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# GREAT KNARESBOROUGH BED RACE

PRESENTS



SATURDAY 10TH JUNE

# 2023

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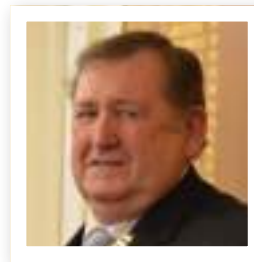


[www.bedrace.co.uk](http://www.bedrace.co.uk)

# PRESIDENT'S MESSAGE

## IT IS GREAT TO BE BACK!

Although last year's Bed Race was the first since the pandemic, it was fraught with concerns and worries. The fact that we were short of the full 90-team complement shows that.



*Richard Hall, Lions President*

Since 1966, Bed Race has grown into one of the biggest annual fun events in the north of England. Locals, visitors, competitors, traders, and sponsors gather in great numbers to enjoy the spectacle while raising much needed funds for charity.

This year, though, Bed Race has returned to full strength. We've filled all the places and although some may yet fall out, as happens occasionally, we can say that Bed Race is back to where it was before the world had ever heard of coronavirus.

We are sure that this year will be as exciting as ever, in both the race and the display of decorated beds. For that we thank our sponsors, who have stayed with the event, and the groups and individuals who have worked with the Lions to bring Bed Race Day back to its annual fruition.

There are many who we thank: council officers, police, medics, volunteer stewards, sports club members and Rotarians, divers, Masons and many others.

We welcome any group or individual who could lend us a hand with Bed Race. If you feel you can help just speak to a Lion.

Richard Hall  
President Knaresborough Lions



# A WORD FROM THE MAYOR



**Kathryn Davies**,  
**Mayor of Knaresborough**

It gives me great pleasure to welcome you all to the 56th Great Knaresborough Bed Race. On behalf of the Knaresborough Lions and their many helpers and friends, I wish you a happy and entertaining day out in our beautiful town.

If you don't have time to take in any of these today, why not plan a return for a longer visit? There is a very strong sense of community in Knaresborough, and a lot of what happens in the town is down to the hard work of a wide network of volunteers.

Knaresborough Lions and other organisations of the town rely more and more on the efforts of volunteers. If you feel able to offer your services, please speak to any of the stewards, who I am sure will be delighted to take down your contact details, and put you in touch with someone who will warmly welcome your help. The theme of this year's race is 'That's Entertainment'. This should give as wide a canvas as possible to the inventiveness of the bed race teams today.

So, remember to give a big cheer to your favourites as they parade through the town. But above all, remember this is for charity as well, so dig deep and enjoy the day.

**Cllr Kathryn Davies, Mayor of Knaresborough**

Knaresborough is a wonderful, historic town, that is also blessed with a great deal of natural beauty. Situated as it is within walking distance of the breath-taking Nidd Gorge, it has plentiful green space and unique sandstone crags. Man-made wonders add to the town's attractions, from the medieval castle to the stunning Victorian railway viaduct, with plenty of other attractions - historic and modern - in between.

## £3 ENTRY

Bed Race is a fund-raising event for charity and community causes in and around Knaresborough and Nidderdale. It is organised by volunteers.

The charge for entry to Conyngham Hall is £3 per adult. This is paid by buying a programme or a ticket sold at the gates on the day. Children aged 16 and under get in free.

The event is organised by the Knaresborough Lions, a registered charity 1177970.

The revenue raised comes from sponsorship, team entry fees, programme advertising and sales, and tickets. Money raised goes towards meeting costs such as traffic management, hiring fencing and barriers, portaloos and signage, printing, catering and other items. Generally, it costs from £25,000 to £30,000 to put Bed Race on.

Please help the Lions by buying a ticket or a copy of this programme.

## ENVIRONMENTAL AWARD

For the second year running and in conjunction with local community groups, the Lions are making an award for the bed designed with the best attention to environmental needs.

Judging will be made from 10.30 am at the Castle with a separate group of judges from the main Best Dressed Bed competition. The winners will be announced on the stage and shown on the Big Screen at Conyngham Hall.

This is building on the success and achievement of last year's Bed Race theme: The Environment - Reduce, Reuse and Recycle.

It will give a stake for Bed Race in the well-being of future generations.





# THAT'S ENTERTAINMENT



Haven't we had a great time watching and running in all the Bed Races to have been staged since 1966 (omitting, of course, the two covid years 2020/21 when nothing could be put on).



*Those Smurfs from Belgium*

Bed racing is nothing if not a highly amusing way of spending the second Saturday in June, whether you are a runner, a passenger, a marshal, an organiser or one of the thousands who come to watch. It is not something to be missed.

What could surpass it in terms of sheer entertainment? The teams arrive early in the morning in the grounds of Knaresborough Castle and the dressing of the beds begins. People are welcome to watch while the judging starts - this year from the earlier time of 10.30.

The runners and their supporters don fancy dress to match the decorations, all in the theme of the year.

These themes are intended to allow teams as broad a canvas as possible on which to express their creativeness. And haven't we seen the result of that every year!

For one Bed Race, about 11 years ago, each team was given a different country. It was at the time of the London Olympics and the theme fitted with the internationalism of the occasion.

90 teams had 90 countries around the world and all participants really went for it. African countries; those from Asia and North and South America, and most of the European countries offered great possibilities. National costumes and well-known icons of geography, architecture and history made it a pageant to remember.

*More on page 7*



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# THAT'S ENTERTAINMENT



*Continued from page 5*

Tongue in cheek, some organisers suggested that if there was one team that was likely to be stymied it was the one with Belgium as their country.

Now, they were not being rude about Belgium, merely that on the surface what was there to generate real enthusiasm.

How wrong were we? Judged best dressed in class was that very team – then called the Lido Loonies – and their interpretation of the theme for Belgium was the Smurfs.

Of course! It was a brilliant parade and the Smurfs graced the whole event with humour, colour and a great bed.

That was a day for some to eat their words.

Once the faster teams focussed more on their fitness than on their adornments. To them in those days the main concentration was on being the fastest rather than having the jazziest decorations.

But this has changed in recent years and they all embrace the sheer fun of creating a wonderful concoction for the day.

And who doesn't like cross-dressing? Few of our teams seem to be able to resist the opportunity.

The race itself is a more sober affair. Bed decorations come off – to ensure there are no scraps left in the river or around the course. And only the hardiest would attempt the gruelling climbs and steep descents of the race course in fancy dress. Some face paint does make it around the course. But it often hard to distinguish what is make-up from what is the result of sheer physical exertion.

Whatever else is said, the swim through the Nidd at the end of the race is glorious fun for participants, passengers and spectators alike.



*Dancing in the Street!*

There is no need to cram down by the waterside either, as Bed Race has its own camera operators whose recordings are immediately transferred to the Big Screen in Conyngnam Hall for the crowds to watch in comfort.

They make it to the Bed Race website as well, to make a lasting reminder of the fun.

That's Entertainment for Bed Race 2023!

The organisers are grateful to all the music and dance groups who support Bed Race: those musicians who play at the Castle; those marching bands and dancers who join the Parade and add so much colour and verve to the spectacle, and Mark and his combo who entertain the crowds at Conyngnam Hall. Thanks, too, to the DJs of Your Harrogate who comper the start and finish at Conyngnam Hall and the prize-giving, and to Howard Corrin who explains what is going on at the Castle.



