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GREAT KNARESBOROUGH BED RACE

SATURDAY 8TH JUNE 2019 | THEME: 'YORKSHIRE'



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2018 River level was the lowest for decades

PRESIDENT'S MESSAGE

IT'S A BIG YORKSHIRE WELCOME TO ALL

It is my honour as this year's Knaresborough Lion's President to welcome you all to the 54th Great Knaresborough Bed Race.



Bob Godsell, Lions President

Year after year it gets bigger and better, it has come a long way since it started with four beds, over the years growing to the 90 teams we have today.

Organising the Bed Race is hard work but the results of the projects we accomplish with the money raised make it all worth-while. I hope you will take the chance to visit pages 45 and 46 to see for yourselves The money that comes from the support that we get from you is used for good causes in our local community.

This year's theme of Yorkshire will be a challenge to the teams but I am sure they will rise to the occasion, as they always seem to do. If you would like to help us, the Lions are always looking for new members, and helpers at our events.

This event takes us, Knaresborough Lions Club, nine months to organise and it gets harder every year as some of us get older. Without our sponsors help and backing this would be hard to pull off, so a huge thank you to them.

The one thing we cannot control is the weather but I hope that it stays fine and everybody enjoys the day. A huge thank-you to all involved and to everyone who comes to support the event.

Let the beds start to roll!

Lion Bob Godsell,
President of Knaresborough Lions
2018-2019

A WORD FROM THE MAYOR



Phil Ireland, Mayor

Last year we enjoyed fabulous weather resulting in record crowds estimated at around 30,000 made up of residents, young and old, joined by visitors from far and wide, all thoroughly enjoying this unique event.

The organisation of such a popular event has changed beyond recognition over the past 54 years. Nowadays legislation dictates the government's health and safety guidelines for events to reduce the risk to the public by providing proper policing, first aid, toilets and wash facilities, parking, food health and safety and waste removal.

A very warm welcome to the 2019 Great Knaresborough Bed Race. This is the 54th time the event has taken place around the streets of our ancient market town and, although the weather has been unpredictable and the course has changed over the years, the race has never been cancelled.

The organisations providing all these facilities must be recognised and thanked for their efforts in executing their respective tasks as, quite simply, without them the event would not take place.

The theme for this year's event is 'Yorkshire', a celebration of all that is relevant to our wonderful county. This will motivate the creators of the bed designs to use their imagination and inventiveness to come up with original interpretations of the theme, which I am sure all will enjoy when they parade down the High Street.

Once again, a very warm welcome to you all, we hope you enjoy your day. For those of you visiting for the first time, we are very proud of our wonderful town and we hope you will stay awhile and explore the attractions we have to offer.

To everyone involved in decorating the beds, to the runners themselves, to every team, we wish you all the very best on the day. Have fun, enjoy yourselves, be safe and come back again next year.

CLlr Phil Ireland, Mayor of Knaresborough



Good Luck

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THE THEME IS YORKSHIRE



Ah'm chuffed t'bits wi' thim

What a wonderful theme for this year's Bed Race - Yorkshire, God's own county, is the theme for the beds for this year's Great Knaresborough Bed Race. And reet gradly too, tha knows!

This is the largest English county, stretching from the North Sea over the Pennines; from the Tees in the north, past the Don in the south. Covering 6,066 square miles of rolling moors, mountains, marsh and beach. Its highest point is the 2,591 Mickle Fell.

Yorkshire boasts a culture based on its own distinctive roots. It featured the headquarters of the pre-Roman Briganti tribe – at Aldborough, not far from Knaresborough, and York, as Eboracum, was the Roman military centre in the North, later becoming the base of Viking rule, called Jorvik.

It has been always a county known for its agricultural fecundity and in later medieval times a strong wool weaving industry grew up.



This took the wool from sheep grazed on hills in the Dales and Moors, and used energy to power the weaving looms, first derived from the rivers and streams sluicing from the Pennines, and later from the huge coal fields of South and West Yorkshire.

Along with a distinctive dialect, almost a separate language, an outlook grew up: an independence of mind and spirit. Aye, tha says: you can allus tell a Yorkshireman, but you can't tell 'im much.

For Bed Racers seeking designs for their beds and dress for themselves, there should be enough to choose from. Yorkshire has its own county day – 1 August; its own county flag – the white rose; a county flower – the exquisite papery blue harebell.

We even have our own anthem: On Ilkla Moor Baht 'at.



More on page 7

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THE THEME IS YORKSHIRE

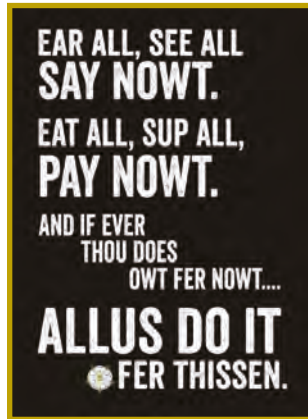


From page 7

There are many other unique strains: delicious food and drink; stately homes, castles and palaces, abbeys and minsters. Mines, woollen mills, old steel mills and other relics of the industrial age. History around every corner and the most spectacular countryside – Dales, Moors, cliffs, beaches, Pennine hills, exquisite valleys formed by rivers such as Don, Humber, Ouse, Fosse, Wharf, Ure, Aire, Swale, Calder, Derwent and, of course, our very own Nidd.

It's a county of the biggest contrasts and something for all to pick.

Such as sport, celebrating the county's pre-eminence in cricket, winning more championships than any other county; rugby league, founded in



Huddersfield; football with the first club founded in Sheffield in 1857. We all remember the county's success at the 2012 Olympics, when athletes from Yorkshire won so many medals we would have come 11th had we been a nation.

Explore opportunities offered by Yorkshire dialect with its roots in Old English and Norse, giving us words like wrangwise (wrong way), laiking (to play), jannock (genuine), fettle (put right) and brass (money). For, at day-gate (sunset) on Bed Race day, we

will celebrate the best decorated beds that personify our county.

So, cum one, cum a' for the 2019 Great Knaresborough Bed Race and its special homage paid to Yorkshire.



