



# Up and *running*

8th December 2019

Issue 6

## Wellingborough Cross-country - 3<sup>rd</sup> November 2019 - Elaine Massie

The first of the Three Counties Cross-Country races took place on a wet and gloomy Sunday morning. The ditch was quite high and flowing quite fast and didn't look that inviting! 62 brave Harriers took part in the race; while the weather cleared and it was a dry race, the rain the previous day meant it was a muddy affair, luckily shoes were cleaned off to some extent in the ditch!

Philip Jamieson was first Harrier home and 14th overall and Sally Knight was first female Harrier home. In terms of team results, the men came 6<sup>th</sup> and ladies 4<sup>th</sup> and as a team we were 4<sup>th</sup> overall.

The second race was at Wing, hosted by Leighton Fun Runners on 24th November 2019 and included a big, muddy puddle, with the third being at Wootton today - no puddle but lots of mud. The next one is on 15th December at Standalone Farm in Letchworth. Don't forget to sign up, either on the noticeboard at the stadium, or by contacting Angie Finch by e-mail or Facebook.



## Dates for the diary

9 December 2019 – **Run and Revitalise**

18 December - **Virgin London Marathon Harriers Volunteer Draw** - Stadium Bar around 9pm

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

9th August 2020 - **Bedford Triathlon**

## 3 Counties Cross-Country

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

12 January 2020 - **Dunstable**

## Start line nerves

Can all runners make their way to the start now  
These few words fill me with dread  
I cannot do this

Surrounded by people  
They're so young, so fit, so slim

Head down trudge to the start

But wait  
Don't I know you?  
Your in my running club  
Your in my running group  
We can run this together  
High 5

Bang goes the start gun  
I was born to do this  
Together we fly  
Game on

*Bedford Harrier Runner-Poet*

## Awards Night - 18th January 2020

For those of you who are new to the club, here is a bit of information on the Awards Night. Each year the club hosts an awards evening at The Addison Centre in Kempston. It is an evening to celebrate the achievements of the previous year and includes a buffet meal and the presentation of various awards. These awards include the Club Awards - the Standard Award is for completing any four races (road or trail) as a Bedford Harrier, with achievement-based awards from Copper to Fire based on age-graded performance (WAVA percentages) at four different standard distances. Other awards include the Club Championship Awards, top 3 male and female runners plus top age group veteran. Those who have run an ultra or a marathon also get an award. The Triathlon and Multisport group also presents awards, including its Club Championship Awards. Finally, the Club Man and Club Lady Awards are presented.

### CLUB MAN / CLUB LADY

Nominations for our most prestigious awards are now being accepted at [hello@bedfordharriers.co.uk](mailto:hello@bedfordharriers.co.uk).

Remember these awards are for **SERVICE TO THE CLUB**, not for sporting achievement. Please nominate the club member you think deserves to be on the voting list this year. It can be anyone who has helped Bedford Harriers to continue providing a great service to its members, especially if they are behind the scenes and aren't usually recognised for their efforts. We take your nominations and compose a short-list from these names for final voting.

## 18<sup>th</sup> December 2019 - Pasta Night in the Bar followed by Virgin London Marathon Draw

The draw for the Bedford Harrier volunteer places in the Virgin London Marathon will take place around 9pm in the bar. Make a night of it, run with your group and have a meal in the bar afterwards. There is a pasta night - sign up for this on the sheet on the noticeboard in reception.

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

## Your Club Needs You Meeting - Neil Loader

A huge thank you to everyone who joined the 'Your Club Needs You' meeting on 13th November.

We held a really constructive session discussing the future of the club race events.

There were many fantastic ideas for refreshing our races and even talk of trying some different events; more details will follow once we summarised all those ideas.

The first area which we agreed needed more work and could be started immediately was the marketing of our events, including improved use of social media.

If you feel you have something to offer the club or would like to get involved with this aspect we'd love to hear from you. You don't need to be a marketing professional to help us, we need enthusiastic members with ideas about what can be improved.

Anyone who would like to get further involved can speak with anyone from the committee, speak to their coach or contact us through [hello@bedfordharriers.co.uk](mailto:hello@bedfordharriers.co.uk) <<mailto:hello@bedfordharriers.co.uk>> .

## The Grizzly - 8<sup>th</sup> March 2020

If you have a place in The Grizzly but can no longer take part - please let Ian Kingstone know as there are a few Harriers who do not have a place and would love to run it.

## Meet the member: Bill Tallentire - by Carole Darnell

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

Being a founder member of the Bedford Harriers in 1985 I was there from the start. But my love affair with running started a couple of years before then.

Football was always my sport and in 1983 I played for a local team The St Cuthbert's FC. A friend told me he had run the Bedford half marathon and had even enjoyed the experience, so I decided to sign up for the race too. I joined the Bedford and County Athletics Club and my running career had begun and I hung up my football boots. In 1984, I ran the London Marathon which had started in 1981.



Altogether I have run 4 London marathons - 10 marathons in all plus dozens of 10-mile races and half Marathons. In my early days of running most races were longer distances. I now feel I am in the autumn of my running journey, but I am determined to keep going for as long as possible.