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# BED RACE RULES



## THE TEAM

- 1 Each team must provide the name and contact details of two adult (18 years or above) marshals at the time of their application to take part in the race. On the day of the race, the team's marshals must report to the marshal reception point in the Castle grounds, and then to their appointed lead marshal at an assigned location, at the instructed times. Failure to do so may lead to disqualification of the team.
- 2 The bed and runners must be decorated in accordance with the theme of that year's Bed Race. Failure to do so leads to disqualification.
- 3 The bed and team will take part in the parade and must at all times follow the requests of the marshals and race officials.
- 4 A male running team (whether adult or junior) will have 6 male runners, and a female running team will have 6 female runners. A mixed team will have up to 3 males with the remainder females. (So a team with 4 male and 2 female runners, or 5 male and 1 female runners, is classified as a male team.) Each team also has one passenger, who may be either male or female regardless of whether the runners are male, female or mixed.
- 5 All runners in a junior team must be in school years 8 to 11 inclusive to qualify for entry.
- 6 The passenger must be no younger than 10 years old (school year 6) and all passengers must wear protective headgear and lifejackets throughout the race.
- 7 No substitutions will be allowed during the race.
- 8 It is forbidden for anyone except the designated passenger to ride on the bed.
- 9 All competitors (both runners and passengers) must be able to swim.
- 10 During the race all beds must keep to the left unless overtaking, or unless requested to do otherwise by race officials. No competitive overtaking is permitted in the stretch between World's End pub and Marigold café due to the narrow road (an exception can be made if passing a team who is moving very slowly/walking, as long as both teams and spectators are not endangered).
- 11 The throwing of objects or liquids is extremely dangerous and is strictly forbidden. Failure to comply leads to disqualification.
- 12 No alcohol is to be consumed by the team runners until after the race has ended. Any team found to be under the influence of alcohol will be disqualified and banned from future races.
- 13 The team must be able to complete the course within 30 minutes. Teams are expected to check before the day that they are able to do this.
- 14 The Bed Race is a family event, and all members of the team and parade must conduct themselves appropriately at all times, eg no swearing or inappropriate gestures. The organisers reserve the right to withdraw a team at any point for inappropriate behaviour.
- 15 Each team must have a named Captain who takes responsibility for ensuring the safety of the team during the parade and the race.
- 16 To qualify for the Fastest New Team competition, the team MUST be a first-time entry and no team member must have competed in a previous Bed Race.
- 17 To qualify for the Non-Club Team competition, the team should not be affiliated to England Athletics or another recognised sporting body.
- 18 All teams are to complete a Team Detail Sheet to show any change from the Original Entry Form. This is to have signed parental consent for ALL runners and passengers who are aged 16 or under. The Detail Sheet will be issued in the team pack at the team brief and must be handed in to the scrutineers on the day. If your team changes category from your original entry form due to changes in runners, you must inform the organisers at least 72 hours before the start of the race; otherwise you will not be eligible for a category prize.
- 19 The provided wrist bands must be worn by all team members and the two helpers throughout the day. Only the team and two helpers will be allowed into the race start point at Conyngham Hall.
- 20 At least one member of the team must attend the team briefing and collect the team pack. Any trophies won during previous year's event must be returned at or before the team briefing.







# BED RACE RULES



## THE BED

1

Each team must provide:

- A bed decorated in the theme for the year
- An audible air horn / hooter
- A helmet for the passenger
- A lifejacket for the passenger

2

When decorated, the bed must not exceed 2 metres in width, 4 metres in length and 3 metres in height.

3

Decorations must be removed from the bed before the start of the race.

4

The bed must have no means of mechanical propulsion.

5

All beds must have been examined and passed by the scrutineers before the start of the race.

6

The bed numbers must be attached to the float prior to the parade and reused for the race. Five race numbers must be displayed: one on the front of the bed, one on each side of the bed, and one on each side of the passenger's helmet. It is the team captain's responsibility to ensure that these numbers stay attached until after the bed crosses the finish line.



*It's a Family Affair!*

7

Each bed must have a built-in buoyancy aid capable of supporting the bed and the passenger for not less than five minutes and have an aperture large enough to allow the passenger to escape quickly if required.

8

Each bed must:

1. have four wheels of not more than 260mm in diameter (including if tyres are used – solid, tyre-less wheels are acceptable), and a minimum wheel width of 50mm
2. allow a gauge of 150mm by 450mm wide to pass under the bed in the direction of travel (i.e. ground clearance of 150mm and the wheels must be at least 450mm apart, side to side)
3. allow a gauge of 150mm by 1250mm long to pass under the bed at 90 degrees to the direction of travel (i.e. ground clearance of 150mm and the wheels must be at least 1250mm apart, front to rear)
4. have a minimum length of 1750mm and a minimum width of 750mm
5. have a maximum length of 3.0m and a maximum width of 1.35m
6. Ropes are optional. If used, a maximum of two ropes, not more than 3.5 metres in length, may be attached to the front of the bed. These must not be secured to any member of the team. No ropes are to be attached to the rear of the bed. Ropes must not include loops or knots along any part of their length or at the end not attached to the bed. Beds may be inspected more than once so please do not tie loops or knots after original scrutineering.



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# KNARESBOROUGH TOWN CRIER



At the end of May Knaresborough bid farewell to its much-loved Town Crier, as Roger Hewitt hung up his bell and rested his vocal cords after a long stint as the town's premier news reader. He has stepped down with the plaudits of traders and public alike ringing in his ears for his colourful contribution to life in the Town.

Roger became Town Crier in 2015. His thunderous voice and commanding manner, together with a striking talent for versifying, made him the ideal heir to those who have gone before in a line dating back to at least 1680.

His duties were many. He attended Wednesday markets reading out local news items, mostly real though some gloriously invented. These he often created as a series of rhyming couplets. He attended parties, official engagements and business events in his blue frock coat, gold waistcoat, black tricorne hat and red stockings.

Famously, he lent his special brand of panache to the already flamboyant Bed Race parade of decorated beds, which precedes the Race. He added style, substance and an air of eccentricity to what whatever he supported.

For the past five years he has been a regular visitor to the Sherburn House care home, bringing an entertaining and compassionate distraction to the residents.

Now he seeks retirement. Though an 'incomer', Roger has lived in Knaresborough for the past 46 years. He came as a chemical engineer, before entering the teaching profession at the age of 40, eventually at Harrogate Grammar School.



It is clear to see how his gimlet-eye and stentorian voice would have quietened even the toughest youths of 4C.

Roger will be missed, though he will continue to have a presence in the town, we trust, and he has confirmed that he is not ready to give up all his community activities just yet.

News of Roger's successor as Town Crier, and there definitely will be one, was awaited as we went to press.



# THE GREAT KNARESBOROUGH BED RACE DISCLAIMER



The organisers of Bed Race, the Knaresborough Lions Club, take all reasonable care to ensure that all aspects of the Bed Race are conducted in a responsible manner for the safety and enjoyment of those attending the event. Please be aware that the throwing of missiles is not allowed. This includes water and other liquid, water filled balloons, flour, eggs and other items. Members of the public should always stand well clear of the beds while the Parade and Race are in progress. Please obey the instructions of the Bed Race marshals who are acting in the interests of public safety. As organisers of Bed Race, the Knaresborough Lions cannot be held responsible for any incidents which may occur due to the irresponsible behaviour of others. Please also note that team members, supporters, spectators and other participants on the day attend the event at their own risk.

This is a well-known community event, mounted for the enjoyment of spectators and participants, and is a wonderful attraction for all the family.

