



Up and *running*

1st March 2020 Issue 7

9,281 runners in a 10K race! Athens - November 2019 - Adam Hills

What was your greatest achievement of last year?

It can be quite easy to disregard how much we've achieved, especially if we're so focused on training today and booking up future races. So, it's worth taking a pause and to look back over the last twelve months. One



of mine has to be the Athens 10K road race, which I raced last November, on a humid Saturday evening. The race commenced at 5pm in daylight and for me, it finished in the dark, well with all the street lights on of course. I decided to enter this event as I had just flown in from Cyprus and visited my Greek relatives for the first time in 28 years.

I volunteered at the Expo Centre on the Friday in Athens, giving out runners' goody bags and managed to speak some Greek. I also volunteered on the Sunday morning from 7am, collecting runners' bags and sorting them into order for when they returned after the race. It was amazing to watch Komen, who's the same age as me, from Kenya winning the Athens Marathon in a very quick time, along with the other finishers.

Going back to the Athens 10K, I didn't know anyone but did manage to get speaking to an English runner who was in the same wave as me. What I can't get my head round is the fact there were 9,281 for just a 10K race and I finished in 57th place. That has to be one of my greatest achievements ever and it was simply euphoric entering the Panathenaic Stadium and the music was so loud that it felt like an outdoor disco! I would highly recommend entering an Athens race this November if you want a warmer climate and an extremely well organised event, with closed roads.

Dates for the diary

4 March - Run & Revitalise

8 March - Grizzly 2020 –*hills aplenty*

25 March - **Club AGM** - Bar area at the Stadium - 8:30pm

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

26 April - **Virgin London Marathon**

13 June - **35th Anniversary Celebration** - Bedford Rugby Club

9th August - **Bedford Triathlon** - **Entries now open!**

Club Championship Races

5 April - **Sandy 10** - **entries now open**

15 May - **Blisworth 5 mile**

14 July - **Milton Keynes (EMGP) 10k**

22 July - **Doug Anderson 5k**

15 November - **St Neots Half Marathon**

Multisport Championship Races

15 March - **Sprint Duathlon - Bedford Autodrome**

10 May - **Standard Triathlon - St Neots**

12 July - **Middle Triathlon - Ironbourne**

26 July - **Sprint Triathlon - Box End** - **entries now open**

18 October (date TBC) - **Standard Duathlon - Cowman**

29-30 August 2020 - **35th Anniversary Race - Chateau de Chantilly, France** - **Entries now open!**

Oakley 20 - sign-up to volunteer

The Oakley 20 sign-up sheet is on the noticeboard at the stadium and an email has been sent out to all members. Please sign-up quickly to avoid disappointment!

Bedford Harriers Half Marathon – The Setup – Elaine Massie

Bedford Harrier's races have a great reputation for being really well-organised with lots of helpful marshals. Many of you are those helpful and happy marshals who turn up on race day to encourage, clap and cheer the runners along as well as ensure they are safe and run in the right direction. But have you ever wondered how everything gets set up before you get there on race day?

The morning before race day, the van loading team arrived at the stadium. Armed with a list of all the kit required, this was gradually carried from the container and stacked into the vans. It's hard work, carrying gallons of water and an endless stack of cones, but there was a lot of banter which made it quite fun.

With almost the entire contents of the storage container packed into the vans, we all made our way to Wootton Upper School (WUS). The empty sports hall was awaiting transformation into race HQ. The contents of the vans were unloaded and stacked in a vaguely logical order, fortunately with the help of additional volunteers.



With piles of kit in the middle of the hall, we started to set up race HQ, while other volunteers loaded signs into their cars and set up the route. Last year when we volunteered, Richard and I had no idea what to do, but this year, with a little bit of experience, we had a vague idea of what needed to be done.

Within a few hours, the race HQ was set up and ready to receive the runners in the morning, toilets and changing rooms were signposted and the catering stand was set up. All the marshal point signs were ready for the course sector managers to put out on race day. Plus, a pallet full of water had been loaded onto a van ready for distribution to the water stations in the morning.



Richard was on ground crew on race day, which meant arriving at WUS for 7am. Work was soon underway to set up the finish gantry, the water station and the catering gazebo. Signage needed to be checked to ensure nothing had fallen off, the marshal points set up and so on. Soon other volunteers started to arrive along with competitors and the place started to buzz; before long the race was underway.

Once the race was underway, the ground crew dismantled the timing mats at the start and moved them and set them up at the finish line. Then they had a few hours off, to relax and eat bacon butties, drink tea before their next shift began. Once the last runner crossed the line, the finish gantry etc was dismantled, race HQ packed up and everything packed back into the vans – as with most packing, nothing seems to fit as well as it did on the way back, so some creative wedging of kit was needed. With the vans packed, we made our way to the stadium. Everything was unloaded from the first van and stacked back in the container. Water was once again carried and put on the shelves and the endless supply of cones was stacked alongside the road closure signs. The ground was a little wetter around the container and this van needed a push to get it going in the wet mud, while the other van had a flat tyre in the middle of the rugby field and the AA was called to fix it. This meant that everything in the big van needed to be moved into the small van, before being driven to the container for final unloading. Eventually it was all packed away until the next race.



