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GREAT KNARESBOROUGH **BED RACE**

SATURDAY 11TH JUNE 2022



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THEME

THE ENVIRONMENT

RETURN OF THE SPECTACULAR

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Crossing the river, a Bed Race tradition

PRESIDENT'S MESSAGE

WELCOME TO THE 55TH GREAT KNARESBOROUGH BED RACE

We are so much looking forward to staging this wonderful event after two blank years due to Covid restrictions.



Mike Pyle, 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.

Knaresborough Lions, a hard-working and enthusiastic group of volunteers, have led the planning and organisation of the race since 1998. Working with other voluntary groups, and supported generously by our sponsors, the various legislative obstacles are overcome and escalating costs are met to ensure a splendid day for everyone.

This year's theme – The Environment: Reduce, Reuse, Recycle - provides an additional challenge to all those involved in the event to maximise the enjoyment and razzmatazz of Bed Race while minimising the environmental impact – Let's keep it clean!

In the spirit of recycling and reusing, I include the following, written by my predecessor President, Jon Smithells, for the 2020 programme, for a race which did not happen:

'Consider lending your vigour to this and other events with which Lions get involved – all with the aim of raising funds for charities and community causes. Enjoy a good read of the programme- lovingly put together for your delectation, and above all, enjoy the day and spectacle that is THE GREAT KNARESBOROUGH BED RACE'

In summary:

2020 – planned but cancelled

2021 – not even planned

2022 – WE ARE BACK - Enjoy it!

Lion Mike Pyle

President Knaresborough Lions 2020 -2022

A WORD FROM THE MAYOR



*Christine Willoughby,
Mayor of Knaresborough*

I am delighted to welcome you all to the 55th Great Knaresborough Bed Race. On behalf of the Knaresborough Lions and their many helpers and friends, I wish you a very exciting, happy and above all a safe day out in our wonderful town.

If you don't have time today, why not plan to return and maybe make a longer visit?

Knaresborough wouldn't be the place it is today without the hard work of the Knaresborough Lions and other organisations of the town, many of whom rely more and more on the efforts of volunteers. If, during today's activities, you feel moved 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.

I believe very firmly that Knaresborough is a unique town, being blessed with abundant natural wonders, the fabulous Nidd Gorge, our crags and beautiful green spaces, and also blessed with man-made wonders: our stunning Victorian railway viaduct and our historic Castle to name but a few. I hope that if you are visiting Knaresborough today, you will take the chance to visit some of our marvellous attractions.

The theme this year of Reduce, Re-use and Recycle will have challenged many of the bed decorators so remember to give a big cheer for your favourite as they parade through the town. But above all, remember - dig deep and enjoy the day!

**Cllr Christine Willoughby,
Mayor of Knaresborough**



Good Luck

to all the teams from the

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Andy @ Green Dragon Picture Framing

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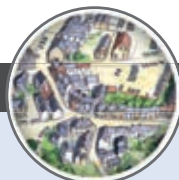
Sarah @ Scarlett's Vintage Tea Rooms

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LIVING WITH THE PANDEMIC



Wheear 'ast Tha Bin Sin Ah Saw Thee?

Two years off with the pandemic, that's wheear. Alas and alack!

What an awful time it has been for everybody. Behaviours have had to be curtailed; normal lifestyles have had to be put on the back burner; nothing we have gone through could have prepared us for what happened.

We've missed two Bed Races, the 2020 and 2021 incarnations. The need for social distancing, self-isolation and mask wearing made the cancellations inevitable.

But nothing quite stopped in and around Knaresborough. Not even for a minute. What was most inspiring were all the ordinary folk, working on their own or through voluntary organisations, who did not sit back behind the rules. They went out and did their bit. More than their bits. Beyond and above the call of duty in most cases. Their first thought was to see what they could do for those less fortunate.

At the start of the pandemic a new community organisation, Knaresborough Connectors, was formed to lead on the response for those in need, individuals and families. The many people who were badly affected by losing jobs, by being isolated and being cut off from loved ones. And for the great many who couldn't even step out to enjoy some fresh air.

Connectors gave great leadership, and will hopefully run for many years to come. Many other social groups and individuals plugged into their arrangements to help. We are very pleased that our Lions club gave them assistance wherever we could. We helped keep in touch with those isolating. We made deliveries and did their shopping. We provided reassurance and linked with families who were living miles from Knaresborough and had their own issues. And we organised days out whenever the restrictions were lifted. Lions also assisted at the vaccination centres in Harrogate and Knaresborough.



Lions ran simulated Bed Race balloon races to replace the real thing, cancelled due to covid. G H Brooks helped with very generous prizes and here is our own Tony Pedel with Andy Broadwith from G H Brooks



Knaresborough Connectors in action



Those of us who live in town and in the surrounding areas know how lucky we are to be here. There is such a strong sense of community in this part of the world.

Lions were just one of many others community groups who did much to offer support through the pandemic, both on their own initiative and through Connectors. These included the Rotary club, Women's Institute, Knaresborough Cares, Knaresborough in Need, H.E.L.P. feva, Chamber of Trade, Resurrected Bites, Inspire Youth, Renaissance Knaresborough, First Responders, Green Connectors, Orb, Henshaws and the two community centres at Chain Lane and Knaresborough, plus all the churches in town. Nearly all are volunteers.

More on page 7



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LIVING WITH THE PANDEMIC



Continued from page 5

There were others involved too: scouts, guides, air cadets, the library, sports groups and official bodies such as the councils and individual councillors, police, NHS, the schools and others. We apologise for any we have failed to mention. If we have forgotten, let us know and we'll put you in next year's Bed Race programme!

