



Up and *running*

22nd May 2020

Issue 9

Mental Health Awareness Week - Vicky Shaw

In support of Mental Health Awareness week I thought it would be nice to offer you all the chance to get outdoors this week and complete any or all of the following whether it be running, walking or cycling:

If you have been finding it hard to get out the door then make this week the one you get out the door and exercise.

- Say hello, wave or smile at someone when you are out doing your chosen exercise
- Run, walk or cycle somewhere that makes you happy or gives you comfort...
- Run, walk or cycle somewhere to leave someone a note or small gift to cheer them up or let them know you are thinking of them during these times.
- Create some "be kind to yourself" art whilst recording your exercise route - it could be a heart, a smiley face, a flower, a rainbow or the words "Be Kind" - whatever you feel like. Have a go and share your picture that you create.
- Listen to a Podcast or music when exercising that will help improve your wellbeing. There are lots of Podcasts available on mental wellbeing or mindfulness.
- Exercise in a "free" way.....in other words leave the watch at home and forget about speed or distance.

Please remember to adhere to the current guideline regards social distancing etc.

Virtual Runs during lockdown

Although the lockdown has been relaxed a little, we are still in a situation where we can't run together physically. However, Jenny King has been organising some wonderful virtual runs for us to get involved in, with more to follow. The current ones are as follows:

5k time trial

It is our time trial season, where we would normally run around the lake at Priory Country Park one Wednesday a month during May, June and July. You can still do your time trial, but on your own (or with someone from your household), on your own route. Pick a 5k route, run it and send your time to 5ktt@bedfordharriers.co.uk and Jenny will log it and forward to Neil for your runner's page. You have until Saturday, 23rd May for this month's; Jenny will send out details for June and July times nearer the date.

Virtual Blisworth 5 miles

The Club Championship 5 mile race at Blisworth was due to take place this evening. You can still run it - virtually - during the week of 24th to 30th May inclusive. If you would like to find an undulating 5 mile route near you, run it and send Jenny your time (with evidence, in miles if you can please) to blisworth5@bedfordharriers.co.uk, and she will record it for you on a spreadsheet which will be sent to Neil for your runners' pages. If you have run Blisworth before, you will probably be pleased that you will not have to face that horrible hill back up to the farm. Wear club colours, take a selfie, post it on the Facebook page so we can use it in the next issue of Up and Running as well as on Awards Night.

VE Day celebrations with Bedford Harriers

On 8th May 2020 many of us were crutching, walking, running or cycling a virtual LEJOG while others enjoyed a more sedate day. Here are some pictures to see how some Harriers celebrated VE Day.



VE DAY

75TH ANNIVERSARY



How to frighten your husband to death – The Greensand Ridge Relay Recce Recounted by Jeanette Cheetham

Anyone who knows the ability of Cint and I to navigate our way around anywhere, let alone two legs of the self-navigated Greensand Ridge Relay, will know why it was madness for us to enter it, but enter it we did!

With about three weeks to go, we decided to recce our first leg, from Millbrook to Deadman's Hill, aka Maulden Woods A6 lay by. John (my hubby) dropped us off at approximately 6.45pm on a Tuesday evening in late May, at the Greensand Ridge car park in Millbrook. As the leg was only 5.7miles, and we had both just finished work, we did not eat beforehand, but looked forward to a lovely dinner later on. John set off for the lay-by to wait for us to finish.



It was reasonable weather as we set off, but was quite overcast and looked like rain. We trotted out of Millbrook and up and down the big hill towards Ampthill, chatting away about stuff and things, as you do. On entering Ampthill Park we veered off left, as suggested by a person who shall not be named for fear of denial, and continued until we came across Breakheart Hill. Hang on a minute, I thought, Breakheart Hill is not on the route! We retraced our steps back to the park entrance. I decided to look at our map and instructions. (Why did I not do that earlier?!!) It made little sense to us! Up and down we ran, trying to decide which way to go. By sheer luck, after a considerable amount of time, a group of Harriers happened by, and we asked their advice. A couple of the runners seemed to know where we should be going, so off we set again. We knew we needed to find a gate onto the main road, but the main road we stumbled across was the wrong main road! We had already been out for approximately 30 minutes, and had not gone anywhere much, so we decided to call John for advice. He set us on the correct path and we duly found the next bit of the run, towards

Houghton House, so I texted him to confirm we were ok.