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The advertisement features a central black diamond shape with white text. The background is a collage of four images: top-left shows a target with an arrow; top-right shows a person on a quad bike; bottom-left shows a person in a yellow duck costume; bottom-right shows a person aiming a rifle. The text is arranged in a clear, hierarchical layout, starting with the brand name, followed by a description of activities, a discount offer, the website, the location, and a star rating.

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# BED RACE IN THE NEWS



As we know, the Great Knaresborough Bed Race is written about and broadcast all over the world. It helps put the Town and its stirring event on the map.



We are used to the interest shown by some unusual media outlets, so we took it in our stride when the China General Television Network – or CGTN - aired a brief news item on 13 June, just two days after last year's event.

The headline was *Unusual 'bed race' takes place in English village*, without saying what a 'usual one' would be. They went on to record that the historic Yorkshire market town of Knaresborough welcomed teams from across England for the annual Bed Race – back after a two-year hiatus. It is great to be recognised.

CGTN is the main foreign-language TV and radio service owned by the Beijing state broadcaster China Central Television. We picked up the reference on the website and it appears they broadcast film of the beds dropping into and being pulled out of the river.

Mention was made of fastest team GH Brooks and fastest female Welly Wheelies. So, fame in the Forbidden City for them and others, no doubt.

Fame of another sort came when Bed Race was listed as one of 'Ten Quirky Competitions that Actually Exist' on the website Listverse, which specialises in, well, lists.

The other quirky events included the 14th Annual Toilet Paper Wedding Dress Contest (held in New York); Hobby Horsing from Finland; the 17th Street High Heel Race in Washington DC; the World's Ugliest Dog Contest (where else but in California); an Air Guitar tournament also from Finland; Holland's Chess Boxing annual tournament; the Swiss Santa Claus Championship, and the fabulous Extreme Ironing competition from Leicestershire.

*More on page 15*



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Website: [www.knaresboroughtechpark.co.uk](http://www.knaresboroughtechpark.co.uk)



# BED RACE IN THE NEWS



Continued from page 13

So, what else happened since last we spoke. Well, there was a further reference to Bed Race in the context of other unusual events, which appeared in the Free Press. As Chess Boxing was also in this newspaper's list, it is worth spending a few seconds on this Dutch favourite.

Chess Boxing involves players in alternating rounds of chess and boxing until one is checkmated or knocked out. Brains and brawn – just like our event in fact!

Other activities mentioned by the Free Press included contests involving cigar smoking, mobile phone throwing, toe-wrestling, and gurning - which we have come across before. But in a league of its own is the Sri Chinmoy Self-Transcendence 3,100-Mile Race, which involves runners in New York covering the distance in 60-day legs, while taking them on a journey of self-discovery. Perhaps, there are aspects we could look to incorporate in future Bed Races.

The travel website Rove Me described Bed Race as “one of the most extraordinary and hilarious community events in the UK,” and that “it has become one of the most awaited events. The participants today are the grandchildren of those who started this fun event and this fact makes it so dear to local people,” they wrote.



Page 13 of the 2023 edition of Go Yorkshire's visitor magazine, the Essential Guide to Exploring Harrogate and the Yorkshire Dales, features coverage of the scenic delights of Knarborough and adds the advice that readers should not sleep in and miss Bed Race. “Racing beds – you couldn't make it up!” What an endorsement.

## IN THE PRESS

*“Imagine a race, but without cars, bikes or any vehicles. Just your bed! This is not a figment of your imagination, but is reality in the town of Knarborough. What started as a one-off charity event in 1966, has turned into an annual fund-raiser with hundreds of participants. Each team consists of seven people, with one person sitting on the bed and the six runners pushing the bed across different terrains. The team that overcomes all the hurdles in the shortest period is declared the winner. Apart from the race itself, the team who decorates their bed the best is given the Best Dressed Bed award.”*



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# BED RACE IN 2022



## A LOOK BACK TO LAST YEAR

Bed Race in 2022 was the first outing in the wake of the two lost years of covid. For the organisers it was a nervous build-up as doubts remained about the rules and possible restrictions, but in the end all came good.



*Welly Wheelies – born to run!*

The weather gods also came out for the event, bathing it in warm sunshine.

First, the winners were GH Brooks for the third consecutive time; a great performance. Ripon Runners Men, former winners, came in second, with the Knaresborough Striders Men, Nidd Valley Men's A and Flying Pullman making up the rest of the top five.

Welly Wheelies were the quickest female team across the course, coming in just ahead of Ripon Runners Girls and Nidd

Valley Ladies. Not much further back were the Welly Wheelettes. The fastest mixed team (equal number of men and women) were Flying Pullman.

Times overall got closer as teams become more focused on racing excellence. The fastest junior team were Nidd Valley Juniors and they came in 9th overall, so very well done to them.



## BEST DRESSED

The outstanding interpretation of the theme "The Environment" in the bed decorations was that of The Rocket Men, who created a whirligig of physics and chemistry.

For the first time, a special 'Green' award was made for a bed design which incorporated the best environmentally-friendly features. This was picked up by the A and B teams of FOKSJ.

The Most Entertaining Team was judged to be Badgered into Running.

Whenever they can, the organisers of Bed Race make a special award to someone who has helped the task of managing the event. There was a clear winner in 2022: Mark Smith of HACS, who received the Brian Hiscoe Trophy.

Mark has been a big supporter of Bed Race over the years, supporting a team from his company, providing sponsorship, and a group to help do the heavy lifting on the day of crash barriers, fencing, mobile loos and route markers. Mark also plays the drums in the Directors, the band that performs in the Parade and entertains the crowds at Conyngnam Hall Field.

*More on page 19*



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# BED RACE IN 2022



Continued from page 17



*GH Brooks, sultans of swing in 2022, Inset: What a wonderful world!*

## YOUR HARROGATE RADIO

Another big fan of Bed Race is Nick Hancock, one of the founders of Your Harrogate, the number one local radio station in Knaresborough, Harrogate and the surrounding area. Formerly, Nick worked for the popular Stray FM, which ceased broadcasting in 2020.

Stray had been the media partner of Bed Race, and when Nick moved to Your Harrogate, a DAB station gaining a huge following in the area, he was happy to become our new partner. Your Harrogate commentates on matters during the day from the stage in Conyngnam Hall Field. Led by Nick, they relay safety information and keep spectators up-to-date with Parade and Race developments.

The nerves leading up to last year's Bed Race were reflected by the fact that we had fewer entries than our normal race field of 90 teams. We had to extend the entry period but even so only 86 entered. In the event there were only 79 runners - covid cast a long shadow.

But come Bed Race day there was a real sense of recovery. The sun shone, the course was clear and the crowds of eager spectators were believed to have been the largest ever, at well over 30,000 people.

This year has the feel of having been built on the success of 2022, and we are very pleased to report that we had over 90 entries this year. It is set up to be another fantastic day come Saturday 10 June.



