



Up and *running*

19th April 2020

Issue 8

Awards night - 18th January 2020

Awards night is our annual get together where we leave the running kit at home and become unrecognisable to our club mates in our sparkly outfits. It was another great night put on by the Club to celebrate and recognise the Harrier achievements from 2019.

A great buffet was provided, with the vegetarian option being the most popular - Veganuary appears to have been hit with many Harriers this year. This was followed by a bring-and-share cake table - the conclusions of this is that Bedford Harriers make some extremely delicious cakes. Fruit was available too as a healthy option.



The awards were announced and presented by Steve Crane and Val Bird and the winners were photographed by Alastair Fadden at the photo booth. We heard from Larry Corkrey on how he's continued to run marathons into his 80s and from Gill Fullen who talked about her experience at Kona - she muttered the 'retirement' word and then the following day ran the Folksworth 15 crossing the line as first lady!

Another notable event was watching Kirstie Sharman being laden down with a pile of trophies following her amazing achievements over the year, plus the cake award winners receiving their cakes (just after huge amounts of cake had been consumed) for running the most miles in the year. We also heard third-hand from Iva Barr about some of her amazing achievements, before the announcement that the Club Lady Award was being re-named the Iva Barr Trophy in her honour.



A raffle of a selection of prizes was held and raised £557 for the Club charity Autism Bedfordshire.

A great night was had by all. Huge thanks go to Gill Fullen for orchestrating it all with help from her organising team.

Club Lady 2019 Angie Finch & Club Man 2019 Neil Loader



Steps towards a more sustainable Awards Night

Many of you will be aware, that as a club, we are trying to make our events more sustainable in order to reduce the impact they have on the environment. This is especially true of races, but also other events such as the Awards Night. With this in mind, help and advice was sought from Sylvia Jones, who has a wealth of knowledge on sustainability and is also very creative.

Sylvia made bunting to decorate the bar area - 21 metres in total with over 90 flags. This was made by upcycling old race t-shirts, so it was brightly coloured as well as being topical for the evening. Plus, we can use it all again at our next event!



In addition to the bunting, Sylvia trained a number of Harriers in the art of making tissue paper flowers. Around a hundred flowers were made after training the Wednesday before Awards Night, in the bar at the Stadium. Everyone got involved and had some fun along the way.



The afternoon of Awards Night, Sylvia enlisted the skills and enthusiasm of Ian Kingstone's children - Gemma and Sam - to make even bigger flowers to decorate the stage as well as corsages for our two hosts Jenny King and Ian Hammett.

The tables, stage and room looked lovely adorned with black and gold flowers all of which were taken by attendees to enjoy at home. A huge thanks to Sylvia for the creative ideas and her patience in training everyone.



Benidorm Sunset Half 'the flat half that isn't flat' - 29 February 2020 by Laura Marsh

We arrived in Benidorm on 28th February and were very excited to do the half marathon on the 29th. Bryan had previous experience of it and had said it was a good flat half marathon. Bryan's lovely wife Nicola came to support and we had booked an Airbnb to accommodate us all near to the start line. Unfortunately it was in the middle of the nightclub area and we were all kept awake the night before the race with the constant boom boom boom of the nightclubs and shouts of the happy drunken hens and stags! So we all agreed a move to a quiet hotel away from the Nightclub area for the rest of our stay!

We somehow managed to walk 12,000 steps before the half marathon (this is an issue with evening races as you can't sit still all day doing nothing, plus we had to walk to the beach to pick up our bib numbers race day morning). 5pm arrived and we got the hotel shuttle bus to the promenade where the race started, did the usual toilet stop and a 'before' photo:

Race start was at 6:30pm and we were in our pens waiting by 6:15pm. Both of us felt extremely tired before it had even started but also excited as the whole town was buzzing. I got chatting to a lovely girl, also called Laura, in the pen and she was hoping to do 10km in 55 mins - both races were starting at the same time! It became apparent that the pen pacing wasn't going to be similar with 1:45 or under for a half or 55 mins or under for the 10k! 6:30pm came and I wished Laura a good race and whizzed off which was easier than I thought it would be with half of the pen running 8:30+ pace - I probably went a bit too fast but I had thought the route would be flat!

The first few miles were along the promenade and into the Old Town, loads of support, mainly from English holiday-makers in the bars, and here it seemed like a local race not a Spanish one. Lots of 'come on Bedford' which was fantastic. I got a pat on the back from a Northampton Road Runner who overtook me and said I was running well, which was lovely. The run was going well, I had forgotten my tiredness and was really enjoying the race. My pace was in the 7:30s and I felt really comfortable. Mile 4 took us out of the town, I didn't think much of it and just kept trotting along ...

Then. ... oh no! ... What's this? ... A huge hill!!!! They had even made a big deal of it calling it 'Highway to Hell', lighting it up, playing the 'Highway to Hell' song and had a chap dressed as a devil high 5'ing us all! This hill was nearly a mile long! I didn't do too badly on this mile and did just over an 8 minute mile. I did think of killing Bryan though, as he had said it was flat, but decided to save my violence until the end of the race!