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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 Bed Race. It is a requirement of entry on the day that each team's marshals (who must have attended a marshal brief), report to the marshal reception point in the Castle Grounds by 1200-hrs. Failure to do so will lead to disqualification.
- 2 The bed and runners must be decorated to the published theme of the year. Failure to do so leads to disqualification.
- 3 The bed and team will take part in the parade and must follow the requests at all times of the marshals and race officials.
- 4 The **running team** [both adult and junior] will be made up of either 6 males, or 6 females, or a mixed team of 3 male and 3 female, plus one passenger. Non-standard mixed teams will be regarded as male.
- 5 A junior team must be in years **8 to 11** inclusive of the school year to qualify for entry.
- 6 The **passenger** must be no younger than **10 years old (Year 6)** and all passengers **must** wear protective headgear and lifejackets throughout the race.
- 7 No substitutions will be allowed during the race.
- 8 Riding on the bed except for the passenger is forbidden.
- 9 **All** competitors must be able to swim.
- 10 During the race all beds must keep to the left unless overtaking or at request of race officials.
- 11 The throwing of objects/liquids is extremely dangerous and is strictly forbidden. Failure to comply leads to disqualification.
- 12 No alcohol 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. Please ensure you are able to do so before the race on the day.
- 14 Bed race is a family event, all members of the team and parade must conduct themselves appropriately at all times i.e. no swearing, no inappropriate gestures. The organisers reserve the right to withdraw a team at any point.
- 15 Each team must have a named Captain who takes responsibility for ensuring the safety of the team during the race and the parade.
- 16 To enter for the Fastest New Team, no team member must have completed in a previous bed race.
- 17 To qualify for the non-club competition, no team member can belong to an England Athletics affiliated club.
- 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 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 48 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 Conyngnam 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 prior to 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 and **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 Race element and crossing the finish line.
- 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**:
 - i) Have four wheels of **not more** than 260mm in diameter including tyres, and a **minimum** tyre width of 55mm.
 - ii) 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).
 - iii) 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).
 - iv) Have a minimum length of 1750mm and a minimum width of 750mm.
 - v) Have a maximum length of 3.0m and a maximum width of 1.35m.
 - vi) 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 non-bed end/s. Beds may be inspected more than once so please do not tie loops or knots after original scrutineering.





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THE GREAT KNARESBOROUGH BED RACE DISCLAIMER



The organiser of Bed Race, the Knaresborough Lions Club, takes 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, water filled balloons, flour, eggs and other items.

Members of the public should always stand well clear of the beds while the Parade and the Race are in progress. Please obey the instructions of Bed Race marshals who are acting in the interests of public safety.

The organisers of the Bed Race cannot be held responsible for any incidents which may occur due to the irresponsible behaviour of others. Please note: team members, supporters, spectators and other participants attend the event at their own risk.



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So here's to all the Bed Race runners. Don't give up... Power Up.



THE THEME IS YORKSHIRE



A Taste of Yorkshire

Yorkshire is well known for its rich cuisine, particularly in sweet things probably affected by the oft-bracing climate. Yorkshire pudding is rightly world-famous and the only thing to remember is that you don't need to restrict it to dinner and roasts. It can be a starter or a sweet, filled with jam.



Other foods associated with the county include:

Rhubarb which is grown in the famous triangle between Wakefield, Leeds and Bradford.



A sweet produced from liquorice was first developed in the 1760s in Pontefract where it was known as 'pomfret cakes'. Also in the 18th century, ginger beer was first introduced in Yorkshire to an adoring public. In fact, ginger is quite a local speciality in Yorkshire and features in parkin.

Wensleydale is one of the classic British cheeses and a famous product from the Dales. For lovers, try the newly-developed Harrogate blue with its beautifully creamy and mild taste.

Yorkshire Grace:
**God bless us
all, an' mak us
able ta eyt all
t' stuff 'at's on
this table.**

Another traditional Yorkshire food is pikelets, similar to but lighter and much thinner than crumpets. Yorkshire curd tart follows a recipe with rosewater. Strong Yorkshire Tea from Taylors of Harrogate is also world-famous.

Throughout recent history, the county has been associated with sweet-manufacturers, especially chocolatiers such as Rowntree's, Terry's and Craven's, all from York; Thornton's from Sheffield, Macintosh's from Halifax, while Bassett's, also, from Sheffield, continue to make the famous Liquorice All-Sorts.

Beer-making in Yorkshire is also revered throughout the country. Tetley's (Leeds), Sam Smith's and John Smith's in Tadcaster, Timothy Taylor in Keighley, Theakston and Black Sheep in Masham were for long the traditional choices.

Today, there are a whole raft of new breweries turning out excellent ales challenging the well-established breweries to continue to provide innovative brews alongside their traditional stalwarts. These new establishments feature Roosters, Daleside, Ilkley, Eebria, Saltaire, Bad Seed, Hop Studio, Copper Dragon, Ossett and Bad Company among many others.



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KNARESBOROUGH REBIRTH



David Rhodes, a former borough architect for the Harrogate and Knaresborough Council is calling for a rebirth – or renaissance – for Knaresborough centred on the Castle, The Nidd Gorge and the Knaresborough Forest. This is an exciting combination that will enhance the area's attractiveness for residents and visitors alike.

What David would like to see is a new layout inside the Castle to better explain what the original structures looked like and the function they performed. As is known, Knaresborough Castle was an important institution for over 500 years and a beautiful structure, finished by cathedral masons rather than in the normal way of the period. Its defenders having defied Parliamentary forces at the time of the Battle of Marston Moor, it was reduced to the ruined state found today.

Knaresborough Forest was a royal demesne first mentioned in the Domesday Book and extended on the Western side of the Nidd past Harrogate and out to the River Wharfe. It was not a forest in the usual sense but a royal hunting area which included woodland and open farmland. Its extent was marked in 1767 by the placement of boundary stones.

The Forest is undergoing its own rebirth, explained David, being incorporated into the great Northern Forest project which seeks to plant 50 million trees

between Liverpool and Hull over the next 25 years. Currently, tree cover in this area, at 7.6%, is well below the national average. There will be five major tracts of woodland developed in the scheme with the major part in Yorkshire being the White Rose Forest. Hopefully, this will bring back to life the idea of the Knaresborough Forest, which itself will be supported by the restoration of the boundary stones where they are fallen or missing, says David Rhodes.

The third initiative is the preservation of the Nidd Gorge, which runs from the East side of Knaresborough along the river to Ripley. This is a well-regarded area of natural beauty and is the spectacular setting for the Great Knaresborough Bed Race. Friends of the Nidd Gorge want to register it as a Country Park to preserve the area for future generations, with more walking trails, information centres, planned management of biodiversity and preservation of the historical environment.

We thank David Rhodes for bringing these matters to our attention. For more information go to the websites:

[www.woodlandtrust.org.uk/
blog/2018/01/new-northern-forest/](http://www.woodlandtrust.org.uk/blog/2018/01/new-northern-forest/)

www.friendsofniddgorge.org.uk/



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LAST YEAR'S BED RACE



GH Brooks, 2018 Winners



Bright sunshine bathed the teams and spectators at the Great Knaresborough Bed Race in 2018.

In what was regarded as the warmest Yorkshire summer since the Lower Pleistocene, course conditions were perfect: dry underfoot, a low Nidd which allowed wading, a following breeze up Castlegate and fresh ice cream to finish. It was a day for sun lotion and hats, cooling drinks and barbecues in the evening.

Because of its timing on the second Saturday in June, Bed Race has usually coincided with major sporting events. Recognising the importance of our event, the Russians chose to avoid a clash last year and delayed the start of the World Cup by a week.