Then there were the very many businesses who lent a very important hand too. Just as an example, one was the Zolsha restaurant on the High Street. The owner Jav, and his team contacted us offering free meals for those in need. We linked this offer with the staff at King James's School to identify those who could do with a little help. Meals were offered free for collection on Wednesdays and for those who couldn't go themselves, we Lions took food to their doors.

The pandemic proved what many of us suspected: that Knaresborough is a magic place where folk drop what they are doing to help their neighbours.

We also know this was a pattern that was repeated right across the country. People are good at heart and will instinctively rise up to help where they can - especially where they are allowed to. Hopefully this same story will be true of the aid offered to Ukraine and Ukrainians.

And now we are back with Bed Race for 2022. Fit and raring to go. The landscape has changed a bit. There is no Stray FM, which was closed early in the pandemic, but we have the new radio service Your Harrogate as our 2022 media partner. Many thanks to them for all they will do on Bed Race day in keeping people informed of what is going on and how the events of the day will unfold.

Many thanks to the teams for stepping forward again for one of the world's most iconic sporting spectacles. On behalf of the Lions many thanks to all our helpers. And many thanks to you, too, for coming to Bed Race and reading this programme.



Jav Mian, Samiul Islam, Abu Sufian Choudhury of Zolsha with our Bed Race chairman Kevin Lloyd



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 ie 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.



The Northmen arrived in 2019





WELCOME FROM THE TOWN CRIER



Knaresborough Town Crier

A very warm welcome to the beautiful town of Knaresborough and the Great Knaresborough Bed Race of 2022. This splendid annual event is but one of the many reasons to visit this wonderful town. After a wet wonderful Bed Race in 2019 we will be hoping for a return to the dry sunny weather we usually have on the second Saturday in June.

As well as Bed Race, Knaresborough has a wealth of community events including feva - the Knaresborough Festival of Entertainment and

Visual Arts which runs from 12-21 August 2022 - providing the town with two weeks of wonderful events. Keep an eye on the feva website for this summer's planned events.

Party in the Castle promises a musical extravaganza and a good excuse for a picnic.

Bright Friday starts off the town's festive calendar of events with the Christmas Market followed by Santa's tour of the town, then the Boxing Day Tug 'O' War and the New Years Day Duck Race, all bringing friends, family and visitors together.

In addition, Knaresborough has a thriving market held every Wednesday (as it has these past seven hundred years). You can find me at the Market Cross at 11.00am to open proceedings.

We are a small market town with a big warm welcome, spectacular scenery, a wealth of history and an impressive range of independent pubs and cafes. Come along and find out for yourself what Knaresborough has to offer.

God Save the Queen.

Roger, The Town Crier

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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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OUR TWIN TOWN



The Twinning of Knaresborough and the German town of Bebra has been called 'a kind of marriage', so well suited are the two locations and so keen the participants to making it work.

The marriage was originally an arranged wedding, with the Council of European Communities acting as matchmaker. The first move was made by Bebrans (being folk of Bebra) and a twinning agreement was signed in Bebra in 1969, followed a year later in Knaresborough by a ratification of the deal.

So this year is our 52nd anniversary. It would have our golden wedding in 2020 but, like all things, it was sacrificed for covid. What has characterised the marriage over the years is less the protocol of official visits by civic dignitaries, but more the very frequent contact by the people of both towns; people coming here and us going to Germany staying in each other's homes.

In the past we have seen exchanges between the football teams of each town - thankfully, few matches have been decided on penalties.

Since 1974 there have been visits every alternate year between the scholars of King James's School and Bruder Grimm Schule. In 2019, there was a large celebration at King James's School held to mark 45 years of learning together.



Regular participants in Bed Race for many years from Bebra



Over the years, Bebrans have timed their official visits to coincide with the Great Knaresborough Bed Race and we will host many visitors this year. Bebran teams have regularly entered the race and on one famous occasion they even set a new course record. A little while ago, the Bebra squad competed in the event after having cycled all the way across Germany and from the ferry port in Hull, arriving with just one day's rest prior to the big day!

We will have Bebrans in town at this year's Bed Race and will continue to welcome them for many years to come.



Perhaps the most enduring of the relationships is that between the Knaresborough Silver Band and TSV Musikzug, and a celebration is being held this year in Bebra to mark 40 years of making music together.



Whether running, riding and joining in the parade we have always been happy to welcome our counterparts from Germany



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BED RACE IN THE NEWS



If you are thinking what constitutes the perfect town, then Knaresborough has to be on the list. BBC presenter, Steve Brown, is clearly of the view that, with its scenic views, old-world charm and easy lifestyle, our home town has much to recommend it - and then there's Bed Race!

Knaresborough and Bed Race featured in the first episode of *Escape to the Perfect Town*, which was aired on BBC, and repeated several times since. In the way of these things, it could be doing the rounds for years to come.

Steve undertook to help a couple relocating from London to find suitable housing in the area. While he did so, a platform was created to show what Knaresborough is all about – great community spirit and plenty of green spaces. They also featured footage from the 2019 Bed Race. Stray Birds, one of that year's teams, were interviewed and Steve had the chance to ride on their bed and made cracking television.