All went swimmingly for about 15-20 minutes - well give or take the need to ask one man and his dog if we were on the right path, and coming across him again when he caught up with us (yet again being indecisive) - until we again realised we were unsure of what our map and instructions were telling us. We thought we needed to head across a field towards Maulden, so entered it, only to find cows. Cint has cow terror. My instinct was to just leg it to a gate I could see, regardless of whether it was the right way or not, just to avoid Cint's hysteria. On arrival at the gate several things happened at once; the gate was locked so we had to climb over it, the grass (or whatever it was) on the other side was dense and came up to our necks, the field was enclosed and there seemed to be no way out and it started raining. We stuck to the edge of the field and, luckily, found a gap in the hedge which came out into a residential street. We hadn't a clue whereabouts we were in Maulden, so I got my phone out and followed the maps app towards the church. We were getting very wet and very cold by now, but we were definitely heading in the right direction and feeling confident once again. Then my phone died! "I think we ought to use your phone to call John", says I. "I left my phone at your house", said Cint. Aaaarrggghh!!! Dusk was falling, so I suggested we head for Budgens to ask for directions to the church and to ask to borrow a phone to contact John. We did both, but John's phone went straight to voicemail. "Never mind", I said, "if we are in Maulden and can get to the woods, the lay-by is only on the other side and we are sure to recognise the path in Maulden Woods". Famous last words.



As we set off again it was pouring with rain and getting darker by the minute. We found the church, but couldn't find our way into Maulden Woods, let alone recognise the path we needed! After twice running past an entrance, cos it didn't sound right according to the directions, we decided to take it anyway. The woods were not only extremely dim by now, they were also streaming with mud and rain water. Cint was beginning to fade, as she had not eaten as much as I had at lunchtime and was getting very hungry. We ran round and round the woods with no clue how to get out of there, and were losing light every second. Luckily neither Cint nor I are panickers, we calmly made decisions

together, and ploughed on, just praying that a pathway would suddenly take us to where we needed to be. And that is kind of how it happened. Just out of the blue we saw a couple of cars and the round house we were supposed to find on route. I didn't hesitate, I just banged on the front door. A woman answered, and must have been quite disconcerted to see two soggy, muddy women on her doorstep. "Sorry to trouble you", I said, "but please could I borrow your phone, as we have been lost for ages and my husband will be out of his mind with worry." The extremely kind woman let me use her mobile - in the garden for signal, not because I was wet and muddy, honest - and I got hold of John. True to my prediction he had been going spare, not knowing what to do, other than that he should stay with the car in case we turned up. He had called our daughter and asked her to drive out to Maulden so that she could wait for us while he went searching. The wonderful woman from the round house asked me to find out exactly where he was parked and offered to drive us to him in her car. We were so grateful for her kind offer. At the point that these two soggy, muddy runners climbed into her car, it was 9.35pm, pitch black and we had covered over 9 miles instead of 5.7! The moral of this story? Never let Cint and I self-navigate anything ever again!

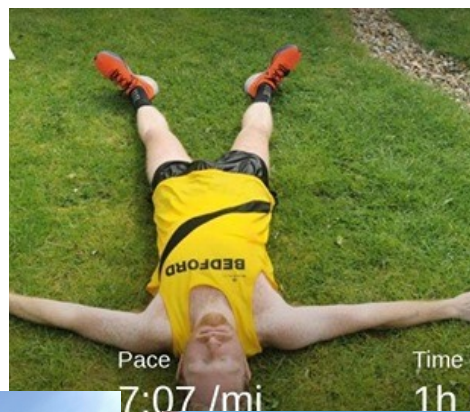
Oh, and BTW, we successfully navigated the whole of that leg during the next weekend - after more false starts which I won't go in to, but involved John realising why we got so lost - and, on another evening, armed with two fully charged phones and a more in-depth map - the second leg of 5.5 miles from Maulden to Haynes. The day of the race dawned bright and hot, and we completed the run. Admittedly, Cint did suffer, probably from over training due to the extra miles of recce we had done. The poor Harrier who waited for the baton from us was definitely the last to leave the change over point, but hey ho, we did it! And we want to do it again...



Virtual Greensands Ridge Relay - April 2020

Over the weekend of 2nd and 3rd May 2020, 54 Harriers competed in the Bedford Harriers Virtual Greensands Ridge Relay race. It was a fun event which kept us motivated and gave us a great excuse to wear our Harriers strip in a 'competitive' race. We were allocated to teams and given the leg we needed to run and over the weekend, we did our run and submitted our times on a Facebook page - accompanied by photos and proof of distance and time. Congratulations go to the winners - 'Team Last Minute' which was comprised of Sarah Janes, Niki Jones, George Murphy, Elaine Fullard, Steph Macleod and Matt Bowmer.

A huge thanks to Jenny King for organising it and doing all the admin behind the scenes. It was most enjoyable. If you missed it but think it looks like fun, keep an eye out for emails about future virtual runs.



Virtual Greensands Ridge Relay - April 2020 continued