There was an all-new first-time winner of Bed Race in 2018 – G H Brooks, long a competitor in the fastest positions but now outright quickest.

They beat Ripon Runners, winners in 2010, 2012 and 2017, who came in second. Knaresborough Striders were third, followed by the Half Moon and Nidd Valley.

The fastest female team was Ripon Runners Girls, who have now won it every year since 2012, and came in 20th overall. Whelly Wheelettes came second and Nidd Valley Ladies were the third quickest female team.

The fastest new team were Ripon Fire Station; Flying Pullman were the quickest mixed team and Tewit Youth Band and JP's Mini Disciples were the fastest junior teams. Scotton Scorchers came first among the junior female teams and Welly Wheelies were the quickest mixed junior team.

More on page 19



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Jamie and Brian

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LAST YEAR'S BED RACE



From page 17

First Scriven Scouts again won the Best Dressed Bed award, with bed and team decorated in the theme 'A Night at the Theatre'. The theme allowed massive scope and we had a wide range of offerings from Hamilton and Cats, to Rocky Horror, War Horse and Wizard of Oz, among many others. It was a colourful and spectacular pageant and will be long cherished by those who saw the Parade.



**Left: First Scriven Scouts, Best Dressed Bed
Above: Hamilton - The Musical.**



The Knaresborough Silver Band was voted Most Entertaining Team, and gave an impromptu concert as the team marched down the High Street playing along with their band.

The award for having made an outstanding contribution to Bed Race was presented to Raynet, the national voluntary communications group whose licensed amateur radio operators provide top-to-bottom safety and advisory communications for the Knaresborough Lions on Bed Race day. The Yorkshire and Humberside group of Raynet has provided massive support to Bed Race, from planning to evaluation for many years, and are a key part of the team that puts the whole event together.

It was a very successful Bed Race but not without its controversy. The event is getting more and more expensive to put on, and harder to plan and manage on the day. But it is a valuable day for the town; brings in thousands to watch; it puts Knaresborough on the map, and allows many in the community to rally round to help.

We get help with the free park and ride from Knaresborough Technology Park, ALM and Transdev.

There are 630 runners and riders involved in Bed Race, another few hundred in dance groups, bands and parading with the teams. There are over 250 marshals stewarding the event and scores more volunteers helping with catering and liaison. Then there are the hundreds of others who help with the decorations and the fancy dress. The total is well over 1,000 people.

From the 34 Knaresborough Lions to all of you, thanks for your help in 2018.



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2018 RESULTS



KEY RESULTS

FASTEST TEAM

GH Brooks

FASTEST MIXED TEAM

Flying Pullman

FASTEST FEMALE TEAM

Ripon Runners Girls

FASTEST MALE JUNIOR TEAM

Tewit Youth Band / JP's Mini

FASTEST NON-CLUB MALE TEAM

The Half Moon

FASTEST FEMALE JUNIOR TEAM

Scotton Scorchers

FASTEST NON-CLUB FEMALE TEAM

Welly Wheelettes

FASTEST MIXED JUNIOR TEAM

Welly Wheelies

FASTEST NEW TEAM

Ripon Fire Station

FASTEST EMERGENCY SERVICE TEAM

Ripon Fire Station

SPECIAL AWARDS

BEST DRESSED BED

1st Scriven Scouts

MOST ENTERTAINING TEAM

Knaresborough Silver Band

OUTSTANDING CONTRIBUTION

Raynet



Rocky Horror



Flying Pullman, Fastest Mixed Team





2018 TIMES



PLACE	TEAM NAME	TIME MIN/SEC
1	GH Brooks	13:23.0
2	Ripon Runners Men	14:07.6
3	Knaresborough Striders Men	14:14.1
4	The Half Moon	14:52.5
5	Nidd Valley Men's B Team	15:05.3
6	David Lloyd Harrogate	15:17.2
7	Guardian Alarms	15:28.2
8	Oatlands Junior School Men	15:32.4
9	Hymas Blue Bullet Flyers	15:34.0
10	Welly Wheelers	15:43.7
11	Knaresborough Rugby Club	15:54.8
12	St.John Fisher School	16:01.0
13	Flying Pullman	16:09.7
14	Ripon Fire Station	16:17.5
15	Harrogate Harriers Miserable Old Veterans	16:20.3
16	Parkrunners	16:23.2
17	CNG	16:28.7
18	The Plodders	16:45.0
19	Stephenson's Rockets	16:49.1
20	Ripon Runners Girls	17:02.7
21	Mott MacDonald Leeds	17:08.4
22	Pelsis Flyers	17:18.0
23	Shipton's Shifters	17:18.1
24	The Rocket Men	17:26.5
25	Meadowside Malingerers	17:26.9
26	Welly Wheeners	17:38.0
27	Six Pack	17:41.3
28	Bed Zeppelin	17:50.5
29	CrossFit Harrogate	17:53.2
30	Techbuyer Ltd	17:55.3
31	Pannal Dental Clinic	17:58.0
32	Mancraft	18:01.0
33	SESKU Little Un	18:02.8
34	Oatlands Infant School Team	18:07.6
35	Welly Wheelettes	18:09.9
36	Nidd Valley Ladies Team	18:13.8
37	Harrogate Round Table	18:27.7
38	JP's Mini Disciples	18:31.9
39	AFF	18:33.5
40	RAF Menwith Hill	18:37.5
41	Tewit Youth Band	18:51.3
42	Clarity Clodhoppers	18:58.8
43	Knaresborough Striders Ladies	19:02.9
44	HACS 1	19:05.6
45	Aspin Avengers	19:05.9

PLACE	TEAM NAME	TIME MIN/SEC
46	Piston Broke	19:12.2
47	Saint John's PTA "B" Team	19:14.7
48	1st Scriven Scouts sponsored by CNG	19:24.6
49	Knaresborough Strollers	19:31.3
50	JP's Disciples of Fitness	19:32.8
51	1st Knaresborough Scouts	19:33.0
52	Dads of Goldsborough School	19:33.4
53	Welly Wheelies	19:33.8
54	HACS 2	19:36.9
55	Harrison Spinks 1	19:42.8
56	Piccadilly Players	19:44.2
57	The Transplants	19:53.6
58	ifm electronic	19:56.0
59	HMCA	19:56.7
60	CEG	19:59.6
61	The Froebelian Flyers!	20:17.3
62	Team Sanderson	20:29.2
63	The Juggernauts	20:30.7
64	Saint John's Team	20:33.3
65	Harrison Spinks	20:35.1
66	Turner's Tearaways	20:36.2
67	Oatlands Junior School Ladies	20:38.5
68	Taylor's of Harrogate	20:52.0
69	Meadowside Maidens	21:05.6
70	Skylarks	21:13.2
71	Scotton Scorchers	21:13.7
72	Pelsis Rat Racers	21:14.4
73	Rungs and Hoses	21:16.2
74	Over The Rainbows	21:25.7
75	Mums on the Run	21:34.5
76	Ladies On The Loose	21:42.4
77	The Y.A.S. Lost Boys 69	21:43.9
78	Piccadilly Fillies	21:53.1
79	Ortial Technologies Ltd	22:17.2
80	Mowbray Magic	22:17.2
81	Bedknobs & Broomsticks	22:18.0
82	The JP Project	22:20.3
83	Hops - Team Tophat	22:22.3
84	The Swiss Rolls	22:22.5
85	Yorkshire Ambulance Service Charity	23:00.1
86	Straybirds	23:24.2
87	Nidd Valley Zip 2 Zoomers	23:34.1
88	Scrambled Legs	24:13.4
89	Knaresborough Silver Band	28:12.8
90	Harrogate Theatre	DNF



