mile Relay 2019 – by Niki Jones

Bedford Harriers fielded 13 teams – men, women and mixed - on 29<sup>th</sup> September in the annual Squeaky Bone Relay Race.



For those of you who've never heard of this event, it's all off road, so a great opportunity to try out cross country running. It comprises of 1 loop of 3.5 miles and you run as a team of 4; the baton is a squeaky bone which you squeak when approaching runners and marshals. Once you've done your loop you pass to the next runner in your team and so on until all 4 have run.

Leg 2 runners also had the opportunity of running into a herd of cows, literally, "face to face"; the scream of Laurène Lee could be heard from the start line! Marshalls quickly got them back into their field and ended up marshalling both cows and the runners!



This year we experienced 3 seasons by the end of the event! Thankfully Steve Crane had brought along the gazebo; apologies to some of the Leg 4 runners as we weren't all there to greet you on your finish; selfishly taking cover from the rain, luckily some of us have a voice that can carry!

Note to self, if we have a team 99 and a team 66 don't get the bibs and bones mixed up!

Also, an early call out for next year can we please have a couple of subs, you can't avoid dropouts on the day due to sickness, but to save a runner doing 2 legs as I know full well what that's like, it would be ideal. Thanks to Sue Cross for running twice this year.

If you're thinking of taking part in the Three Counties Cross Country season this is a fantastic way to see if it's for you and then sign up.

Sadly, we only came away with our medals, but we'll be back next year to try and better this year's results.



## Dates for the diary

2 November - **Willen parkrun Harriers Takeover**

11 November - **Run and Revitalise** - meet at The Swan pub in Bromham

1 December 2019 – **Bedford Harriers Half Marathon – Entries now open!**

18 January 2020 - **Awards night**

8 March 2020 - **Grizzly 2020 – hills aplenty**

29 March 2020 – **Bedford Harriers Oakley 20 – Entries now open!**

26 April 2020 - **Virgin London Marathon**

13 June 2020 - **35<sup>th</sup> Anniversary Celebration** - Bedford Rugby Club

## 3 Counties Cross-Country

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

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

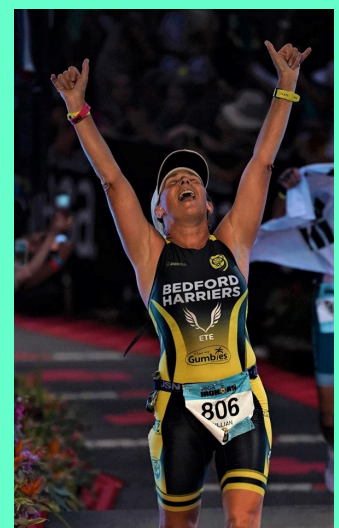
8th December 2019 - **Wootton Road Runners**

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

12 January 2020 - **Dunstable Road Runners**

## Congratulations to ...

Gillen Fullen on becoming Ironman World Champion AG F55. A massive achievement. Well done Gill.



### 3 Counties Cross Country 2019/20 – by Angie and Gary Finch

Cross country season is just around the corner ...

... 3 COUNTIES LEAGUE starts on November 3rd at Wellingborough

For those of you that are new to Bedford Harriers and/or cross-country; this is a league of 12 local clubs with 5 races in each season. You can run all or just 1 race. The races are well organised by the clubs and after the race there is free hot drink, a roll and cakes. Do come along and join in the fun.

Further details along with rules, scoring and prizes can be found on their web site - [threecountiesxc.co.uk](http://threecountiesxc.co.uk) .

The best bit - if you run all 5 races then you qualify for a beanie hat!!

In order to take part, you do need to register with Angie, and you will get a number, which you keep all season. If you ran last season, then there is no need to register, your name and details will automatically roll over. A lot of new runners have already registered.

If you change your mind and want to run, then let Angie know (via Facebook, email her at [hello@bedfordharriers.co.uk](mailto:hello@bedfordharriers.co.uk) or see her on club nights), as she can add you on throughout the season. Angie needs your Bedford Harriers membership number and date of birth.