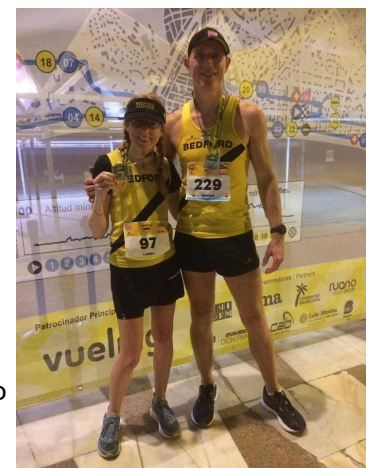
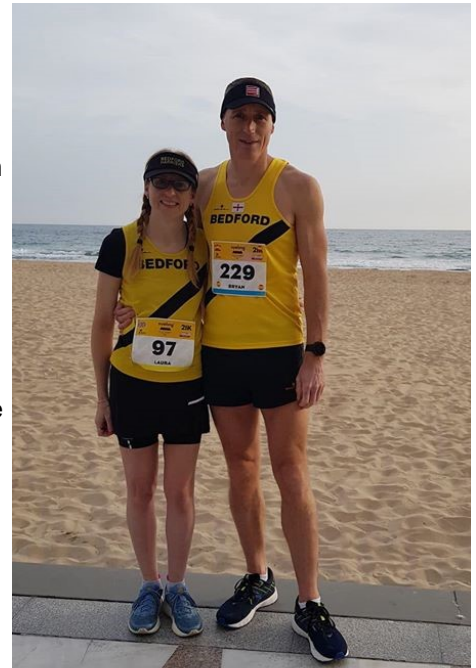


I was well aware that this is a 2 lap race and that hill would have to be conquered again, near the end of the race! The next 2 miles were flat and I enjoyed getting my speed back up again, then the 10k runners were directed to the finish and this is where I lost my pacing. I had been unaware but they had been keeping me at a constant 7:30ish pace. It all slowed down from then on and I suddenly felt extremely tired.

The next few miles were spent trying to get my pace back again and enjoying the cheers from the crowd as we passed the bars etc on the promenade for lap 2. My little legs had begun to feel a bit like lead from 9 miles and I was dreading the Highway to Hell ... and there it was at 11 miles ...! I tried running up it but my legs said no and it ended up being a bit of a run walk until I reached the top. There was lots of support heading to the finish line which they had lit up and had music playing, so the last few hundred metres were really quite special.

Bryan was waiting for me at the finish and said the hill wasn't in the route last time, so he was forgiven. We had some refreshing coca cola and headed off to find Nicola who had taken some fantastic finish photos.

Our race times were both 5 mins slower than we really wanted but both have a 68% WAVA score so not too bad ... Laura 1:44:57 and Bryan 1:37:21.



Swim, bike, run ... but HOW at this bizarre time? - Simon and Jenny King

Simon and Jenny King have fallen into slightly obsessive behaviour when it comes to triathlon. Not least because they know their days could be numbered, being newish to the sport but far from new themselves. So, when Covid-19 reared its ugly head and events began to be cancelled, they realised keeping up with training and motivation might be tough. The week before lockdown Jenny went to Trinity every day, in case each one was her last in the pool for a while. Simon stuck to his twice-weekly routine, expecting to be able to swim freely - and in any case Box End would soon be open ...

With the rest of the country panic-buying pasta and toilet rolls and just two days before lockdown happened, Jenny panic-bought a second hand treadmill from a neighbour. So far they haven't had to use it, but it lurks in readiness meanwhile providing an excellent point to attach resistance bands for upper body workouts.

Jenny benefits from being coached by Melly Burrell, TriPassion Coaching and Melly leads a weekly zoom Wattbike session with another coachee and she sets outdoor rides on other days so the once per day exercise rule can be used for either a ride or a local run. Simon follows a Wattbike base plan to be ready for when/if the season gets going. There are so many lovely routes out there and if a bit of thought is given to the best time of day to go, it's possible to run or ride safely without close contact with other people. Simon usually accompanies Jenny on her rides and he enjoys the triathlon running group sessions that Kevin Willett sends out. But the swim! What about swimming training?

Facebook provided the solution: a video of a triathlete using a deep home 'paddling pool' and a swim bungee showed the Kings a way to get wet safely. They live only a mile from Box End but sadly the lake remains closed for the time being. Never mind, if they couldn't go to the lake, Amazon could bring their very own lake to them. It, and all the paraphernalia to make the pool usable for more than a few days before needing to change the water, arrived just in time for the glorious Easter weekend. The sunny weather quickly made the water acceptably warm and they were off, working hard and going nowhere! It was weird and exhausting against the tether and the lack of a bow wave made breathing hard, so a snorkel proved essential. Sue Pack stepped in and kindly loaned one which the Kings are using until Amazon delivers again.

So, with a lot of luck, Simon and Jenny have found a way to keep up with triathlon training. But the sooner we are able to meet up as a club and share training sessions, the better. In the meantime, take care, train safe and stay safe.



How are you training during lockdown?

Share your lockdown training highlights with us. Write a training run or cycle report and send it to bedfordharrierscomms@aol.com so we can share it with everyone else. Or, write a race report from earlier this year or from your favourite race ever! Send us some photos too! Remember not everyone is on social media and this will be a great way for the Bedford Harriers community to stay in touch.