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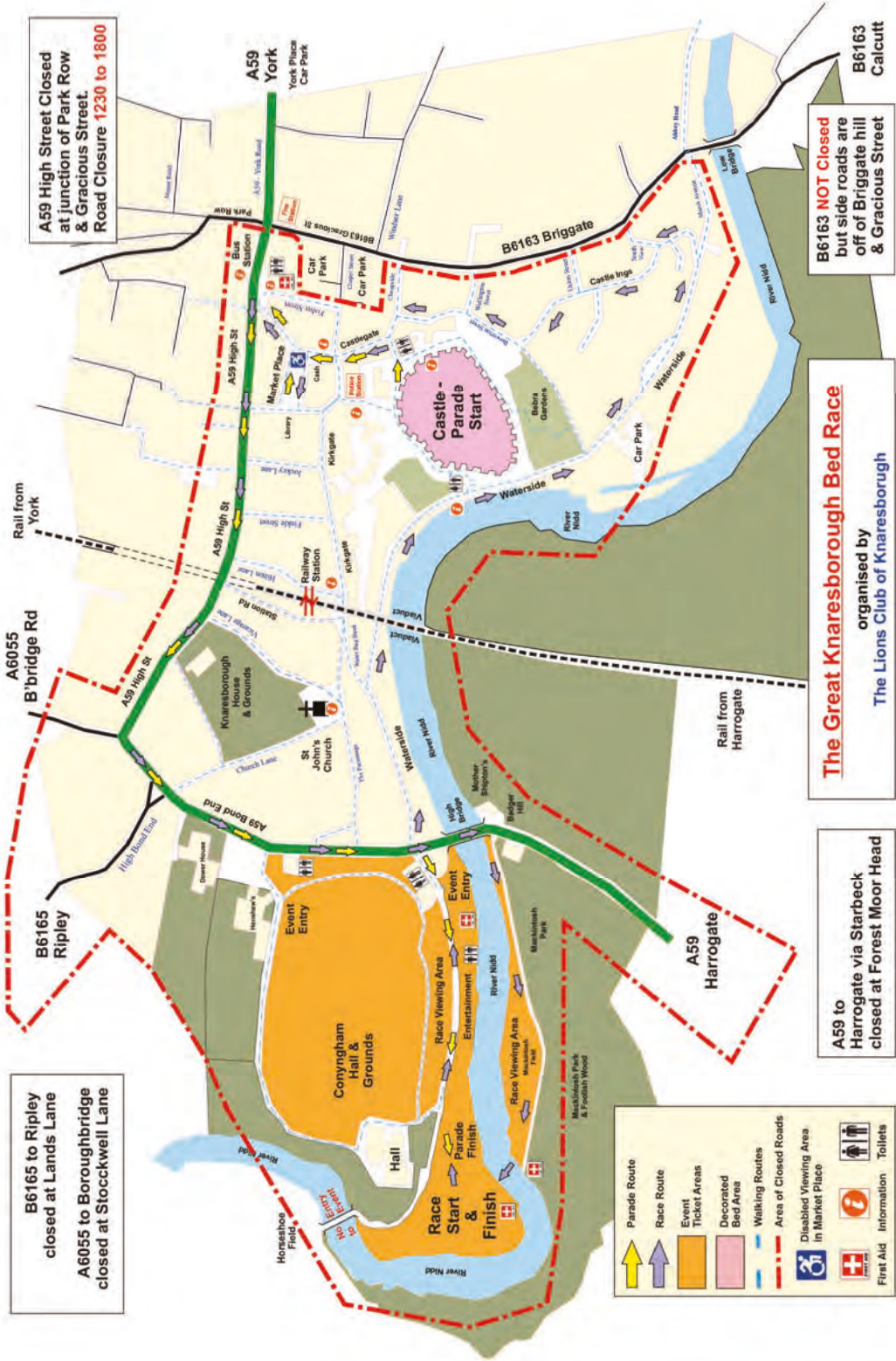
A6055 to Boroughbridge
closed at Stockwell Lane

A59 High Street Closed
at junction of Park Row
& Gracious Street
Road Closure 1230 to 1800

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





2019 TEAMS RACING ORDER



STARTING NO.	TEAM NAME	CATEGORY
1	GH Brooks 1	Mf
2	Ripon Runners Men	Mfc
3	Knaresborough Striders Men	Mfc
4	Nidd Valley Men's A	Mfc
5	The Half Moon	Mf
6	Nidd Valley Men's B	Mfc
7	David Lloyd Harrogate	Mf
8	Guardian Alarms	Mf
9	Oatlands Junior School - Men	Mf
10	Knaresborough Rugby Club	Mf
11	Flying Pullman	Xf
12	Ripon Fire Station	MfA
13	Harrogate Harriers Counting Sheep	Mfc
14	Blue Bullet Flyers	Xfc
15	Parkrunners Mixed	Xf
16	CNG1	Mf
17	The Plodders	Mf
18	Stephenson's Rockets	Mf
19	Ripon Runners Girls	Ffc
20	The Rocket Men	Me
21	Meadowside Malingerers	Me
22	Six Pack	Mf
23	Techbuyer	Mf
24	Pannal Dental Clinic	Mf

STARTING NO.	TEAM NAME	CATEGORY
25	Oatlands Infant School	Mf
26	Scotton Scorchers JFC	Mf
27	Belzona A	Mf
28	King James School	Mf
29	Ripley Castle Stormers	Mf
30	Nidd Valley Mixed B	Xnfc
31	Ripon Runners Renegades	Xfc
32	Welly Wheelettes	Ff
33	Harrogate Round Table	Me
34	JPz Mini Disciples of Fitness	Mjff
35	AFF	Xf
36	Parkrunners Girls	Ff
37	RAF Menwith Hill	MfA
38	Tewit Youth Band	Mje
39	Clarity Clodhoppers	Xf
40	6th Gear	Xf
41	The Juggernauts	Mf
42	Turner's Tearaways	Mf
43	Knaresborough Striders Ladies	Ffc
44	Aspin Avengers	Me
45	Welly Wheelers	Xe
46	Stockeld Stags	Me
47	HACS1	Me
48	HACS2	Xe
49	Saint John's PTA A Team	Xe