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# 2022 RESULTS



## CATEGORY WINNER TROPHIES WENT TO:

**FASTEST TEAM**  
GH Brooks Men

**FASTEST NON-CLUB MIXED**  
Welly Wheelers

**FASTEST FEMALE**  
Welly Wheelies

**FASTEST MIXED**  
Flying Pullman

**FASTEST NON-CLUB MALE TEAM**  
Welly Wheelers

**FASTEST MALE JUNIOR**  
Nidd Valley Juniors

**FASTEST NON-CLUB FEMALE TEAM**  
Welly Wheelies

**FASTEST MIXED JUNIOR**  
Welly Wheelies

## BEST DRESSED BED COMPETITION

**FIRST**  
The Rocket Men

**SECOND**  
1st Scriven Scouts

**THIRD**  
Techbuyer

**COMMENDATIONS TO**  
HENCHshaws, Aspin Avengers,  
SFC, Harrogate Symphony  
Orchestra and It's a COP-out

## OTHER AWARDS

**'GREEN' BED DESIGN AWARD**  
FOKSJ A and B Teams

**MOST ENTERTAINING TEAM**  
Badgered Into Running

**OUTSTANDING  
CONTRIBUTION TO BED RACE**  
Mark Smith of HACS



*Rocket Men!*



*Good vibrations from the Striders*





# 2022 TIMES

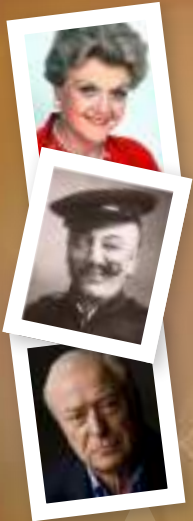


POSITION	TEAM NAME	TIME MIN/SEC	POSITION	TEAM NAME	TIME MIN/SEC
1	GH Brooks Men	12:59.3	41	De Vere Hotels	19:21.1
2	Ripon Runners Men	13:36.5	42	HACS2	19:24.1
3	Knaresborough Striders Men	13:53.6	43	Meadowside Malingerers	19:33.1
4	Nidd Valley Men's A	14:11.0	44	HACS1	19:35.6
5	Flying Pullman	14:49.4	45	Welly Wheelettes	19:39.4
6	Welly Wheelers	15:14.4	46	FOKSJ A Team	19:49.3
7	Early Bird Run Crew Harrogate	15:20.3	47	Knaresborough Silver Band	19:49.8
8	The Half Moon	15:33.9	48	Aspin Avengers	19:56.1
9	Nidd Valley Junior Runners	15:37.0	49	1st Knaresborough Scouts	20:01.7
10	It's a COP-Out	15:40.1	50	Raworths	20:09.7
11	GH Brooks Mixed	15:41.2	51	Hoyer	20:35.0
12	Harrogate Tri Club	15:41.2	52	Harrogate Symphony Orchestra	20:37.0
13	Techbuyer	16:03.1	53	Juggernauts	20:38.1
14	Guardian Alarms	16:11.6	54	1st Scriven Scouts sponsored by AMEY	20:54.3
15	Knaresborough Rugby Club	16:26.6	55	Knaresborough Revolution	21:01.1
16	The Forest School	16:39.4	56	Ortial Technologies	21:02.1
17	Harrogate Harriers, Grumpy Old Folk	16:46.0	57	Welly Warriors	21:10.1
18	Welly Wheeners	16:48.3	58	Badgered Into Running	21:36.7
19	Parkrunners	16:54.0	59	Dave's Dream Team	21:37.8
20	St John Fisher's Catholic High School	16:56.6	60	Pelsis	21:41.3
21	Knaresborough Striders Mixed	17:09.8	61	Aspin Angels	21:58.6
22	Nidd Valley Men's B	17:26.3	62	Rogue Red Kite Runners	22:02.1
23	Piccadilly Fillies	17:29.6	63	Knaresborough Air Cadets	22:12.0
24	Wetherby Runners AC	17:36.9	64	FOKSJ B Team	22:19.4
25	Energy Personified	17:39.9	65	Scrambled Legs	22:31.8
26	Riverside Runners	17:48.9	66	Harrogate Round Table	23:00.8
27	The Rocket Men	17:49.4	67	50 Shades of Green	23:03.6
28	Supplies Web - Business Products and Services	17:50.0	68	Turner's Tearaways	23:18.6
29	Welly Wheelies	17:57.8	69	AFF (Armed Forces Fitness)	23:33.5
30	Ripon Runners Girls	18:03.4	70	Tewit Youth Band	23:33.5
31	Scotton Scorchers JFC	18:08.7	71	HGATE Challengers	23:43.2
32	SFC	18:09.5	72	Fountains Abbey and Brimham Rock	23:51.1
33	Blue Bullet Flyers	18:11.7	73	HENCHshaws	23:51.1
34	Nidd Valley Ladies	18:25.4	74	St Michael's Hospice (North Yorkshire Hospice Care)	24:07.4
35	Oxfam	18:37.7	75	Meadowside Maidens	24:59.6
36	Piccadilly Players	18:42.0	76	Make It Wild	25:09.8
37	Aspin Owlers	19:07.1	77	RAF Menwith Hill	25:28.2
38	Monkton Meanderers	19:08.0	78	Kate's Crew	25:34.4
39	Harrogate Town AFC Community Foundation	19:09.9	79	North Yorkshire Horizons	29:05.5
40	Blind Jack Explorer Scouts	19:18.8			





# THESE ENTERTAINERS



**Angela Lansbury** was an actress and singer, whose career spanned eight decades. She was the granddaughter of politician and social reformer George Lansbury. In her own right, she achieved considerable success on stage and screen and is best remembered for playing the part of Jessica Fletcher, in the series *Murder She Wrote*. This ran for twelve years, until 1996.

**Harry Relph**, better known as Little Tich was a Music Hall comedian and dancer. He was just 4ft. 6ins tall and famous for performing his "Big Boots" routine. This can be viewed on You Tube. He was popular during the late 19th and early 20th centuries.

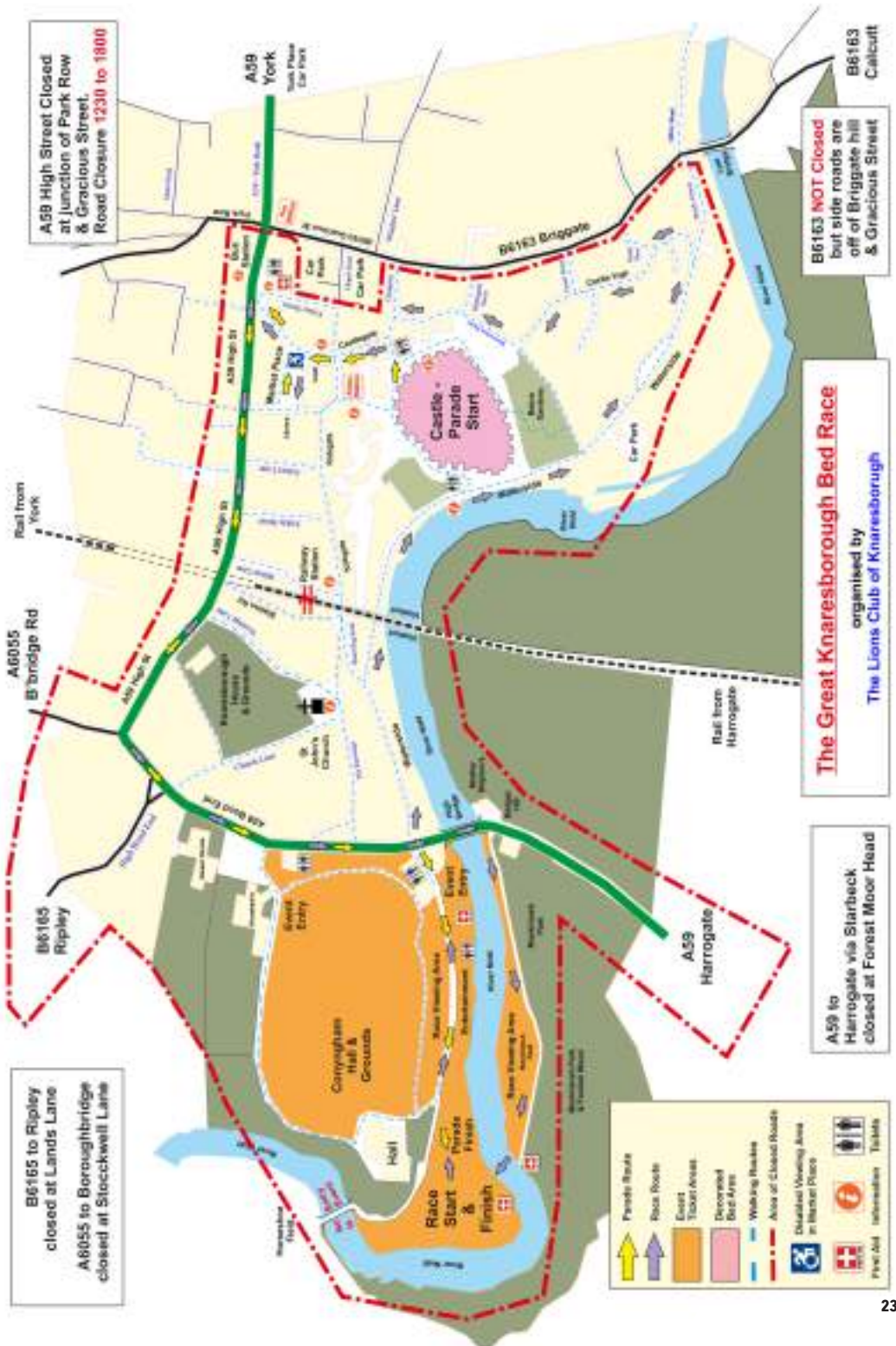
Let's reflect on the amazing career of actor **Sir Michael Caine**. This has seen him appear in 160 films, during seven decades. He recently celebrated his 90th birthday and we wish him many more.