Earlier this year, a website listed its favourite 'Ten Quirky Competitions that Actually Exist'. In fourth place was Bed Race, located after 'Extreme Ironing' and 'Chess Boxing', but ahead of 'Ugliest Dog' and the seminal 'Toilet Paper Wedding Dress Contest'. Who could argue with that! *See more on: Ten Quirky Competitions That Actually Exist - Listverse*

Writing on the news portal *Yorkshire Live*, Charles Gray wrote about 'How the Great Knaresborough Bed Race became a worldwide phenomenon'. He described how Knaresborough's organisers had helped people in towns around the globe set up their own bed races - from Auckland, Florida, South Africa, Western Australia and elsewhere in Britain. International recognition, he added, is helped by press coverage with national media a constant and screen time being given in places like Brazil and Spain.

In terms of UK national media, the *Daily Telegraph* and *Daily Express* have both published recent articles about the event. The *Telegraph's* headline talked about Knaresborough's 'Gruesome Past and Strange Present' (meaning Bed Race). They described Bed Race Day as turning into a big party, which is an ... "atmospheric segue into the charms this little market town has to offer".

Digging around on-line another website stood out. The US *Travel and Leisure* site headed its story 'Why You Need to See this English Town's Annual Bed Race', making it an obligation – like Naples – to do at least once in your life.

The holiday site *rove.me* wrote that Bed Race "is one of the most extraordinary and hilarious events in the UK". Other coverage around Britain resulting from a *Press Association* story said that to take part in Bed Race you have to be "fit, fanatical and frankly a bit mad!". Now then, lad, don't take that too far.

Wendy Tapsell, who readers will remember as taking part as a passenger in the first two events, in 1966 and 1967, was featured in an article in *Northern Life* magazine. To read, go to: northernlifemagazine.co.uk/knaresborough-bed-race

Our most recent Bed Race, as you know, was in 2019 when the theme was 'Yorkshire'. One team dedicated their bed decoration to the Handsworth-born actor Sean Bean. It turns out there is a Sean Bean website which covered the news: www.seanbeanonline.net/forums/index.php?topic=5611.0. In it he said he will have to get to Bed Race one day.

So come on Beany, we're waiting for you!

Finally, our researchers have found another archive film of the race, this one from 1977. To watch go to: www.yfanefa.com/record/11939

"THE ENVIRONMENT IS EVERYTHING THAT ISN'T ME."

Albert Einstein



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WATER OF LIFE

Bed Race organisers have always provided water for the teams at the bottom field. This year we are very grateful to the new Aldi store in Knaresborough for letting us have 750 bottles of fresh Cumbrian water at cost price.

Bearing in mind our theme and our commitment to reuse and recycle, Aldi has given us special collection containers for the empty bottles, so that these can be returned to the supermarket for them to recycle.

Thank you, Aldi. It all helps on the day. And our message to all spectators is please keep litter to a minimum. Use bins and bags, or take your litter home with you.

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BED RACE IN 2019



It may have rained in 2019 but nothing dampened our spirits

OUR MOST RECENT BED RACE - 2019

The last time we staged Bed Race was BC (Before Covid) on 8 June 2019. Nothing could be held for the next two years, of course, but the event three years ago gave us many memorable moments.

It had to happen! After so many years of Mediterranean weather gracing Bed Race Day, in 2019 the rain fair hammered down.

After a bit of mizzle in the forenoon, storm clouds gathered, then lowered, then glowered, then burst! It lasted from about 12 for two hours. Luckily, the Race was spared but the Parade was a bit dampened.

The rain bounced a bit but Yorkshire folk, reflecting our theme, are hardy and no one gave the weather a second thought. In particular, the teams didn't care – they were destined to end up swimming the river in any case.

The organisers from the Lions club took most of the blame, for provoking the weather gods by picking 'Yorkshire' as the theme. If you're going to have a proper Yorkshire then you need Yorkshire weather.

But neither the glorious pageant of the dressed beds nor the gruelling athletics contest around the 2.4-mile course and swim across the Nidd were unduly affected. We're tough in Knaresborough. Eee ba' gum but the Parade was reet grand. We had a new Best Dressed Bed winner: Richard Taylor Runners, whose design was a Yorkshire collage produced by pupils of Richard Taylor Primary School.

But it was such a close-run thing and many of the teams were highly commended for their bed decorations. There's no doubt that the theme proved an inspiration.

More on page 19



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BED RACE IN 2019



From page 17

Teams interpreted the 'Yorkshire' theme in different ways. Second placed Scrambled Legs gave us a Dales farming landscape with viaduct, and the team coming third, First Scriven Scouts, based their decorations on a farmer's Land Rover. Special recognition went to Mowbray Magic, the Juggernauts, King James's School.



Then came the 2019 Great Knaresborough Bed Race itself. As expected, times were down on previous years, owing to the soggy conditions underfoot and the much higher river level. Nothing daunted G H Brooks Men came in first in 13 minutes 40 seconds. This was their second winner's trophy following on from their success in 2018.

Knaresborough Striders Men were second and Ripon Runners Men came third. Ripon Runners Girls won the Female cup, followed by Welly Wheelettes, who were also the fastest non-club female team, and Knaresborough Striders Ladies. Guardian Alarms were the fastest non-club men's team; Forest School were the fastest new team; Flying Pullman were the quickest mixed team and Ripon Fire

The Rocket Men

Station won the fastest services team award. JP's Mini Disciples of Fitness were the fastest junior team and the Welly Wheelers were the quickest junior mixed team

As usual, 90 teams took part, each of six runners and a passenger. More teams had entered and, as for many years prior to 2022, a lottery was held to decide the final race line-up. Again, it was a brilliant day, held in fantastic good spirits and hugely enjoyed by all.