2019 TEAMS RACING ORDER



STARTING NO.	TEAM NAME	CATEGORY
50	Saint John's PTA B Team	Xe
51	Raworths Solicitors	Xe
52	1st Scriven Scouts	Mjf
53	Knaresborough Strollers	Mf
54	Welly Wheelies	Xjf
55	Welly Wheelers	Me
56	Piccadilly Players	Xe
57	The Transplants	Me
58	CEG	Me
59	Stray Blokes	Me
60	Forest School	Mne
61	Between A Walk And A Hard Pace	Mne
62	Redcentric	Mne
63	CNG2	Me
64	Team Nonno	Xe
65	Belzona B	Xf
66	GH Brooks Pannal Mashups	Xf
67	Park Street Pacers	XfA
68	Yorkshire Cancer Centre Runners	Xf
69	Taylor's of Harrogate	Xe
70	Meadowside Maidens	Fe
71	Skylarks	Ff

STARTING NO.	TEAM NAME	CATEGORY
72	Aspin Park Academy PTA Team A	Me
73	Aspin Park Academy PTA Team B	Me
74	Queen Ethelburga's College	Fe
75	Harrogate Symphony Orchestra	Me
76	Only When I Laugh	MeA
77	The Ortil Flyers	Xe
78	Mowbray Magic	Xf
79	Harrogate International Festivals	Xe
80	Richard Taylor Runners	Xe
81	Signa Technologies	Xe
82	Fountains Abbey and Brimham Rocks	Xne
83	God's Own	Xne
84	St Michael's Hospice	Fe
85	Innovate Fitness	Fne
86	Platinumsprint	Fne
87	Straybirds	Fe
88	Scrambled Legs	Xe
89	Knaresborough Silver Band	Xe
90	Knaresborough Air Cadets	Xne

CATEGORIES ARE:

M - male **F** - female **X** - mixed **f** - fast **e** - entertaining **J** - junior

Accurate as at going to press.

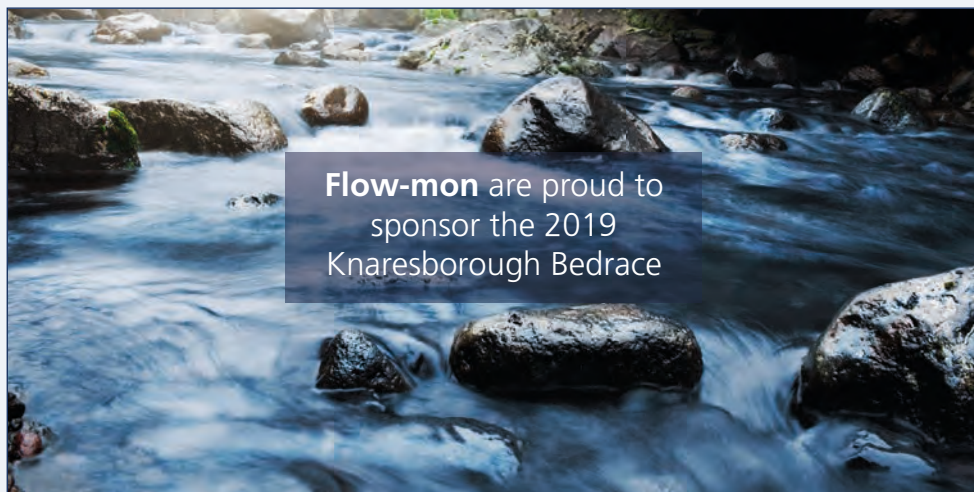


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WELCOME FROM THE TOWN CRIER



Welcome to the 2019 Bed Race. I'm Roger and once again I am delighted to have been appointed Knaresborough Town Crier for another year.

We have a thriving market every Wednesday as we have done for the last 700 years and it falls to me to open proceedings at 11:00 every week and then to read proclamations from the Market Cross throughout the day.

Even on a cold winters day our market attracts visitors from all over the world.

As Knaresborough is such a busy little town I often find myself involved in other events such



Knaresborough Town Crier

as feva, Bright Friday, Castle events, the Farmers Market, The Christmas Market, the Knaresborough Nativity and of course the Bed Race.

As part of feva I help to host the Knaresborough Town Crier competition. It's very colourful but quite noisy. The other Criers, from as far away as Lichfield and Darlington, have told me that they enjoy the Knaresborough competition because of the warm welcome they get.

If you would like the Town Crier to attend a charity or community event please email me: r.w.hewitt@hotmail.co.uk.

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PROGRAMME OF EVENTS



9.00-
11.00am

Castle Grounds
The beds gather at
Knaresborough Castle.

2.45pm

Conyngnam Hall Field
Welcome ceremony
performed by the Mayor of
Knaresborough.

11.00am

Judging begins at the Castle
of the Best Dressed Beds.

3.00pm

**The 54rd Great
Knaresborough Bed
Race starts**

Teams set off at 10-second
intervals, the fastest first.

12.00pm

Best Dressed Bed winners
announced. Roads around
the Town close.

12.00pm

Conyngnam Hall Field
Opening of attractions,
including amusements, fete,
charity stalls, bars, food and
the Big Screen showing
highlights.

3.15-
4.00pm

Bed Race teams arrive at the
finishing line.

4.30pm

Presentation of Prizes
Announcement of winners
and display of times.

1.00pm

Bed Race Parade
Starting from Castlegate,
the procession of beds,
bands, floats, dancing and
marching groups parade
through the Town Centre
to Conyngnam Hall.

6.00pm

Event finishes, roads open,
crowds disperse, teams take
up their beds and walk, and
the organisers clear away.



Special Needs Viewing Area

See

on the
map on
p23

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



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THE THEME IS YORKSHIRE



Yorkshire Facts

Did you know that the famous village of Blubberhouses to the west of Knaresborough, derived its name from Old English meaning a bubbling brook by a house - Bluberhus? There is no known association there with the whaling industry.

The town of Pontefract, in West Yorkshire, gained its name from Latin meaning broken bridge. This is possibly a reference to Anglo-Scandinavians harassment of the Normans army after 1066. Pontefract Castle, originally a wooden motte and bailey effort, was rebuilt in stone before the end of the 11th Century.

Occupied by the de Lacy family for 200 years, it was the location of the murder of Richard II in 1400. Today, Pontefract is probably better known for liquorice-growing, and is home to two liquorice factories owned by Haribo and Tangerine Confectionary.

But where did the silent K – as in Knaresborough come from? It seems this is a pattern derived from everyday words starting with Kn. At one time these were pronounced k-not; k-nife and, of course, Knaresborough up until the 1600s.