This is for ALL runners, the races are about 5 miles, no timing but it's your finishing position that counts and Bedford Harriers pay for all your races!

See you at the races!

(Photo of Angie, hugging her score sheet and modelling a cross-country beanie!)



### Circuits - by Jacinta Horne

As the nights become dark and chilly, Bedford Harriers take themselves off the track and into the sports hall on a Friday night. At 6.30pm a warm up gets us ...erm ... warm, before we launch in to our circuits. You will spot Nette and I charging to the first station, singing "Let's start at the very beginning ...".

Circuits are designed to increase strength and stamina for upper body, lower body and core, along with some cardio. They can help you to run more strongly and efficiently, cutting down those race times. Each station has an exercise that you do for 45 seconds. Lower body can be burpees, step ups, squats or lunges, for example. Upper body includes biceps curls, press ups, bicep dips etc. Weights are used at some stations. Core strength may be crunches, leg raises, plank, wall sits etc.

Between each of the above 45 second exercises, there are sprints, walking lunges, sumo squats, jogs and frog jumps. If you want to work in a pair, one of you can do the exercise while one does the run/squats etc., then swap, or you can both do the same exercise together. As the winter goes on, the degree of difficulty will increase a little and there may be star jumps, mountain climbers, and wall sits added to part of the "in between" exercises.

After the first circuit there is an opportunity to dry off, take a drink and moan incessantly about how hard you have just worked. When everyone is ready, it all starts again. The finish might be just a cool down but, on occasion, some more strength exercises will be thrown in.

As with everything Bedford Harriers does, it is suitable for all abilities. Within your ability you can work as hard as you like. I did my first year of circuits last year and found it a great way to prepare myself for the weekend, feeling great that I had done an hour of exercise before cracking open the ...! The great thing is that it is just one hour and then you are done. It is also very sociable and you will get to see and talk to those outside your usual running group.

Circuits are greatly subsidised by the club who pay for a qualified instructor and hire of the hall. All in all £3 well spent in my opinion.

### November Run and Revitalise

The November Run and Revitalise is on Monday, 11th November. Meet at 6:30pm at The Swan pub in Bromham.

The is will be the 4th Run and Revitalise which offers a chance for any club member to take part in a no pressure 5/6 mile run with the aim to simply refresh and revitalise the mind. If any club member attending wishes to bring a guest (as long as they are aged 18 or over) to join in they will be made welcome. There will be a chance to enjoy a post run drink and chat at The Swan afterwards.

## Meet the member: Steve Crane - by Carole Darnell

### **How long have you been a runner and a Bedford Harriers member?**

I joined in December 1999, so I'm just coming up to my 20-year anniversary. My first coach was Iva Barr, a name well known to many of you. Although I had competed in a few races before I didn't run regularly until I joined the Harriers.

### **Do you have any special role or job at the club?**

I have been club Chairman since 2012. The Chairman is re-elected every year, responsible for over-seeing all aspects of the club. This includes financial, legal and insurance, health and safety and data protection.

I am also Race Director for some of the Harriers races; co-ordinating the whole event. This is not an easy job as there are no rehearsals; you don't get a second chance to get things right once the runners have left the start line.

### **What is your favourite pre-race meal and 'go-to' post-race snack?**

Before, I have my normal breakfast of porridge, but will adjust the time to suit the race start time. Afterwards I always crave poached egg on granary toast.

### **What is your favourite race?**

It has to be the Round Norfolk Relay held each September. There are 17 legs around the County border and coast-line with 24 hours for the team to complete the whole distance. The legs are not all the same length and some of the runners have to be prepared to run through the night. It's a sociable event with members of the Club working together supporting each other. There is lots of friendly rivalry between the teams and altogether a great event.

### **What is your best running or race memory you can share with us?**

Watching Club members who've worked hard to achieve their dream is something I enjoy. I have great memories of watching Bedford Harriers members in Ironman Triathlon competitions in Barcelona and Austria pushing themselves out of their comfort zones.