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B6163 NOT Closed but side roads are off of Briggate hill & Gracious Street

**The Great Knaresborough Bed Race**  
 organised by  
 The Lions Club of Knaresborough

A59 to Harrogate via Starbeck closed at Forest Moor Head



# 2023 TEAMS RUNNING ORDER



STARTING NO.	TEAM NAME	CATEGORY
1	GH Brooks Men	Mf
2	Ripon Runners Men	Mf
3	Knaresborough Striders Men	Mf
4	Nidd Valley Men	Mf
5	Flying Pullman	Xf
6	Welly Wheelers	Mf
7	Early Bird Run Crew Harrogate	Mf
8	The Half Moon	Mf
9	Nidd Valley Junior Runners	Mjf
10	GH Brooks 2	
11	Guardian Alarms	Mf
12	Knaresborough Rugby Club	Mf
13	The Forest School	Mf
14	Harrogate Harriers - Grumpy Old Folk	Mf
15	Riverside Runners	Mf
16	Brimhams Active	Mf
17	Welly Wheeners	Xf
18	Stockeld Stags	Mf
19	Park Runners	Xf
20	St John Fisher's Catholic High School	Mf
21	Consultio / Consultius	Mf
22	The Rocket Men	Mf
23	Run, Forrest, Run!	Mnf
24	Ripon Runners Ladies	Ff
25	Scotton Scorchers	Mf

STARTING NO.	TEAM NAME	CATEGORY
26	Blue Bullet Flyers	Mf
27	Piccadilly Players	Mf
28	Techbuyer	Xe
29	CEG	Xe
30	Nidd Valley Mixed Junior Runners	Xjnf
31	Nidd Valley Clownettes	Ff
32	Scared Sheetless	Me
33	Schofield Fitness	Me
34	Monkton Meanderers	Xe
35	Harrogate Town AFC Community Foundation	Xe
36	DMfitness	Xe
37	Nidd Valley Show Girls	Ff
38	The Wanderers	Xe
39	HACS1	Me
40	HACS2	Me
41	Welly Wheelettes	Ff
42	Welly Warriors	Mf
43	Aspin Owls	Xe
44	Aspin Angels	Xe
45	Feather Smailes Scales	Xnf
46	FOKSJ A Team	Xe
47	FOKSJ B Team	Xe
48	Pretty Gritty Women	Fnf
49	Meadowside Malingers	Xe

Correct at the time of printing.







# 2023 TEAMS RUNNING ORDER



STARTING NO.	TEAM NAME	CATEGORY
50	Meadowside Maidens	Xe
51	Piccadilly Plodders	Xe
52	HGS Science	Xf
53	Knaresborough Silver Band	Mje
54	Aspin Avengers	Xe
55	Piston Broke	Xe
56	The Lightfoot Light Feet	Xe
57	Bedder Late Than Never	Xe
58	1st Knaresborough Scouts	Me
59	HOPS	Xe
60	Raworth Solicitors	Me
61	Live For Today	Xe
62	All Saints Primary School, Kirkby Overblow	Xne
63	POPerTy Services	Mne
64	Ain't nothing but a work crew	Me
65	King James's School (6th Form)	Mne
66	Harrogate Symphony Orchestra	Xe
67	Juggernauts	Xe
68	1st Scriven Scouts	Xje
69	Knaresborough Revolution	Mf
70	Knaresborough Striders Ladies	Ff
71	Ilke Homes	Mne
72	Menwith Hill	Xe

STARTING NO.	TEAM NAME	CATEGORY
73	Knaresborough Air Cadets	Xje
74	Scrambled Legs	Me
75	Harrogate Roundtable	Me
76	Burrows Before Toes	Xe
77	Turner's Tearaways	Me
78	Armed Forces Fitness (AFF)	Xe
79	Healthy Stuff Ltd	Xne
80	The Hookstone Chasers	Xne
81	KJS Year 10	Mjne
82	Tewit Youth Band	Xje
83	Fountains Abbey and Brimham Rocks	Xe
84	Henchshaws	Xe
85	Northern Monk	
86	Morrisons	Xe
87	Taylors	Xe
88	RHS Harlow Carr	Xe
89	What The Truck	Mne
90	MOGS	Fe
91	Knaresborough Striders Joggers	Xne
92	Switalskis	Fne
93	Saint Michael's Hospice	Xe
94	Harrogate International Festivals	Xe
95	Make It Wild	Xe

### CATEGORIES ARE:

M/F/X = Male/ Female/ Mixed j junior/ new f = fast /e = entertaining

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A homage to the history of our hometown... "Knaresborough is mentioned in the Domesday book as Chenaresburg meaning Cenheard's Fortress".

**Good luck to all those racing today, thank you to the volunteers especially Knaresborough Lions for maintaining Knaresboroughs famous event!**

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# POLICING AT BED RACE



*Last year, North Yorkshire Police used Bed Race as a training day for two groups of their teenage cadets.*

The 2.4-mile Bed Race route around town requires some special policing on the big day, as we get 30,000 and more visitors coming to Knaresborough. And, thankfully, special policing is exactly what we get from the Special Police of North Yorkshire.

Bed Race is a famous family event in the county's community calendar and it is a fun day for all who turn up. But issues can occur and it needs a blend of understanding and firmness to make sure that everyone goes home happy.

It is thanks to Special Constabulary Chief Officer Sharron Moverley-Holmes and her Special Constables that such great support is provided to the people of Knaresborough for Bed Race, and to the organisers in maintaining a safe experience for everyone.