Dropping the K probably started as a mistake which spread. The result was easier to say. Probably the world knight was once pronounced k-nig-ht. So, think on't the next time you visit Knottingley, Knapton, Knedlington, Knowsley, Knightsbridge or Knottingley.

Cat's Eyes

We take them for granted, but those cat's eyes in the road marking junctions and defining lanes are another Yorkshire invention in use all over the globe. They were invented by Percy Shaw of Boothtown, Halifax, in 1934 who realised that with so many vehicles coming on to the roads there was a vital safety need for drivers to follow at night.

He was inspired by the shine reflected from the eyes of cats. Convinced that a device with similar qualities would be useful as a means of navigating the roads at night, he established Reflecting Roadsigns in Halifax to manufacture his "Cat's Eyes."

Studs set into the roadway with two reflecting spheres facing oncoming traffic reflect ambient light, especially from headlights. The studs proved very durable and were particularly useful during the blackout in World War Two as vehicles had shuttered headlights emitting much reduced lighting. Today, cat's eyes are regarded as a British design icon and are used in virtually every country in the world. Percy Shaw is remembered by having a pub named after him in Halifax – there's some irony there, we suspect.

Other famous folk from the county include:

HAROLD WILSON

Prime Minister

ROY CASTLE

Actor, singer, comedian

SIR MARTIN FROBISHER

Explorer & Privateer

PAUL DANIELS

Magician

KIT CALVERT

turned Wensleydale
Creamery into a Co-op

FRED TRUEMAN

Cricketer

AMY JOHNSON

Aviator

EDDIE WARING

Commentator

JOHN SMEATON

Civil Engineer

HARRY CORBETT

Puppeteer

MOLLIE SUGDEN

Actress

JOHN BARRY

Composer

CAPTAIN COOK

Seafarer

FRANKIE HOWARD

Comedian

ST HILDA OF WHITBY

Abbess

THE BRONTE SISTERS

Authors

More on page 33



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THE THEME IS YORKSHIRE



From page 31



Above: Ripon Hornblower

Coal Carrying Contest

Right: Bed Race crowds

The annual Gawthorpe Coal Carrying contest, held each Easter Monday, grew from a chance encounter in 1963, we hear. Here is the full tale as explained on the Traditional Customs and Ceremonies website for Yorkshire:

Reggie Sedgewick, coal merchant, and one Amos Clapham, were enjoying some well-earned liquid refreshment, when in bursts one Lewis Hartley in a somewhat exuberant mood. On seeing them he said to Reggie, "Ba gum lad, tha' looks bugged!" and slapped him heartily on the back.

Whether due to the force of the blow or because of the words that accompanied it, Reggie was a little put out. "Ah'm as fit as thee" he told Lewis, "an' if tha' dun't believe me gerra bagga o coil (coal) on thi back an 'ah'll get one on mine, an 'ah'll race thee to t' top o' t' wood!"

While Lewis digested the implications of this challenge a Mr Fred Hirst, Secretary of the Gawthorpe Maypole Committee, and not a man to let a good idea go to waste, raised a cautioning hand.

"Owd on a minute," said Fred. "Aven't we been looking fer some'at to do on Easter Monday? If we're gonna 'ave a race, let's 'ave it then. Let's 'ave a coil race from Barracks t' Maypole."

So, it began. Today, 56 years later it continues. Each Easter Monday the village celebrates that same original occasion with men (50kg bags) and women (20kg bags) running around town.



Other unusual Yorkshire events to look out for:

- Yorkshire Long Sword Dances, held in different villages, but particularly in East Cleveland, North York Moors and around Sheffield.
- Yorkshire Pudding Boat Race, Brawby,
- Ripon Hornblower
- Denby Dale Pie-Making
- Church clipping in Guiseley
- Burning Bartle each August in West Witton, Wensleydale

**Proving, if needed, that
tha's nowt s'queer as folk!**





BED RACE INFORMATION



Before you leave home

Over the last few years the Great Knaresborough Bed Race has been held in beautiful sunny weather, so make sure that you pack lots of sun cream and water before leaving home. Give yourselves plenty of time to view the decorated beds in the Castle grounds and to choose your favourite viewing spots for the Parade and the Race.

How to get to the Great Knaresborough Bed Race

It is easy to get to Knaresborough, whether on foot, by public transport or by car. Remember though that roads start closing from noon, so plan your journey early. There is a regular train service from Leeds, Harrogate and York as well as numerous buses from Harrogate. If travelling by car, head for the free Park and Ride facilities from Knaresborough Technology Park on Manse lane and from ALM on Grimbalds Crag. There will be a free bus service running from these car parks to Chapel Street in the Town Centre. Parking is banned along the route on race day.

Refreshments

Knaresborough has many fantastic cafes and pubs offering a wide range of refreshments for you to enjoy.

Where to Watch

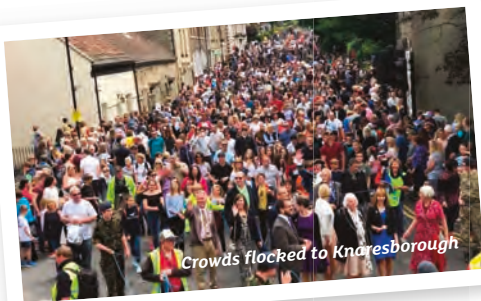
Get to know the course. Look at the map in advance so you understand what to expect on race day. The Castle Top is a must if you want to experience the expectation and excitement of seeing all the beds in their finery before the Parade. The High Street is a fantastic place to watch the parade and listen to the music played by the marching bands.

The Race starts and ends in Conyngham Hall field where there will be a large LED screen where you can watch the race unfold. There is also live entertainment, children's entertainment and bars. This programme is your entry ticket into this area. For those without a programme there is a charge of £2. In addition, there are many places to watch the race. Cheer the teams as they struggle up Castle Ings, join the crowds in the Market Place, gasp as the teams hurtle down the High Street and watch the dramas unfold at the famous river crossing just before the finishing line.

To enable accessibility for all there will be a disabled viewing area in the Market Place, see the map for the location.

Enjoy yourselves 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. If you need any assistance, please seek help from one of them. They have access to First aiders and Ambulance facilities. Please also ensure that you and your children don't cross the roads when the Parade and race are in progress as this can be extremely dangerous for runners and spectators.