The media gave us national and international coverage – we made TV in East Europe and Bed Race 2019 became a central part of the BBC's Escape to the Perfect Town. What could be more perfect than Knaresborough on Bed Race Day. It is always glorious family fun come hell or high water in the River Nidd – or puddles that might drown a small tortoise.

We look forward to another great day on 10 June 2022 - the 56th Great Knaresborough Bed Race.

Come racers, come watchers! Because when it comes to bed racing in Knaresborough all are invited.

Come one, come all! Because when it comes to bed racing in Knaresborough all are invited.



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2019 RESULTS



OUR MOST RECENT BED RACE 2019 RESULTS

2019 TROPHIES WENT TO...

FASTEST TEAM

GH Brooks Men

FASTEST EMERGENCY SERVICE

Ripon Fire Station

FASTEST FEMALE

Ripon Runners Girls

FASTEST MIXED

Flying Pullman

FASTEST NON-CLUB MALE

Guardian Alarms

FASTEST MALE JUNIOR

JP's Mini Disciples of Fitness

FASTEST NON-CLUB FEMALE

Welly Wheelettes

FASTEST MIXED JUNIOR

Welly Wheelies

FASTEST NEW

Forest School

NEW MIXED NON-CLUB TEAM

Fountains Abbey & Brimham Rocks

BEST DRESSED BED COMPETITION

FIRST

Richard Taylor Runners

SECOND

Scrambled Legs

THIRD

First Scriven Scouts



Richard Taylor Runners



GH Brooks, 2019 Bed Race Winners

"THE BEST CURE FOR SEA SICKNESS IS TO SIT UNDER A TREE."

Spike Milligan





2019 TIMES



PLACE	TEAM NAME	TIME MIN/SEC	PLACE	TEAM NAME	TIME MIN/SEC
1	GH Brooks Men	13:40.9	46	Piccadilly Players	21:11.0
2	Knaresborough Striders Men	14:38.0	47	Harrogate Round Table	21:18.2
3	Ripon Runners Men	15:02.9	48	Nidd Valley Mixed B	21:24.4
4	Nidd Valley Men's A	15:09.0	49	Knaresborough Striders Ladies	21:27.8
5	Guardian Alarms	15:50.3	50	Team Nonno	21:34.1
6	Flying Pullman	15:50.3	51	Turner's Tearaways	21:55.9
7	The Half Moon	15:50.7	52	Tewit Youth Band	22:03.6
8	David Lloyd Harrogate	16:00.1	53	Knaresborough Strollers	22:07.3
9	GH Brooks Pannal Mashups	16:03.6	54	The Transplants	22:15.1
10	Oatlands Junior School - Men	16:12.4	55	Welly Wheelies	22:16.0
11	CNG1	16:20.5	56	1st Scriven Scouts	22:21.0
12	Nidd Valley Men's B	16:28.8	57	Raworths Solicitors	22:29.5
13	Blue Bullet Flyers	16:43.9	58	Aspin Park Academy PTA Team B	22:52.4
14	Parkrunners Mixed	16:49.8	59	Yorkshire Cancer Centre Runners	22:59.6
15	Knaresborough Rugby Club	16:49.8	60	Park Street Pacers	23:29.1
16	Welly Wheelers	16:56.5	61	Saint John's PTA A Team	23:32.1
17	King James School	17:01.9	62	Redcentric	23:50.3
18	The Plodders	17:21.4	63	Fountains Abbey and Brimham Rocks	24:10.0
19	Scotton Scorchers JFC	17:23.6	64	Parkrunners Girls	24:13.7
20	Harrogate Harriers Counting Sheep	17:31.4	65	Between A Walk and A Hard Pace	24:18.2
21	Pannal Dental Clinic	17:42.6	66	Belzona B	24:28.1
22	Ripon Fire Station	17:58.4	67	Taylors of Harrogate	24:32.8
23	Six Pack	18:09.1	68	Saint John's PTA B Team	24:47.8
24	HACS1	18:13.1	69	Knaresborough Air Cadets	25:04.8
25	Forest School	18:16.2	70	Meadowside Maidens	25:08.7
26	Welly Wheeners	18:27.4	71	Skylarks	25:31.3
27	Stockeld Stags	18:34.3	72	Richard Taylor Runners	25:43.4
28	Stray Blokes	18:38.8	73	Harrogate Symphony Orchestra	25:51.9
29	Ripon Runners Girls	18:45.8	74	Harrogate International Festivals	26:00.8
30	Meadowside Malingers	18:45.9	75	Aspin Park Academy PTA Team A	26:13.1
31	Oatlands Infant School	18:47.8	76	Nidd Valley Ladies	26:27.6
32	JPz Mini Disciples of Fitness	18:58.6	77	Only When I Laugh	27:09.7
33	Stephenson's Rockets	19:14.2	78	The Ortil Flyers	27:22.4
34	Ripon Runners Renegades	19:16.4	79	HACS2	27:58.4
35	The Rocket Men	19:25.9	80	Platinumspint	28:16.7
36	Techbuyer	19:29.1	81	Straybirds	28:29.5
37	RAF Menwith Hill	19:39.0	82	Scrambled Legs	28:47.8
38	The Juggernauts	19:42.9	83	Mowbray Magic	28:51.1
39	Welly Wheelettes	20:04.4	84	Baroque Harrogate & Ripon	28:51.8
40	Aspin Avengers	20:15.0	85	CNG2	29:08.7
41	Belzona A	20:37.6	86	God's Own	30:32.8
42	AFF	21:03.3	87	Innovate Fitness	31:06.6
43	Ripley Castle Stormers	21:04.2	88	Signa Technologies	31:13.4
44	6th Gear	21:05.0	89	St Michael's Hospice	31:40.3
45	CEG	21:09.0	90	Knaresborough Silver Band	35:04.6