This led to her gaining special recognition in 2022 when Sharron was awarded the BEM in the Queen's last birthday honours. Special officers are those who give up their time on a voluntary basis to work alongside regular police officers. Sharron joined North Yorkshire Police as a Special Constable

nearly 40 years ago whilst training as a solicitor, and was appointed Chief Officer in 2015.

The announcement of her honour was reported on the North Yorkshire Police website, which highlighted her role in coordinating the police presence at the Great Knaresborough Bed Race.

We are all very thankful to and her team and look forward to seeing them again on 10 June.



**Chief Officer Sharron Moverley-Holmes**



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# PROGRAMME OF EVENTS



- |              |  |             |   |
|--------------|--|-------------|---|
| 9.00-10.30am | <b>Castle Grounds</b><br>The beds gather at Knarborough Castle.  | 2.45pm      | <b>Conyngam Hall Field</b><br>Welcome ceremony performed by the Mayor of Knarborough.   |
| 10.30am      | Judging of the Best Dressed Beds begins at the Castle.   | 3.00pm      | <b>The 56th Great Knarborough Bed Race starts</b><br>Teams set off at 10-second intervals, the fastest first.   |
| 12.00 noon   | Roads around town close.   |             |   |
| 12.00 noon   | <b>Conyngam Hall Field</b><br>Opening of attractions - amusements fete, charity stalls, bars, food and the big screen showing Parade and Race highlights.  | 3.15-4.00pm | Bed Race teams arrive at the finishing line.  |
| 1.00pm       | <b>Parade of Dressed Beds</b><br>Judging completed of Best Dressed Beds as the Parade begins. Starting from Castlegate, the pageant of beds, bands, floats, dancers, marchers parade through the Town Centre to Conyngam Hall. | 4.30pm      | <b>Presentation of Prizes</b><br>Announcement of winners and display of times.  |
|              |  | 6.00pm      | We aim to have the event done and dusted, the roads opened, the crowds dispersed, teams to take up their beds and head home. The organisers and our helpers now tidy up for another year. |



*Fly like an eagle in 2022*



on the map on p23

## SPECIAL NEEDS VIEWING AREA

A viewing area in the Market place has been specially designated for wheelchair users. Sited beside the Knarborough Lions programme sales gazebo and near to the disabled parking bays in Fisher Street, the area will be monitored by Bed Race marshals. This will afford good viewing for both the Parade and the Race.



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## DAN PYE

Leeds Trinity University student, Dan Pye, came to last year's Bed Race and made a special video as part of his MA in Journalism coursework. It helped, as he graduated and began work as a reporter in Cumbria in the months which followed.

He referred to the legend of the Knaresborough Rain Shadow, which comes to life at Bed Race time and spreads like a giant umbrella to keep the event dry.

Last year's Bed Race chairman, Lion Kevin Lloyd, was quoted saying, *"The crowd was amazing. The event means a lot to the people who run in it and those who build the beds."*

*"I think if we lose it the town would lose its soul. It would have a serious effect on the town. It felt awful to call it off in 2020 as we had to due to the pandemic."*

*"This year there was a high in the delivery of a very successful event. It means so much to the town; it is our biggest event."*



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# BED RACE INFORMATION



Being in Knaresborough on Bed Race Day will give you lots of fantastic photo opportunities – and lasting memories. Even if you aren't running with a bed or marching in the wonderful Parade, there is lots to see and do during this fun-packed, high-energy event in our beautiful town.

Follow these tips to make the most of the day.

## 1. Plan your Journey

Roads start closing from 10.30am in the centre of town. The High Street, Bond End, High Bridge, Waterside, Knaresborough Hill and part of Boroughbridge Road are closed from 12.00pm. Road closures will be lifted at 6.00pm or when the organisers are instructed to do so by the emergency services. Please check our website at [www.bedrace.co.uk](http://www.bedrace.co.uk) for up-to-date road closures on the day.

Parking is free at the Park and Ride facilities at Knaresborough Technology Park on Manse Lane and ALM on Grimbalds Crag. There is a bus service operated along York Road, so turn right out of Manse Lane; and at the end of Grimbalds Crag. Both will bring visitors up to the centre of town and back after the festivities have concluded. Please note that parking is banned along the Bed Race route on race day.

There is a regular train service from Leeds, Harrogate and York as well as numerous buses in and out of Knaresborough.



*River deep, mountain high at Bed Race*

## 2. Be Prepared

Check the weather forecast. Bed Race has seen gloriously hot and sunny days, and also some very wet downpours. Pack extra layers, waterproofs and sun cream. The day starts early with beds assembling in the Castle Grounds from 9 am (judging starts at 10.30 am), so it can be long with a lot of walking. Comfortable shoes are a must, with a few snacks and water coming in handy. Knaresborough stores, pubs and cafes will be well-stocked.

## 3. Have a map

Each programme has a map of the Bed Race course. Keep this with you to help navigation around the town for everything you need and the best places to watch the Parade and Race.

## 4. Conyngham Hall Field

This is the place to be following the Parade, as the Race starts and ends here. There will be a large LED screen where you can watch the Race unfold, and live entertainment on the Your Harrogate stage, children's entertainment, as well as bars and catering outlets.

## 5. Have Fun and Stay Safe

This is a really happy day in Knaresborough's calendar so please join in the fun and enjoy yourselves. There are numerous marshals along the route who have access to First Aiders, ambulance facilities and the police; please seek help if you need assistance. Please ensure that you and your children don't cross the roads during the Parade or Race – metal beds travelling at speed can be dangerous for runners and spectators alike.



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# NEW LEISURE CENTRE



Knaresborough's new leisure centre, the town's biggest building project for years, is expected to open during the summer weeks following Bed Race. The £17 million project at Fysche Field opposite King James's School, will have a six-lane 25 metre pool at its heart.



*As artists impression of Knaresborough Leisure and Wellness Centre*

Work started last year and the council was able to keep the 30-year-old pool open for most of the time during construction, allowing access to regular swimmers.

The new facilities will feature a wellness centre, a water slide, sauna and steam rooms, a gym and spin studio, a café and play area. Expected to open outside in October 2023, will be bike storage, charging points for electric cars, and a large play area for kids.

The Leisure Centre will be powered by air source heat pumps and solar panels, and will operate with regard to environmental, social and economically sustainable needs.

It is understood that entry prices will be £5.10 for adults, £2.70 for kids, with family prices and various membership deals on offer. The company running the centre is Brimham Active, owned formerly by Harrogate Council.

The final project should help protect natural resources of the area, the town council has said. It is designed to reduce Knaresborough's carbon footprint and is part of the plan to have a net-zero carbon economy by 2038.

At the time of approving the project Knaresborough's mayor, Christine Willoughby, said on the BBC: "In a town with a river it is really important that our children learn to swim."

And who would argue with that!



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## ABSOLUTE MADNESS

Local athlete Gary Johnson tweeted on his experience in the 2022 Bed Race.

"I've been fortunate enough to run in some of the biggest marathons – London, Boston, Chicago, New York, Valencia – but nothing quite compares with the Great Knareborough Bed Race," he wrote.

"It was 2.4 miles of absolute madness, running through the sound of the crowd who are within touching distance of you from start to finish. Compared to a marathon where it is a single event, this requires true team spirit and camaraderie, which leaves all participants special memories as they cross the finish line gasping for air.

"This is one of those events where I am already thinking of 2023 and wondering where extra seconds can be gained.