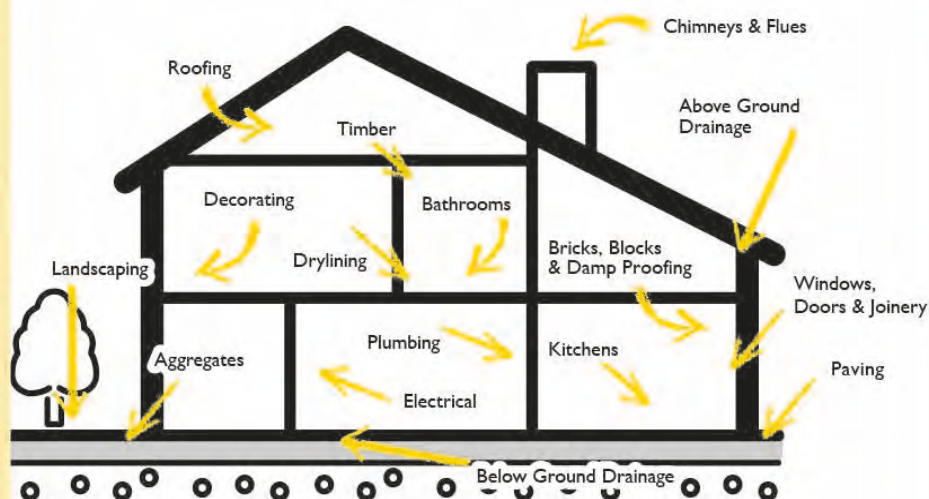
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YORKSHIRE POEM



Poem penned by Eric Scaife, a Leeds-based member of the Yorkshire Dialect Society and a prolific wordsmith

TYKES

We're a rare strange bunch 'at live up 'ere
But we've gradely grub an' champion beer
An' mony a famous name thou'l see
On Yorksheer own proud family tree.

Oor sportin' ways are second ter none
Oor art an' culture speak as yan
Us Yorksheer fowk ev Yorksheer ways
An' when we say we laiks we plays.

Oor language is t' English true
Oor thee, thou, tha's are nothin' new
Wi' glottal stops an' aitches dropped
The G at end is allus cropped.

So com' thi ways to oor grand county
An' sample sum o' Yorksheers bounty
Oor ales are grand, oor looance too
An' friendly fowk to welcome thoo.

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THE THEME IS YORKSHIRE



The Dangerous Sport of Ferret Legging

Though its origins are lost in the mists of time, it is clear that the sport of ferret legging has a long history in Yorkshire. Some say it began with miners, others point to its origin among the poachers of the county who would seek to keep their animals warm while remaining hidden from the authorities. Whatever the cause, the sport gained something of a revival in the second half of the last century.

Ferret legging competitions are held in both one and two animal categories. Players tie their trousers securely at the ankles, before placing the ferret or ferrets down the front, then fastening their belts to stop accidental escapes. Each competitor stands in front of the judges for as long as he or she can bear.

Ferrets cannot be sedated nor competitors drunk or drugged. Tradition dictates that the wearing of underwear under the trousers is prohibited, giving the ferret or ferrets access from one leg to the other. The two-ferret category tends to finished fairly rapidly, by all accounts, though with single animals the contest is one more of endurance.

Ferrets can be of any age, although most have found that mature animals are best. They must have a full set of teeth that have not been filed or otherwise blunted. The winner is the person who lasts the longest while still conscious. Bets are placed by spectators, though in accordance with other sports much has been done in recent years to stamp out gambling by participants.

There is said to be very little natural talent in the sport, merely an ability to not mind being bitten.

In 1972, the record stood at a mere 40 seconds, but in 1981 the whole sport resounded with the news that Reg Mellor, a retired miner of Barnsley, had set a new world record of 5 hours 26 minutes at the Annual Pennine Show at Holmfirth. He said his trick was to keep his ferrets well-fed. In 1986, Reg attempted to break his own record in front of 2,500 spectators, but most became bored and left before the end while workmen started to dismantle the stage. Reg thereupon retired disillusioned, though he did offer £100 to anyone who dared to challenge him.

Finally, long after Reg had ceased to be an active competitor, a ferret legging duo from Staffordshire controversially broke his record. Retired headmaster Frank Bartlett together with Christine Farnsworth set a new world record of 5 hours and 30 minutes, in the process raising £1,000 for the Whittington Community First Responders.

Just like Bed Race, all in a good cause.



Harry Corbett, Starting Bed Race in 1960's

*...and we thought racing
beds was risky!*



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Overland Underwater divers

Lions clubs from Harrogate, York,
Wetherby and others

Rotary clubs Harrogate and Knaresborough
Rotary clubs

Harrogate Round Table

Knaresborough Fire Station

Scotton Scorchers Football Club

St John Fisher's School

The Timekeepers

The Masons

Knaresborough Air Cadets

Knaresborough Scouts and Scriven Scouts

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Stray FM is proud to be official media partners of the Great Knaresborough Bed Race!

We're planning loads of activities to support the fantastic Knaresborough Lions Club in the hope of raising even more money than ever.

On the day, Stray FM will be there broadcasting live from start to finish. We'll be there soaking up the atmosphere for the build up, the Parade and of course the Big Race itself.

We'll be giving you all the essential information you need on traffic and travel, the road closures, public transport and everyone's favourite subject, the weather!

So join us as at the Great Knaresborough Bed Race, we'll be hosting events on the big stage at Conyngham Hall. We'll have live music to keep you entertained before and after the race before the results are announced.

Good luck to all the teams taking part and here's to another fantastic day at the Great Knaresborough Bed Race

join the team



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Delayed by Tractors is a Valid Excuse

There are not many places in England where being stuck behind a tractor is viewed as a valid excuse for lateness. But in Yorkshire, which is predominantly an agricultural county, it is regarded as being a fact of life. Residents and visitors should not get irritated: it is just a slower pace of life.

But on one Sunday early in the year, it was actually taken to greater heights than usual. In the middle of March Knaresborough hosted what is becoming an established annual event – the tractor run of the Yorkshire Young Farmers. This year's run featured more than 300 tractors and raised over £13,000 for the Yorkshire Air Ambulance charity.

The choice of charity is no surprise with farmers working in remote locations across the county. The trigger for the

first tractor run was to commemorate the death of a young Yorkshire farmer who had gone to work in New Zealand.

Michael Spinks, 24, from Scotton, just outside Knaresborough, died when he was hit by a car near the farm at which he was working in New Zealand in January 2017. There was no air ambulance available, and the first Knaresborough tractor run was staged to remember Michael, while supporting the very service in this country on which farmers most rely.

There have now been tractor runs in 2017, 2018 and this year. Hopefully, it will go on being held. The tractors gather at York Place in Knaresborough, and drive in convoy to Ripley, then to Pateley Bridge.

300 tractors driving in convoy inevitably caused quite a few hold-ups but a route was followed from Ripley which reduced congestion on the main roads, and it was all in a very good cause.



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IN MEMOIRIUM

Chas Brown and Martin Berry



*Chas Brown died, aged 78,
on 16 July 2018*

Since our last Bed Race, two of the stalwarts of Knaresborough Lions – Chas Brown and Martin Berry – have sadly passed away.

Both were very active members of the club and well-known personalities in the town. Chas joined Lions in 2001 and

was for many years the club treasurer, dealing with the tens of thousands of coins and notes each Bed Race day, as a result of the mulled wine stall in the Christmas Market, the Santa's sleigh collections and takings from the Lions beer festival. His dedication to this and to the wider objectives of the Lions was legendary.