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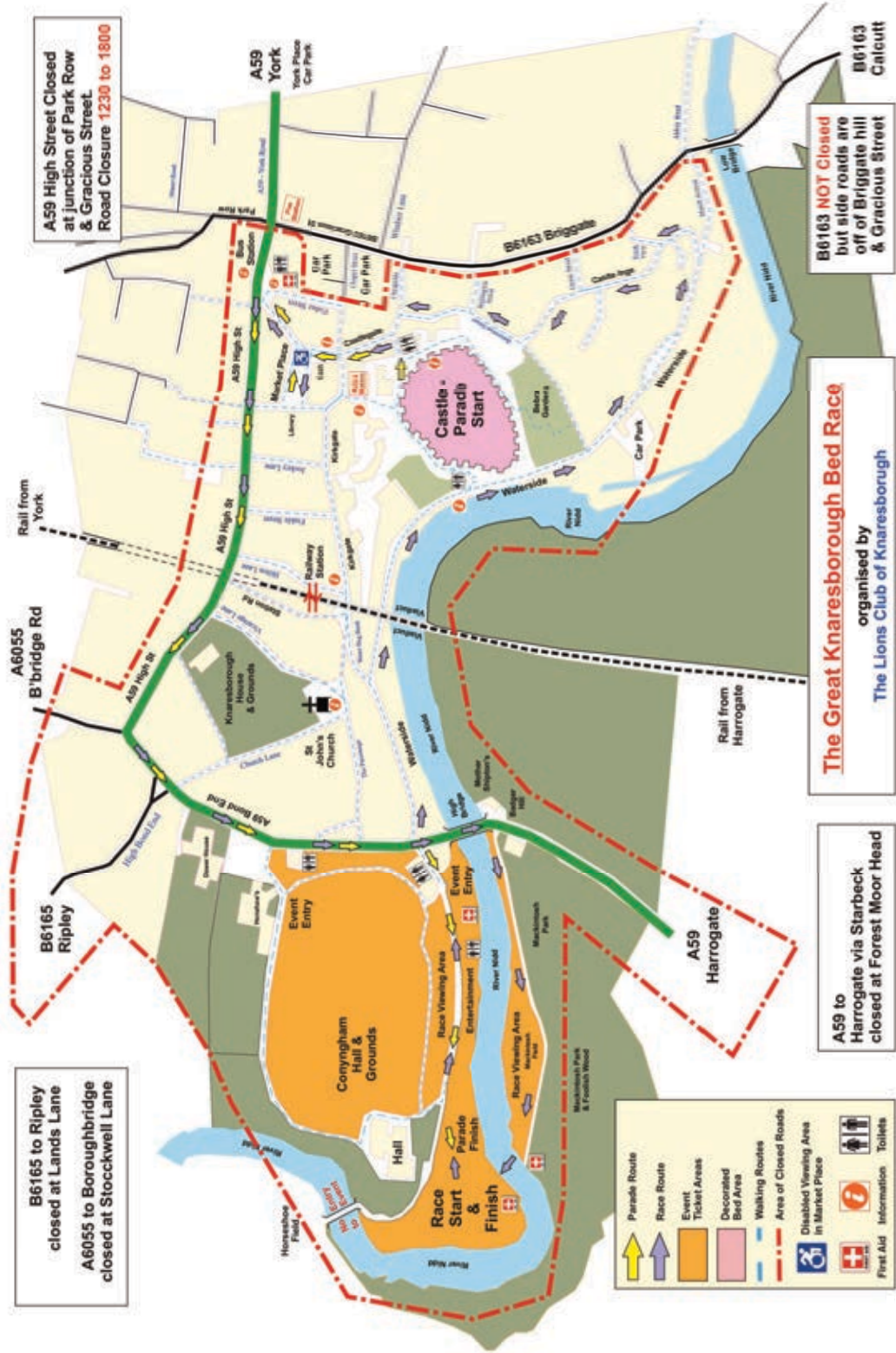
A6055 to Boroughbridge
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A59 High Street Closed
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Road Closure **1230 to 1800**

B6163 NOT Closed
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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





2022 TEAMS RUNNING ORDER



STARTING NO.	TEAM NAME	CATEGORY
1	GH Brooks Men	Mf
2	Knaresborough Striders Men	Mf
3	Ripon Runners Men	Mf
4	Nidd Valley Men's A Team	Mf
5	Guardian Alarms	Mf
6	Flying Pullman	Xf
7	The Half Moon	Mf
8	GH Brooks Mixed	Me
9	Nidd Valley Men's B Team	Mf
10	Early Bird Run Crew Harrogate... we meet 6am daily at the cenotaph	Mf
11	Blue Bullet Flyers	Mf
12	Parkrunners	Xf
13	SFC	Xf
14	Knaresborough Rugby Club	Mf
15	Welly Wheelers	Mf
16	Nidd Valley Junior Runners	Mjff
17	Riverside Runners	Mf
18	Scotton Scorchers JFC	Me
19	Harrogate Harriers, Grumpy Old Folk	Mf
20	Harrogate Tri Club	Mf
21	Energy Personified	Mf
22	Supplies Web – Business Products and Services	Mf
23	It's a COP-Out	Mnf
24	The Forest School	Mf