"Having told all my family down South about this unique event there will be even more spectators next year who want to gain the experience."

**Chris Johnson**

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**Creative Containers**, 17 – 18 June  
**Cut Flower Gardens**, 24 – 25 June

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# OAKS PLANTED



Following last year's Bed Race theme: 'The Environment', our sponsor RHS Harlow Carr donated to the Lions 150 oak tree whips for planting in Horseshoe Field on the opposite side of the river to where the Race starts and finishes.



*Harlow Carr staff and Lions load up with whips for transporting to Horseshoe Field.*



*Lions Stewart Reid and Mark Flood planting the oaks.*

Harlow Carr's generosity resulted in a day in November when 25 Lions and helpers, with the support of the RHS and working under the guidance of Harrogate Borough Council's Parks Department, planted the oaks.

Given what is hoped will be the long-term success of the exercise, this will represent a small contribution by the Lions to the planting of millions of trees by public and private organisations from Hull to Liverpool.

The talk has been for 5 million new trees. This has already started and is known as the Great Northern Forest. We hope the Lions effort in Horseshoe Field will result in the area becoming known as the Bed Race wood.

Oaks are a beautiful, popular and symbolic hard wood tree. They have been used in boatbuilding and house construction for centuries.

There are several notable oak trees in Britain, such as the 1,000-year old Bowthorpe in Lincolnshire; the Michenden Oak in Southgate, London, believed to be the largest oak tree in England; the Major Oak in Sherwood Forest, and, of course, the Royal Oak, a descendent of the tree in which Charles II is said to have hidden after the Battle of Worcester in 1651.

According to the Woodland Trust, there are an estimated 600 million oak trees in the world and they and acorns have enormous benefits for animals, birds and other plants. The contribution of oak trees to landscapes, biodiversity, culture and economy is enormous.

More information is available on RHS on [www.rhs.org.uk/gardens/harlow-carr](http://www.rhs.org.uk/gardens/harlow-carr); and on the Woodland Trust on [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)





# ACKNOWLEDGMENTS



THE ORGANISERS OF THE GREAT KNARESBOROUGH BED RACE, THE KNARESBOROUGH LIONS, ARE VERY GRATEFUL TO THE FOLLOWING ORGANISATIONS FOR MAKING POSSIBLE THE STAGING OF THE 2023 EVENT:

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## OTHER ORGANISATION THAT THE LIONS WOULD LIKE TO THANK INCLUDE:

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Upper Wharfedale Fell Rescue Association – divers at the River Crossing  
Sira Studios  
Andrew Hawkes Media  
Linda Thompson, programme designer  
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North Yorkshire County Council  
Knaresborough Town Council and the former Harrogate Borough Council  
The Police, Fire Service and Ambulance Service  
Arrow Self Drive  
Knaresborough Air Cadets  
First Scriven Scouts and First Knaresborough Scouts  
Blenkhorn Boats  
Dr Jim Harrison and others from St John Fisher's School  
Scotton Scorchers  
John Ibbotson and the Scrutineers  
The Time-Keepers  
Thalia

Knaresborough Post, Harrogate News, BBC Radio York and others;  
the Lions clubs of Harrogate, Bradford Central, and other areas  
the Rotary club of Knaresborough  
the Knaresborough Masons  
St Michael's Hospice

All of the very many volunteers who represent Bed Race teams and will help marshal the event  
family members and friends of Knaresborough Lions who helped us both on the day and in the preparations for the event;  
and of course, the wonderful people of Knaresborough!



*The town turns out for Bed Race*

FINALLY, ANYONE ELSE WHO WE HAVE MISSED OUT OR WHOSE HELP CAME IN AFTER THE PROGRAMME.



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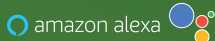
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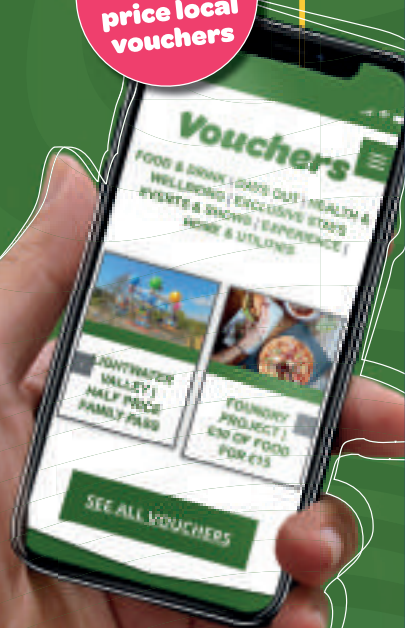
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# MARSHALL DUTIES



Keeping us all safe on Bed Race day is the role of the marshals, resplendent in their orange and yellow tabards. The organisers are very grateful for their valuable assistance, without which the event simply couldn't happen.



Volunteers at Masons' Corner

Marshals are there primarily to keep the route clear. This is obviously vital to allow everyone to see the Parade and is crucial for safety once the race starts. Race beds, made from steel, can do significant damage not only to spectators but also to runners and passengers too. We rely on parents to keep children off the course.

The marshals have other roles. They are there to help people who find themselves in difficulty.

Each small group of marshals has a leader who has a radio and details of how to contact the event controller, emergency services, the first aiders from Medics UK, the folk looking after lost children and members of the Knaresborough Lions.

The marshals themselves are voluntary workers so please work with them on Bed Race day. Many are individuals who represent the teams (it is a condition of entry). Many others are members of other clubs and societies in Knaresborough and from nearby towns.

There are people from other Lions clubs in North Yorkshire who come along to help Knaresborough Lions as we assist them in their ventures. There are representatives from Rotary and Round Table organisations, people from sports and social clubs, and freemasons from Lodges in the area. In fact, the critical crossing point on High Bridge, where the route from Conyngnam meets the road coming down Bond End, has become known as 'Masons' Corner'.

We salute you all.

## FAREWELL TO HBC

Following a local government reorganisation, a new North Yorkshire Council unitary council is taking over Knaresborough and the rest of the original Harrogate district. The move came into force on 1 April 2023.

It creates a single council where previously there was two authorities. The old Harrogate District Council is now disbanded, with its functions and responsibilities transferred to the new authority.

Knaresborough retains its Town Council, funded by the Parish Precept. Its councillors and mayor have a limited range of powers but can be influential on a range of matters outside their direct control.



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(Our name comes from a 1620 map describing our building as 'a hospital for six poor folk')



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[knaresboroughchamber.org](http://knaresboroughchamber.org)



# TOWN MODELLED IN LEGO



A man from Germany has created a lego model of Knaresborough viaduct and the surrounding area.

Martin Renger from Baden Württemberg has been creating his model since the start of January and after sharing his progress, the accuracy and intricacy of the model has received praise on social media among local residents.

Knaresborough Viaduct has been recreated in Lego (@MartyRenger)

Martin, or 'Der alte Mann und der Stein' (The Old Man and the Stone) on Twitter, said his next move is to add two motorised trains to his model.

He said: "My model is still under construction. I think I will finish before the end of the summer.

"Next steps: moving trains on the viaduct."

He has been sharing his progress via a forum and receiving both feedback and suggestions from others.

The updates began on 2nd January when Martin revealed he had built the four arches of the viaduct after 'preliminary planning.'

Using photos and Google's StreetView, he has also managed to recreate houses on Water Bag Bank.



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**Pelsis Group** operates some of the leading brands across retail and professional markets. From Knaresborough to Los Angeles our products serve communities and protect public health.