Martin joined the Lions in 2010, after a career in farming, particularly with dairy herds throughout North Yorkshire and the Dales. He was raised in Bilton and was a well-known fixture in Knaresborough in recent years. He so occupied a seat in McQueens Coffee Shop that his usual chair was given a plaque bearing his name. Like Chas, he was an active member of the club, prominent at Bed Race and other fund raising activities, and the first to volunteer when help was extended to those in need.

Both are very, very sadly missed.



*Martin Berry died, aged 73,
on 19 March 2019*

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LIONS DONATIONS



Bed Race is staged to raise money for charity and good causes, which with the support of our great community it does every year. Knaresborough Lions, which is a volunteer group, stages Bed Race and other events - a beer festival, sales of mulled wine at Christmas, a tour with Santa's sleigh among others. Below we give a sense of the sort of causes supported in the past year to show you how we spend the money raised from these events.

Tents, equipment and other materials have been provided to various scout and guide groups, and Knaresborough's ATC. Donations are made to primary schools in Pateley Bridge, Knaresborough and Lingerfield for trips, play areas, to fund shortfalls and for a special 'chill out room'.

A contribution has been made towards the drive by King James's School to get a 3G sports pitch, which will be available to the whole community. Individual support has been given to students and schoolchildren for overseas voluntary work, to go on trips and to engage in therapy sessions. Young carers have had day trips funded through donations and Knaresborough's new Toy Library has received support from the club.

At this point we should add a reminder of the great help in staging Bed Race and our other events we get from pupils, students, scouts, guides and the ATC.

Funds have been made available for facilities for disabled people. The Silver Band has received support for computer media for the visually impaired. We help fund and stage a special needs Swimming Gala. Counselling sessions for St Michael's Hospice have been helped. Libraries in Pateley Bridge and Knaresborough have received donations, which we made in cooperation with local Sorooptimists.

We support Pateley in Bloom and Knaresborough in Bloom; have funded an interpretation board in Jacob Smith Park and helped the Friends of Knaresborough Station beautify the surroundings.



Funds have been provided, too, to the Nidderdale Arts organisation.

Sports groups get help – funds for a new roof for Knaresborough Forest CC; equipment for Knaresborough CC; new storage for Scotton Scorchers FC; tarmac for Knaresborough Town FC, and a defibrillator for the weekly Park Run. In fact, most of the defibrillators in the district have received funding from us and our sister club in Harrogate. We contributed funds for a new boiler for Chain Lane Community Centre and make regular donations to Yorkshire Air Ambulance.

More on page 47



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LIONS DONATIONS



From page 45

Funds generated by Bed Race and other activities support a range of events that make the town a special place in which to live. We fund feva's annual Picnic in the Park, a booklet on Knaresborough's window paintings, the floodlights at the Castle and for invitees to the Feast of St Robert.

Harrogate Homeless received funds for a Christmas lunch and there were vouchers for 10 needy local families last December. We paid towards the cost of a coach hire for the Older Peoples' Forum for a trip to York. We made use of Filey Lions' caravan by booking a week for a local family and we help fund, pack and distribute, along with other local groups, the yearly Christmas parcels for over 300 elderly people living on their own. We also organised a Christmas Party for the elderly, hosted a visit to the town by a group of disabled youngsters from Germany, made a donation towards the Candlelighters charity and paid towards a free concert at the Royal Hall.

It is a rule of the Knaresborough Lions that 80 per cent of the funds we raise should stay in the district.

But with the rest we supported appeals by Lion Clubs International in respect of the tsunami in Indonesia, the cyclone in Mozambique and the fight against childhood cancer in Cameroon via specialists at St Jimmie's in Leeds. We also made our usual donations to Water Aid and Sight Savers.

Forgive us for bringing all this to you, but we want you to know how we use the surplus from our fundraising, including the profit on the sales of this Programme. It has gone to good hands!



COULD YOU JOIN THE LIONS?

Knaresborough Lions is a charity 1177970 and is made up by ordinary people giving up their spare time. In addition to organising events and disbursing funds, we also support other groups. Such as providing marshals for events like the Memory Walk at Mother Shipton's, the St George's Day Parade, the Harrogate Youth Parade, the Nidderdale Walk, Boroughbridge Cycle Ride and the Twilight Walk for Saint Michael's Hospice.

We have provided bar staff for the Wetherby Lions' Beer Festival and the Harrogate Round Table Beer Festival. Inevitably, much of these take on the character of a social outing for our own members – and we also hold our own parties, events and excursions for ourselves and partners.

Could you play a part? The club is always open to new members – if you want to know more please drop us an email on lionbedrace@hotmail.co.uk, or ring 075481 56065. We'd love to hear



SEE YOU IN 2020



We're looking forward to welcoming you again to the 55th Great Knaresborough Bed Race in 2020 which, as tradition dictates, will be held on the second Saturday in June:

13 June 2020

And what a wonderful day it will be, as always. Laughter, toil, bright carnival, sweat, unrivalled vistas and all the competitiveness of a sporting extravaganza in North Yorkshire's most picturesque locations. Come one, come all.

Please let us know if you want to help.

The task of organising Bed Race is down to volunteers from the Knaresborough Lions and we seek help and new members. It's a great day and raises thousands of pounds for local good causes. What's not to like?

Sponsors are also welcome. The package includes team entry, programme advertising, logos on the website, advertising around the course, as well as a VIP area.

The theme will be announced towards year-end. Entry forms will appear on the event website on 1 January 2020 and have to be returned before the end of February.

All details and the results of this year's race will be found on www.bedrace.co.uk

Whether as a participant, a spectator, an organiser or one of the hundreds to turn up to make it a fun day, we hope you enjoy the 2019 Bed Race. Safely home now!



USEFUL WEBSITES

Bed Race:

www.bedrace.co.uk

Lions Clubs:

www.lions.org.uk

Knaresborough Lions:

www.knaresborough.co.uk/lions-club

Knaresborough Town Council:

www.knaresboroughtowncouncil.gov.uk

Knaresborough Festival of Entertainment
and Visual Arts (feva):

www.feva.info

Knaresborough Christmas Market:

www.knaresboroughchristmasmarket.co.uk

Knaresborough Forum:

www.theknaresboroughforum.co.uk

Knaresborough Now magazine:

www.knaresboroughnow.co.uk

Knaresborough Post & Harrogate Advertiser:

www.harrogateadvertiser.co.uk

Harrogate Informer:

www.harrogate-news.co.uk

Stray FM radio station:

www.strayfm.com

Knaresborough Tourist Information:

www.knaresborough.co.uk

Knaresborough Online:

www.knaresboroughonline.co.uk

Knaresborough Technology Park:

www.knaresboroughtechpark.co.uk



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