STARTING NO.	TEAM NAME	CATEGORY
25	Knaresborough Striders Mixed	Xf
26	Welly Wheeners	Xf
27	Ripon Runners Girls	Ff
28	Wetherby Runners AC	Mnf
29	Nidd Valley Ladies	Ff
30	Blind Jack Explorer Scouts	Mnf
31	The EnvironMENTALists	Me
32	Meadowside Malingerers	Me
33	JP's Mini Disciples of Fitness	Mjff
34	The Rocket Men	Me
35	Techbuyer	Mf
36	RAF Menwith Hill	Xe
37	Welly Wheelies	Fjf
38	Welly Warriors	Mf
39	Welly Wheelettes	Ff
40	Aspin Avengers	Xe
41	AFF (Armed Forces Fitness)	Me
42	Badgered Into Running	Xf
43	Piston Broke	Xe
44	HACS1	Me
45	HACS2	Xe
46	Pelsis	Xf
47	Pretty Gritty Women	Fnf
48	CEG	Me
49	Piccadilly Players	Me





2022 TEAMS RUNNING ORDER



STARTING NO.	TEAM NAME	CATEGORY
50	Knaresborough Revolution	Mf
51	Harrogate Town AFC Community Foundation	Xnf
52	Harrogate Round Table	Me
53	Juggernauts	Xe
54	Turner's Tearaways	Me
55	St John Fisher's Catholic High School	Me
56	Hoyer	Me
57	Team withdrew	-
58	De Vere Hotels	Xe
59	Monkton Meanderers	Xf
60	North Yorkshire Horizons	Xe
61	Tewit Youth Band	Mje
62	1st Scriven Scouts sponsored by AMEY	Mje
63	1st Knaresborough Scouts	Mje
64	Raworths	Me
65	Fountains Abbey and Brimham Rocks	Xe
66	Aspin Owlers	Xe
67	Aspin Angels	Xe
68	FOKSJ A Team	Xe

STARTING NO.	TEAM NAME	CATEGORY
69	FOKSJ B Team	Xe
70	50 Shades of Green	Xe
71	HENCHshaws	Xne
73	Dave's Dream Team	Xe
74	Knaresborough Air Cadets	Xje
75	Meadowside Maidens	Fe
76	Harrogate Symphony Orchestra	Xe
77	Harrogate International Festivals	Xe
78	Ortial Technologies	Me
79	Scrambled Legs	Xe
80	Rogue Red Kite Runners	Fe
81	HGATE Challengers	Fe
82	Kate's Crew	Fne
83	Piccadilly Fillies	Fe
84	Make It Wild	Xe
85	St Michael's Hospice (North Yorkshire Hospice Care)	Xe
86	Knaresborough Silver Band	Me

CATEGORIES ARE:

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

Correct at the time of printing. Subject to change.



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The free Picnic in the Park will be on Saturday 20 August, sponsored by Knaresborough Lions.

The Lions' beer festival will be on 19, 20 and 21 August. See website for details: www.feva.info



OAKS FOR BED RACE



The Royal Horticultural Society's garden centre at Harlow Carr has donated 100 young oak trees to the Lions to plant in commemoration of the Great Knaresborough Bed Race. The trees will be planted in the autumn of 2022 in Horseshoe Field, across the river from where Bed Race starts and finishes.

It is part of the huge Great Northern Forest project, which aims to see five million trees planted in a band from Liverpool to Hull. Reconstitution of the historic Forest of Knaresborough is a key element.

Lions are happy to be involved, says the club. It marks both the revival and regrowth of Bed Race after two years of cancellation due to the pandemic, and reflects the 'environmental' theme for 2022. It is hoped that the planting will preserve a lasting legacy of our great event.

Harlow Carr has been very kind with its offer. Itself a charity relying on the generosity of visitors, it has ridden to the aid of the Lions by providing the oak trees. The organisation is also helping to sponsor this year's Bed Race.

Very much part of the Yorkshire countryside, Harlow Carr is located on the western edge of Harrogate. It has been

part of the RHS since 2001 following the RHS merger with the Northern Horticultural Society, which had opened its botanical gardens at Harlow Carr in 1950. There are five RHS public gardens in the UK.

Located in what is described as a sweet, secluded spot, the 58-acre Harlow Carr site covers mixed woodland, pasture and arable land. The gardens feature the Montague-Burton Teaching Garden, Gardens Through Time and the Winter Walk. Other attractions are the Main Borders and the Annual Meadows featuring willow sculptures, and the recently-developed Alpine House and Bramall Learning Centre.

The centre is easily reached by road, but for those interested there is a lovely hour-long walk that leads up from Valley Gardens in Harrogate through the Pine Woods.



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PROGRAMME OF EVENTS



9.00-11.00am	Castle Grounds The beds gather at Knaresborough Castle.	2.45pm	Conyngham 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 55th Great Knaresborough Bed Race starts Teams set off at 10-second intervals, the fastest first.
12.00pm	Roads around town close.		
12.00pm	Conyngham Hall Field 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.
		4.30pm	Presentation of Prizes Announcement of winners and display of times.
1.00pm	Bed Race Parade Judging completes of Best Dressed Bed as the Parade begins. Starting from Castlegate, the procession of beds, bands, floats, dancing and marching groups parade through the Town Centre to Conyngham Hall.	6.00pm	We aim to have the event finished, roads open, crowds disperse, teams take up their beds and head home. The organisers and their helpers clear away.