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

For the first 10 years I sold the club kit which I stored in my garage at home, loading it into the car each week. I have also served many years on the Committee, which I thoroughly enjoyed. I now love to help out at the Harriers races and proud to say I have rarely missed an event in my 35 years.

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

A few years back when I did lots of racing carbohydrate loading was the vogue. I remember pasta, pasta, pasta for the week before. After a race or run, nothing in particular, but I always enjoy a nice cup of tea.

### What is your favourite race or run?

When the evenings start to lengthen in the Spring I look forward to training off the main roads. The track to Danish Camp is one of my particular favourites.

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

I always remember the half marathon I ran in under 90 minutes. It was The Cambridge Festival in 1984, gun timed not chip timed. My time was 1 hour 29mins and 59 seconds a close shave but still proud of my achievement.

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

I love to welcome new runners at the club and enjoy running with them as they start their journey. I say to them 'Running never gets easy' but think of the longer picture and don't give up. Joining the Harriers club is the best thing you can do because of the support you will receive and the great social side.

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

Not a lot of time left after running, but I do enjoy cycling and gardening. Top of all though is family time – spent with my lovely children and grandchildren.

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

No, not for me thanks. For many years a group of us raced on Boxing day, a 10-mile local race in the early 80s, which ran from Bedford to St Neots, which later changed to a loop around Cople.

So now I reckon I can enjoy the festive season guilt-free and spend time with my family.



## 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 **Larry Corkrey** - let us know what you want him to be asked!

**Why is being a Bedford Harrier so good?** This was a question asked recently by the social media team on the club members' Facebook page. We thought we'd share some of the responses with you all here.

*"I love the friends I have made, the chats that I have, and the encouragement I get." - Andrea McGrellis*

*"I love to chat whilst I run and it's more motivating!" - Sarah Crawley*

*"... I would not ever in my lifetime run up and down cemetery hill 12 times or around the track 12 times without the group. That and the craic!! Great banter." - James Shea*

*"For me it's the company, the help when running feels tough, the accountability to the rest of my group, the variety in training and bringing to such a great club. I'm very proud to wear my Harriers kit." - Jenny King*

*"I love the fact that the Harriers is so inclusive of everyone that turns up to run." - Jeanette Cheetham*

*"I've met some amazing and inspiring people that have encouraged me to follow my running dreams" - Caroline Diggle*

*"I have made great friends through running and even is great to vent some troubles away. Personally the last few runs have been very uplifting and motivating for me for my mental health. Great running friends that have been there for me" - Elsy Lacy*

*"One word "encouragement"!" - Chris Fadden*

*"Love being part of a group and the extra support and encouragement. I always feel better afterwards and even enjoy doing the plank now! ... [I] have made some wonderful friends and hope to be back soon" - Sonia Gallaher*

*"So many benefits to being part of a running club... Well Bedford Harriers anyway..."*

- \*Friendship and motivation*
- \*Safety in numbers*
- \*Being part of a team, everyone knows the Bedford Harriers and its great getting cheered on at races!*
- \*Great hints and tips from like minded people*
- \*Great for your mental health*
- \*Fitness*
- \*Time for a good natter I could go on! I couldn't recommend it enough xx" - Lucy Āñēsì*

*"The best support you can ever have being in a group, I enjoy the running far more and there is always someone to keep you going and chat to!!! PS the cake meetings afterwards are pretty good too !" - Jazz Clark*

*"Personally as well, I think one of the most valuable resources you get from running as a club is the coaches. Thank you all for giving up your spare time to plan sessions, undertake training, learn new routes, and actually run the sessions both in the week and at weekends, in order to keep us going, make us stronger and keep us injury free." - Debi Fisher*

*"Running with the Harriers is amazing. I moved to an unknown area under difficult circumstances. But from the first time I walked through the doors I was welcomed and felt so comfortable. Everyone looks out for each other on training runs and motivates me to keep pushing boundaries. Never would I have thought I would complete a cross country and the atmosphere, encouragement and support was amazing. Thank you all Harriers" - Sara Brister*

*"Most of all Bedford Harriers is great for its inclusiveness and acceptance of everyone who wants to run. Being the fat girl at the back and still feeling that I belong and being encouraged by my team has been a massive experience for me. So many people in the club have given me the confidence to try things I'd never thought I could do, like xc, open water swimming, triathlons and running up and down hills in the Peak District. I have a couple of great friends to thank for recommending I joined" - Elaine Massie*

*"It's great for finding out about races and sharing transport. It's great for trips away. Who would go to Devon in March without Bedford Harriers? It helps you find weekend runs and gives so much more to its members than other sports clubs. It treats everyone equally, in my opinion, and gives you opportunities to learn the ropes of race organisation." - Jacinta Horne*

*"I don't push myself when I run alone. It's partly laziness, and it's partly a slight worry that I might conk out altogether. And it's nice to share running stories with other runners. And it's nice to see friendly faces when I*