



# Up and *running*

5<sup>th</sup> August 2019

Issue 2

## Introducing your new newsletter – part 2!

While *Up and running* is a new Bedford Harriers newsletter, it should be noted that it does not replace *On the Run* – the annual round-up of Bedford Harriers' achievements.

The aim of *Up and running* is to keep members up-to-date on future and past events, to answer questions and give suggestions on various matters such as awards, being a sustainable runner etc. It will be published on a frequent (but possibly irregular...) basis throughout the year. If you have any race reports or articles you would like to submit, please forward to [bedfordharrierscomms@aol.com](mailto:bedfordharrierscomms@aol.com).

Also, please keep submitting your race reports with photos to Jenny King for inclusion in *On the Run*; forward them to [hello@bedfordharriers.co.uk](mailto:hello@bedfordharriers.co.uk).

## Welly 5 – 28<sup>th</sup> July 2019 (Carolanne Gibson)

On a very wet and windy morning we arrived to run the Welly 5. We received a warm welcome when collecting our numbers and tea, coffee and drinks were available if you wanted them. The course was lovely and scenic and reasonably flat. It was well signposted and the marshals along the course were vocal, encouraging and very cheerful. Just what we needed!



The tee shirt on finishing is very bright and I am sure will be perfect for training in the dark winter months. Although cold, wet and tired at the finish, we really enjoyed the race and had a lot of fun.

## Dates for the diary

11 August 2019 – **Bedford Harriers Triathlon**

14 August 2019 – **Harriers Summer Social** at Box End Park

27-29 September 2019 – **Run Weekend with Colin Papworth** in the Peak District

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

18 January 2020 - **Awards night**

29 March 2020 – **Bedford Harriers Oakley 20**

## Club Championship Races

6 October 2019 – **Standalone 10k**

13 October 2019 – **Great Eastern Half Marathon** (Peterborough)

19 October 2019 – **Endurance Life Suffolk Ultra**

## Multisport Championship Races

18 August 2019 - **Standard Duathlon – Tri-Monster Standard, Ely**

20<sup>th</sup> October – **Cowman Duathlon**

## 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**

## Volunteers needed!

On Sunday, 11<sup>th</sup> August 2019, Bedford Harriers will be hosting The Bedford Triathlon on the Embankment in Bedford. Volunteers are still needed to marshal the routes as well as carry out a number of other tasks. You can sign-up in a number of ways – email Angie Finch at [angiefinch07@gmail.com](mailto:angiefinch07@gmail.com) or sign-up on the sheet on the noticeboard at the club or respond to Gill Fullen's Facebook post.

## The Doug Anderson 5K (Bill Tallentire)

Every year on a sunny (usually) evening in late July, runners gather in Bedford Park for The Doug Anderson 5k race. It first started in 2003 in honour of a founding member of the Bedford Harriers, who sadly died much too young in 2002.



Bill Tallentire and Doug Anderson

The race is open to all runners aged 15 years and over and always attracts a large field with many Harriers entering. On that very first evening in 2003 there were 270 finishers. The photo below shows the start of the first race 16 years ago.



The course records for the race are Jo Wilkinson fastest lady on 28th July 2004 in a time of 16:53, and Matthew James fastest man on 26th July 2006 with a time of 14:59. Both were Bedford & County members when the records were set.

This year the 17<sup>th</sup> Doug Anderson 5k took place in humid conditions, with 306 finishers, showing that it is still a popular race. The winning time was 15:06, just 7 seconds outside the course record - and again it was a Bedford & County runner! The first of the 86 Harriers to finish was Mark Raddan, in a time of 17:39. Well done to Mark, and to Stephanie MacLeod, Kirsty Sharman, Anna Folland, Dea Ditchfield, Nora Haggart, Mark Edmondson-Jones, Kevin Willett, David Frampton, and Larry Corkrey for winning their age categories!

Finishers were rewarded with a race memento at the end of the 2-and-a-half lap course, along with plenty of cakes!

## Bedford Harriers parkrun takeover! (Elaine Massie)

On 29<sup>th</sup> June 2019, Bedford parkrun was turned into a sea of Harriers' yellow and black as Bedford Harriers carried out a parkrun takeover.



A success of Harriers gathers for the start of the parkrun

This event was part of the 2019 Coached-2-Run group's progression into running and included a number of members marshalling the course as well as others who ran alongside the beginners and encouraged them along the way.

Over 50 Bedford Harriers ran the parkrun, including many of the Coached-2-Run group. Our success was celebrated with drinks and cake at the end.

Well done everyone and thanks for all the support.