See



on the map on p23

SPECIAL NEEDS VIEWING AREA

A viewing area in the Marketplace has been specially designated for wheelchair users. Sited besides 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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GREEN CONNECTORS



New to Knaresborough this year is Green Connectors, an environmental conservation organisation which aims to help connect, support and promote the green groups and projects within our town.

The group's core values are based around the environment, community and education. Already in its young life Green Connectors have been impressively busy! In late March, Green Connectors and Knaresborough in Bloom worked alongside each other to tidy up the Mediterranean garden on Park Row, clearing rubbish and having a good tidy up.

On 2 April, Green Connectors worked with another community group, Knaresborough Wombles, holding their first Community Spring Clean event as part of the annual Great British Spring Clean initiative. Hot soup and tea were served at the Knaresborough Community Centre to ensure everyone kept warm and well fed before setting off to litter pick around our beautiful town.

In a very short time, the Green Connectors have put down strong roots, growing healthy and green!



Green Connectors in action



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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. The road closure will be lifted at 6.00pm. Please check our website at 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 will be a free bus service kindly operated by Transdev running from these car parks to Chapel Street in the Town Centre. Parking is banned along the route on race day.

There is a regular train service from Leeds, Harrogate and York as well as numerous buses to and from Harrogate.

2. Be Prepared

Check the weather forecast. Bed Race has seen many 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 9am, so it can be long with a lot of walking. Comfortable shoes, then, 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. Conyngnam 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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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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**Advice from Harrogate Borough Council - as at April 2022*.
Please note this may be updated from time-to-time and you
should check the latest guidance.**

The government has removed the remaining domestic restrictions in England.
There are still steps you can take to reduce the risk of catching and spreading Covid-19:

- Get vaccinated
- Let fresh air in if meeting indoors, or meet outside
- Consider wearing a face covering in crowded, enclosed spaces

For the latest go to:

www.harrogate.gov.uk/homepage/147/coronavirus

Find out more about living safely with Covid-19 on the government's website:

www.gov.uk/guidance/living-safely-with-respiratory-infections-including-covid-19



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ENVIRONMENT QUIZ



How much do you know about Reduce, Reuse, Recycle? Have a go at our quiz and see how you get on. Answers are below - no peeking!

1. Which uses less water to clean a full load of dishes?
 - a) Washing by hand.
 - b) Using a dishwasher.
2. What type of supermarket bag is more eco-friendly?
 - a) Paper.
 - b) Plastic
 - c) Either
 - d) None
3. Appliances that are turned OFF don't use any electricity.
 - a) True
 - b) False
4. Hybrid cars are slower and less safe than conventional cars.
 - a) True
 - b) False
5. Approximately how much global electricity output is produced from renewable sources.
 - a) 1%
 - b) 5%
 - c) 10%
 - d) 20%
6. It is better to leave a lamp with a compact fluorescent light on than to turn it on and off several times a day.
 - a) True
 - b) False
7. During a long car journey you conserve more fuel by driving fast and getting to your destination sooner than you do by going at the speed limit.
 - a) True
 - b) False
8. Dropping the heating thermostat from 21 xdegrees to 20 degrees Celsius saves you about how much in your heating bill?
 - a) 1%
 - b) 5%
 - c) 10%
 - d) 20%
9. Which of the following is an alternative material for making paper?
 - a) Hemp
 - b) Sheepskin
 - c) Panda poo
10. Roughly how long does it take a Styrofoam cup to decompose?
 - a) 2 months
 - b) 10 years
 - c) 150 years
 - d) 400 years.
11. What is the most common type of trash thrown away?
 - a) Paper products and cardboard.
 - b) Metals
 - c) Glass
 - d) Plastic

"IT'S COMING HOME TO ROOST OVER THE NEXT 50 YEARS OR SO. IT'S NOT JUST CLIMATE CHANGE; IT'S SHEER SPACE, PLACES TO GROW FOOD FOR THIS ENORMOUS HORDE. EITHER WE LIMIT OUR POPULATION GROWTH OR THE NATURAL WORLD WILL DO IT FOR US, AND THE NATURAL WORLD IS DOING IT FOR US RIGHT NOW."

David Attenborough

1. b) The dishwasher. Hand washing uses up to 50% more water than a water saving energy efficient dishwasher. Look for dishwashers with the energy efficiency rating. 2. d) None. Manufacturing and disposing of both paper and plastic bags harm the environment. Bring your own reusable bag with you when you shop. 3. b) False. Any appliance continues to use energy for features like clocks and remote-control sensors even when they are turned off. 4. b) False. Hybrid cars perform on par with or better than conventional cars in drivability and safety testing. 5. c) 10%. Only about 10% of global energy comes from renewables. The remaining 90% comes from non-renewable sources like oil, coal and natural gas. 6. b) False. It is always better to turn lights off when not in use. 7. b) False. You save about 15% on fuel by driving 55mph rather than 65mph. Properly inflated tyres and a well-tuned engine also improve fuel economy. 8. b) 5%. Each degree you drop the thermostat during winter saves approx 5% on your heating bill. 9. a) All of them! They can all produce paper. Hemp is the more humane and clean option. Hemp requires less land acreage to grow than timber. 11. a) Paper products and cardboard. by-products and can be recycled more frequently than tree timber. 10. d) 400 years.

ANSWERS



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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



IT'S SO SIMPLE...



... it actually couldn't be simpler: where there's a need, there's a Lion. Lions serve.