### **Do you have lucky pants, socks or pre-race ritual that you are not too embarrassed to own up to?**

Not sure if you would call it a ritual, but I always check the start and finish. For me it's not enough to know where they are, I need to actually see them. I would hate to go the wrong way as I have seen runners do or even miss the end of the race completely.

### **What advice would you give to new runners?**

Easy this one – join a running club! For the motivation, the social aspect, the comradeship, the running advice but mostly for getting you out of your front door on a cold and dark evening.

### **Do you have time for any other hobbies or interests?**

I am an official course measurer, trained and certified by 'The Association of UK Course Measurers'. You may have noticed many races have a certificate displayed which means the distance they advertise is exactly the distance you will run. Check next time you race! The measuring is done using a 'Jones counter' fitted to a bicycle front wheel and, you guessed it, yours truly has to cycle all the way around the course. Luckily the certification lasts for 10 years unless anything changes – for example new road layout and often only the part that has changed has to be re-measured.

All of the running races that the club uses for club championships and members use for the club awards must be officially measured, except cross country and trail races.

I do find time for some DIY and theatre going, particularly my favourite - musicals.

### **Where is your favourite place to run?**

This would be Pinchmill Islands at Felmersham, looping through Odell and Sharnbrook. Just a lovely part of the Bedfordshire countryside to run in.

### **Do you plan to run on Christmas Day?**

Yes, definitely, but just a short run to build up my appetite for lunch.

## Meet the Member Feature

We plan to make 'Meet the Member' a regular feature. If you have any suggestions about who you would like interviewed and what questions you would like asked, please let us know via [bedfordharrierscomms@aol.com](mailto:bedfordharrierscomms@aol.com).

Our next 'Meet the Member' interview is with **Bill Tallentire** - let us know what you want him to be asked!

## Parkrun Takeovers - by Elaine Massie

Over the last month a large number of Bedford Harriers have been touring around different local parkruns to run and also to volunteer as marshals, scanners, timers, finish token giver-outers, tail-walkers and pacers. The aim was to promote the Bedford Harriers Half Marathon which takes place on 1<sup>st</sup> December 2019, but also to promote the club and help in this weekly community event.



The takeovers to date have been very successful, with our largest turnout of Harriers at the first takeover at Bedford parkrun on 5<sup>th</sup> October. 37 Harriers volunteered, with many more running in club strip. We provided a number of pacers of varying speeds who were gratefully followed, helping 67 runners get a PB on the day!

On 12<sup>th</sup> October, we visited Great Denham parkrun and again filled the roster of volunteers and provided another group of pacers. Claire Rulton and her sons were 35 minute pacers and helped Leanne achieve a PB - she was so grateful she posted on the Great Denham parkrun Facebook page the following:

*"Just want to say a massive thank you today to all the marshals but mainly to the 35 minute pacer,*

*Claire! I smashed my PB today just by keeping her in sight and though I really tried to keep up, I am not quite there yet! Hurrah to Pacers....hopefully it will become a more regular thing. As a less confident runner it really did push me to work harder!"*

19<sup>th</sup> October saw a trip to Millennium parkrun at The Forest Centre in Marston Moretaine. Again, we saw a good number of Bedford Harriers filling the volunteer roster and once again providing a number of pacers of different speeds.



Our last takeover is this weekend, on 2nd November, when we will be visiting Willen parkrun in Milton Keynes.

## Virgin London Marathon Draw - Unsuccessful Ballot Entrants

Don't forget to send your rejection slips to Richard Watson, so you can be entered into the volunteer draw for a London Marathon place. Either forward the rejection email or a scanned copy/photograph of the rejection slip to [richardwatson942@btinternet.com](mailto:richardwatson942@btinternet.com) or pass the forms physically to Richard or Steve Crane as proof of rejection to enter the ballot. The draw will take place on 18th December 2019.

If you haven't already volunteered at a Bedford Harriers race this year, and want to enter the club volunteer ballot, it's not too late, there are plenty of volunteer opportunities for the Bedford Half Marathon on 1st December 2019 (plus set-up opportunities the day before)!

For further details, see the email sent by Richard on 20th October 2019.