Jazz Clarke from the Coached-2-Run group



Louisa Jackson and Jon Hulatt from the Coached-2-Run group entering the finishing straight

## Ultra 5k Box End Park - 14th July 2019 (Jeanette Cheetham)

A good turnout of Harriers attended this event. In case you have never run the Box End 5k route, I can tell you it is a game of three halves. The first couple of kms are flat and follow a footpath which takes a wide loop of the water. After a slope upward and down again, and a steep but short push up, the next 2kms are on the switchbacks, a hilly section of ups and downs on grass which, for some, take the life out of your legs, but for others, wakes them up again! After another long slope down, the final kilometre is on the flat again, close to the water. The first 5k begins at 9am and, once finished, the athletes have until 9.55am to recover and get ready to run again, as the clock strikes 10. This is repeated on the hour every hour until 1pm, by which time your legs are saying "You want me to do WHAT??!"



The atmosphere is great, with runners cheering each other in and motivating you to get up and do it all again each time. If 5 times round is too much, you can do just 3 laps instead, or run it as a relay with four others, doing one lap each. There is music throughout, and a great MC who then becomes a duo and sings for a short time when the race finishes. There are free refreshments - a lovely lemon cake for example - and energy drinks (or a "mood enhancer" as one is described!), all within your entry fee, and also a bar (you have to pay for those drinks!), so great for spectators too.

It's a brilliant, fun event, enjoyed so much by Cint and I that we have already entered for 2020. It would be fantastic to get an even bigger group of Bedford Harriers along, ensuring the yellow and black is well represented at this local event, organised by a local "boy", who is also a Bedford Harrier, and his accomplice, who looks after the legs of many a Harrier and other runners.



## **St Albans Solstice 10k – 21<sup>st</sup> June 2019 (Matt Pyecroft)**

The St Albans Solstice 10k takes place on the Friday closest to the summer solstice, which this year was the actual day of the race. A cycle to Bedford station, 40 minutes on the train and a couple of miles bike ride the other end brought me to Highfield Park on the eastern side of St Albans, where the race was set up.

The race organisers were keen to promote sustainability and they made great efforts to point out the biodegradable cups for water, the separate recycling bags and a lack of single use plastic. This is very welcome and something which many races could learn from. However, having somewhere to lock my bike that wasn't a nettle covered fence would also have helped in that regard.

The race had a good turnout from Hertfordshire clubs; Gade Valley Runners, St Albans Striders, Harpenden Arrows Garden City Runners, Dacorum and Tring AC, along with a good contingent from Stopsley Striders, and...one Harrier. But then it did clash with the Colworth 5k the same evening.

There are a few 10k races in St Albans which use variations on this route, but the race started in the park, headed out via a track and service road and onto the Alban Way, the former St Albans - Hatfield railway line which, like our route to Willington and Sandy is now a cycle and walking path. The path is largely screened by trees on both sides, so there aren't particularly stunning views, but there was plenty of shade which in a summer evening race is no bad thing, though the trees did limit any breeze. Once onto the Alban Way it was a bit of a surprise to realise that it wasn't totally flat as you might expect a railway line to be. Clearly it wasn't what you would call hilly, but the second mile had a noticeably long, gradual descent; I realised I would have to run up on the way back at 10k pace.

At around 4k the race came to the edge of Hatfield and passed Nast Hyde, formerly a stop on the railway line, but now home to an impressive array of railway signage and a recently installed small section of track alongside the path. The route then diverted off the Alban Way for around 2k in order to turn around and head back towards the finish. This element was on a country lane - luckily traffic free - and went past the largest house I have seen for a while, before rejoining the Alban Way to head back towards St Albans and the finish line.

It was around this point that I started to really notice the humidity, which, combined with the now gentle incline, going back uphill to the finish, was making me suffer, but fortunately it wasn't long before I was back in the park and getting close to the end. Though my legs wouldn't stretch to a sprint at the finish, once over the line I was pleased with my time.

The organisers had laid on a post-race barbeque (donations to a nominated charity) which was a really nice touch for a Friday evening race, and it was good to have a burger to eat as I cooled down and got changed. Then it was back on my bike to St Albans station (a gentle two-mile spin helped my legs no end), where a train back to Bedford arrived almost immediately.

Overall, a nice, well organised Friday evening race with the added bonus of a barbeque at the end, and worth considering for future years.

### **Your records must be up-to-date!**

Please remember to keep your personal details up-to-date on the database. Most importantly is whether you are first or second claim Bedford Harrier. If you are not a member of another club, you will be first claim Bedford Harrier. If you have been a member of another club where you were first claim, you will not only have to change this with EA but also make sure it shows on your records with us. Incorrect information could lead to you not being included in race results and awards.