A pride of Lions

There are currently 1.4 million Lions around the world who come together to form a team that gives their time, effort and enthusiasm because they care about the local community and the world.

Knaresborough Lions are a group of 39 men and women whose aim is to make a difference to groups, individuals and organisations that make up our local community. We genuinely love Knaresborough and the beautiful surrounding villages, and think it's a great place in which to live. We want to help make it the best it can be!

Around the world, each Lions club has complete autonomy in determining its area of service within its own community. Knaresborough Lions love getting involved in local projects - lighting up Knaresborough Castle, Party in the Park during the feva Festival, supporting the planting of flower beds at Knaresborough railway station and lots more.

Lions groups coming together to make a difference can have a tremendous impact when unforeseen events occur, such as the Swaledale and Doncaster floods. Lions groups can act swiftly and get funding and resources to where it's needed most.

We support local schools with funding for trips, quiet rooms, 3G sports pitches and equipment. We work with local social services to be there for individuals and families in their time of need with funding and with time. We support other local groups with Xmas parcels, transport, training, lawn mowers, podcasts, leaflets, defibrillators, equipment for the local toy library and Knaresborough Library and work closely with many organisations such as Carers Resource, HELP, St Michaels Hospice, Harrogate Skills for Living, Harrogate Homeless and Knaresborough Town Council to make a difference where it's needed.

More on page 46



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IT'S SO SIMPLE...



From page 45

BELOW ARE A FEW OF THE THINGS KNARESBOROUGH LIONS HAVE SUPPORTED IN THE LAST 24 MONTHS.

Each of these has been able to occur because of YOU, the lovely people of Knarborough and visitors to our great town who give so generously when we fundraise at Bed Race and other events.

That aids us to help where we can. So, we are taking this opportunity to say THANK YOU to you all because without you none of these things would have happened.

FOOD AND TOYS FOR LOCAL
FAMILIES AT CHRISTMAS

TRAINING FOR SCOUT LEADERS

CHRISTMAS PARCELS FOR LOCAL
ELDERLY RESIDENTS

HARROGATE HOSPITAL
BEREAVEMENT SUITE

CARERS RESOURCE, YOUNG CARERS

HARROGATE HOMELESS
CHRISTMAS DINNER

KNARESBOROUGH AIR CADETS

KNARESBOROUGH YOGA CENTRE

YORKSHIRE AIR AMBULANCE

KNARESBOROUGH SILVER BAND

SCOTTON SCORCHERS

RENAISSANCE KNARESBOROUGH

ST MICHAELS HOSPICE

CHAIN LANE COMMUNITY CENTRE

KNARESBOROUGH-IN-BLOOM

KNARESBOROUGH FOREST
CRICKET CLUB

KNARESBOROUGH CRICKET CLUB

KNARESBOROUGH PARK RUN

ORB

SPARKS

NIDD ART TRAIL

CHILDREN'S AIR AMBULANCE

ST CUTHBERT'S SCHOOL

FOREST SCHOOL

ASPIN PARK SCHOOL

KING JAMES SCHOOL

LINGERFIELD SCHOOL

HENSHAW'S

KNARESBOROUGH SOCIAL SERVICES

KNARESBOROUGH CONNECTORS

HARROGATE MEN'S MENTAL HEALTH

INSPIRE YOUTH

INTERNATIONALLY WE HAVE
SUPPORTED:

UKRAINE REFUGEES

THE PEOPLE OF TONGA

SIGHT SAVERS

WATER AID

WORLD SIGHT DAY

MEASLES CAMPAIGN

MUCH, TOO, WAS DONE FOR
NEEDY FAMILIES AND INDIVIDUALS
DURING THE PANDEMIC



SEE YOU IN 2023



Neither hell nor high water in the River Nidd will stop us welcoming you to the 56th Great Knaresborough Bed Race in 2023, which as tradition dictates, will be held on the second Saturday in June:

10 June 2023

Come one, come all for the most spectacular day that Knaresborough can dish up. It will again offer that great mixture of the wonderful, joyous carnival of fancy dress and design novelty, with the gritty, competitive athletic spirit of the race itself.

All set against the scenic backdrop of Knaresborough – medieval streets, towering climbs and nerve-jangling descents, parkland, the Gorge and the final plunge into the ever-icy waters of the River Nidd.

Knaresborough Lions will be back in force. Please let us know if you can lend a hand – www.bedrace.co.uk is the best way to reach us. It is an enjoyable day for volunteers and a great event for our buoyant community.

Sponsors are welcome to help us raise the funds to meet the costs of putting the event on. Sponsorship packages include team entry, programme advertising, logos on the website, advertising around the course as well as entry to the VIP area.

As always, we will be in need of a good theme for next year. We invite suggestions, which should be broad enough to allow for a wide interpretation. Our teams are inventive. Leave the rest to them.

Should you wish to enter a team, the forms will appear on the website on 1 January 2023, with a return date before the last day in February.

Whether as a participant, spectator, organiser or supporter we look forward to seeing you again next year. It will be another time to remember.

Roll on Bed Race for ever!



USEFUL WEBSITES

Bed Race:
www.bedrace.co.uk

Lions Clubs:
www.lions.org.uk

Knaresborough Lions:
www.knaresboroughlions.org

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

Your Harrogate:
yourharrogate.co.uk

Knaresborough Tourist Information:
www.knaresborough.co.uk

Knaresborough Online:
www.knaresboroughonline.co.uk

Knaresborough Technology Park:
www.knaresboroughtechpark.co.uk

Connectors:
www.knaresboroughconnectors.org.uk



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