As a local business, we are proud to support the Knaresborough Bed Race.

Good luck to all the participating teams.

Find out more at [www.pelsis.com](http://www.pelsis.com)



# YOUR HARROGATE



This year will mark the second occasion on which the Bed Race media partner has been Your Harrogate, the DAB digital radio station. The Lions again welcome them on board.



*The Big Screen displaying winning times at last year's race*



The role of media partner is many and varied on the day of the race. The radio station makes important announcements about safety and organisational matters.

Your Harrogate presenters will commentate on the parade and race, and helps the band the Directors to provide entertainment from the stage. They also manage presentations of trophies to the winners.

Your Harrogate sponsors the camera operators from Sira Studio who film the events of Bed Race day up at the Castle, during the Parade and, especially, at the spectacular River Crossing. Sira also produces an edited version which, almost miraculously, they get on the Bed Race website in the evening of the event.

Your Harrogate arranges the Big Screen LED display which shows the footage filmed during the day, and the live shots of the teams as they enter the Nidd. Come to Conyngnam Hall Field and sit on the grass in front of the Screen to enjoy the action.

The times and places of the teams, can be seen displayed on the Big Screen at the end of the event.

Your Harrogate was formed in 2020 on the demise of the hugely popular Stray FM, which was closed by its owners. Stray FM had partnered Bed Race for many years.

Many of the former Stray DJs founded Your Harrogate as a DAB digital radio service. The station provides traditional local radio fare, DJ-presented music shows, local, national and international news and gets involved with advertisers and directly in mounting offers, vouchers and competitions. It is very involved with the community here in North Yorkshire and supports local events such as Bed Race and the Yorkshire Agricultural Show, among others.

On the service's website are a large number of podcasts produced by presenters Nick Hancock and Peter Egerton.

In recent months, Your Harrogate has lobbied Ofcom to support a local DAB multiplex to provide services in the Harrogate, Knaresborough and Wetherby areas. At the time of writing this has paid off and should facilitate the opportunity for a wider range of services.

"We'd love to hear from anyone who might be interested in broadcasting their service or trying out a new one," said Nick Hancock.



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# KNARESBOROUGH LIONS



**Knaresborough Lions, the organisers of the Great Knaresborough Bed Race, have been in existence since 1987. In turn, it is part of the national Lions organisation of about 900 clubs and Lions Clubs International, which has 1.4 million members. In 2019, the global body donated \$8.9 million to help relieve local and international needs.**

The policy of Knaresborough Lions is that roughly 80% of all proceeds should be donated in Knaresborough and in the immediate surrounding area. Of the international donations, funds have gone to earthquake relief in Turkey and Syria, for Ukrainian refugees and to meet other urgent issues in disaster affected areas.

In recent months the club has supported needs for defibrillators, for the garden sanctuary at Martin House Hospice for children, for families and the elderly at Christmas and for help in the education arena. There is much more.

Lions organise Bed Race, of course, but also run a beer festival each year in August, and tour Knaresborough with Santa, his elves and their sleigh each December. The group works with other town bodies to provide relief through Connectors, helps organise the Christmas Market, took part in the Coronation celebrations, marshals the St George's Day parade, and assist elsewhere at community events.

Lions provide their expertise and experience to good effect where we can. Our club has led the building work at the Guiding Centre at Birk Craggs for nearly two years. Great credit goes to those who have taken on the major share of this work.

Knaresborough Lions believe that the community we all share is one worth preserving. We will give up our time and provide our energies to striving to improve the life for all our neighbours in this fair town.

We meet twice a month. Our subs are £25 a half year. We take nothing from the club but pleasure in meeting socially and providing service.

If you think you would like to be involved our doors are always open to new members. Contact [www.knaresboroughlions.org](http://www.knaresboroughlions.org), or [www.bedrace.co.uk](http://www.bedrace.co.uk) or email [lionbedrace@hotmail.co.uk](mailto:lionbedrace@hotmail.co.uk).



*I'm dreaming ...  
the Lions at Christmas*



# SEE YOU IN 2024

As always, the Great Knaresborough Bed Race will be held on the second Saturday in June next year, which will be an early one:

## 8 June 2024

It will be great; it will be grand; it will be a glorious affair.  
Please note the date.

All are welcome to join one of the largest community events held on the public roads in the North of England. And it is all for good causes, organised by volunteers and the people of Knaresborough. We hope that, once again, the Lions will take the lead.

But it is time that other groups and individuals step forward to share some of the burden. Over the past 15 years the organisation of this spectacular event has grown, to the point where the strain on a single organisation is beginning to be noticed.

We need your help. Please let us know what you can do to work with members of Knaresborough Lions club. The overall aim is to preserve Bed Race as an event run on a voluntary basis, where the proceeds go to local charities and community good causes in and around Knaresborough.

Sponsors, advertisers and companies are also welcome. Bed Race has been held in Knaresborough since 1966. In that time, tens of thousands of pounds have been raised. Huge numbers of people have been involved as organisers, runners, passengers and spectators. Plenty of folk have come to watch year after year, and the event is famous for generating media coverage all around the world.

Bed race has spawned other similar events in Europe, North and South America, South Africa and Asia, and in Australia and New Zealand. It is the mother of bed races.

Would you be happy to become part of this. Reach us through [www.knaresboroughlions.org](http://www.knaresboroughlions.org) or via the Bed Race site [www.bedrace.co.uk](http://www.bedrace.co.uk)

And we will see you next year. Roll on the Great Knaresborough Bed Race forever!



### USEFUL WEBSITES

Bed Race:

[www.bedrace.co.uk](http://www.bedrace.co.uk)

Lions Clubs:

[www.lions.org.uk](http://www.lions.org.uk)

Knaresborough Lions:

[www.knaresboroughlions.org](http://www.knaresboroughlions.org)

Knaresborough Town Council:

[www.knaresboroughtowncouncil.gov.uk](http://www.knaresboroughtowncouncil.gov.uk)

Knaresborough Festival of Entertainment  
and Visual Arts (feva):

[www.feva.info](http://www.feva.info)

Knaresborough Christmas Market: [www.knaresboroughchristmasmarket.co.uk](http://www.knaresboroughchristmasmarket.co.uk)

[www.knaresboroughchristmasmarket.co.uk](http://www.knaresboroughchristmasmarket.co.uk)

Knaresborough Forum:

[www.theknaresboroughforum.co.uk](http://www.theknaresboroughforum.co.uk)

Knaresborough Now magazine:

[www.knaresboroughnow.co.uk](http://www.knaresboroughnow.co.uk)

Knaresborough Post & Harrogate Advertiser: [www.harrogateadvertiser.co.uk](http://www.harrogateadvertiser.co.uk)

[www.harrogateadvertiser.co.uk](http://www.harrogateadvertiser.co.uk)

Harrogate Informer:

[www.harrogate-news.co.uk](http://www.harrogate-news.co.uk)

Your Harrogate:

[yourharrogate.co.uk](http://yourharrogate.co.uk)

Knaresborough Tourist Information:

[www.knaresborough.co.uk](http://www.knaresborough.co.uk)

Knaresborough Online:

[www.knaresboroughonline.co.uk](http://www.knaresboroughonline.co.uk)

Knaresborough Technology Park:

[www.knaresboroughtechpark.co.uk](http://www.knaresboroughtechpark.co.uk)

Connectors:

[www.knaresboroughconnectors.org.uk](http://www.knaresboroughconnectors.org.uk)



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