We've only done this a couple of times, but it is clear that most of the guys who turn up to pack the van, set up the races and take it all down again and return everything safely to the container do so for most races. It is a small group of friendly guys and they work really hard, with a smile and the odd bit of sarcasm to keep us all on our toes. Next time the sign-

up sheet goes up for volunteers, think about volunteering for van loading and set up the day before (or during the afternoon for DA5K) and sign up for the ground crew – there can never be too many people and everyone is happy to explain what needs to be done to us beginners. It is hard work, but really good fun and without these guys doing it we really wouldn't be able to put on the amazing races that we do.



Club Warm-ups – Steve Crane

In general, warm-ups have the following benefits:

- Increasing the heart rate in preparation for exercise
- Increasing blood circulation carrying oxygen to the muscles in preparation for greater exertion
- Increasing warmth in the body, stimulating synovial fluid flow the joints
- Preparing the mind for exercise
- Helping to prevent injury
- Activating core muscle structure in preparation for exercise



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Every Club running night begins with a Club Warm-up. Initially the warm up will be gentle, walking and engaging arm movements, progressing to jogging, skipping and side stepping, followed by joint movement exercises such as leg swings and walking lunges and perhaps the introduction of some running drills, finishing with more vigorous exercises such as high fast knees and running on the spot.

It is very important to attend the beginning of the warm-up to raise your heart rate and warm your muscles before leaving the stadium. Our Club Warm-up is short, and it is likely that

your coach may have you do other warm up routines whilst out on the run before you begin your main session.

Please attend the Club Warm-up and support the coaches who take the time out of their busy schedules to lead it. Alternatively, you could consider leading a warm-up yourself. After attending a leadership course which, provided you are using it for Bedford Harriers benefit, will be paid for by the Club, you can be mentored to take the warm-up yourself. If anyone is interested, please contact me on bedfordharrierscomms@aol.com and I can let you know more.



Check your email address - Jacinta Horne

Bedford Harriers uses your email addresses carefully, sending out only relevant and mostly quite important information. For example, each month you get committee minutes which advise of what is happening behind the scenes. There is information regarding races and social events. Your membership renewal is sent via email in the first instance. Plus, we distribute Up and Running via email. We do not send anything that is not relevant to Bedford Harriers.

Please ensure that your email address is up to date. You can check the details we hold for you at any time. If you go on to our website home page you will find this, on the right-hand-side or at this link http://www.bedfordharrier.me.uk/membership/member_login.php. Please note you will need your Bedford Harriers membership number which can be found on your membership card in order to login to your account.

Runners Choice - Jacinta Horne

It was the first Saturday of the New Year. 15 miles was on the schedule and Tony was our lead.

Tony: *Before we leave, I must warn you that you will need to decide at the 2-mile point whether you are running 10 or 15.*

We set off in good spirits with lots of different chats going on. After about a mile it gradually got quieter and everyone begun to contemplate their options. Mile two finishes at the top of a long hill. We were all a bit jaded from Christmas and feeling the hill.

I went first with the excuses.

Me: *I haven't managed more than ten miles for weeks. Don't think I will manage 15.*

Jo: *I haven't gone past 8 miles.*

Hannah & Ian: *We haven't run further than half marathon and haven't run for two weeks.*

Hannah B: *I have never run 15 miles in my life.*

Nette: *Not really supposed to go over 10 because of my calf.*

Michael: *I've never run that far before.*

Tony: *So, who is going to give the 15 a go?*

Jo: *I am.*

Me: *Well, if I am not the only one.....*

Hannah & Ian: *We will.*

Hannah & Michael: *If we are all in the same boat, we can support each other....*

Nette: *OK*

Elaine: *I'm in.*

The finishing photo says it all. I am very proud of us all and there was very little moaning. Of course, there were no hills and no mud, no coffee or cake involved either. Lazy Gang are allergic.



Bedford Harriers Annual General Meeting - 25th March 2020

All members are invited to attend the Club AGM in the stadium bar on Wednesday 25th March at 8:30pm. Business to be discussed includes reports from the Chairman, Treasurer, Membership Secretary and sub-committees. Plus, the cross country beanies colour will be unveiled and the beanies distributed. There will also be the volunteers' draw. The Committee for the coming year will be elected and AOB can be discussed (topics to be submitted to the Secretary at hello@bedfordharriers.co.uk no later than 23:59 on Tuesday 10th March). Other items for informal discussion after the meeting can be raised on the day. Do please try to come - it's your club and your input is both welcome and needed.