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THE GREAT
KNARESBOROUGH
BED RACE
PRESENTS

SATURDAY
9 JUNE 2018



THEME

A NIGHT AT THE THEATRE



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PRESIDENT'S MESSAGE

WELCOME



Martin Brock & Emma Walsh

On behalf of Knaresborough Lions Club, I am delighted to welcome you all to the town's 53rd annual Bed Race. This is my second year as President of this wonderful club and I will be proud to take my place once again at the front of the parade, accompanied by my wife Emma. Last year, I swapped my suit for sports kit once at Conyngnam Hall, and helped the Knaresborough Striders men's team to fourth place, so who knows if I'll be donning my running vest once again this year?

I would like to pass on my thanks to all who have supported the Bed Race in so many ways and without whose help we could not put on this event. Thanks to our sponsors, partners and the emergency services, who provide financial and logistical assistance with the set-up and running of the race; to the volunteers, often working unseen in the background, who help with the smooth running of the event; to all the participants, who provide such a great spectacle with the parade and the race, and to the supporters, for your vocal help and donations. Finally, I thank my fellow Lions, who have spent many months planning the event. My apologies to anyone I may have forgotten.

Our theme this year is 'A Night at the Theatre', suggested by Chris Tanner, a friend of Lion Keith Manning, and we look forward to a parade full of sound and colour. The Bed Race really does take centre stage (if you'll excuse the pun) in Knaresborough's annual events calendar and, as well as bringing a day of great enjoyment to the town, it has a wider benefit. Visitor numbers help boost the local economy, and the publicity helps bring attention to the town both locally and nationally, with features this year on the likes of Stray FM, Talk Radio, the Daily Star and BBC Look North. Most importantly, as well as being a fun day out, it is a major fundraising event, both for Knaresborough Lions and for other charities, as teams may be running for sponsorship. All money raised by Knaresborough Lions goes to helping good causes, with at least 80% spent locally. If you would like to find out more about the club, contact any of the Lions on the day, or find more details at <http://knaresborough.co.uk/lions-club/>

The best of luck to all participating teams and let's keep our fingers crossed for some sunshine. We were lucky last year as it came out just in time for the parade and stayed dry for the race, even if the runners ended up damp after their swim across the Nidd. Whatever the weather, we look forward to an enjoyable and trouble-free day.

Lion Martin Brock,
President of Knaresborough Lions 2017/18

WELCOME FROM THE MAYOR



David Goode
Mayor of Knaresborough

Welcome to the 2018 Great Knaresborough Bed Race. The Race is one of Knaresborough's major events of the town's year. It was a great honour to take part in last year's parade, to start the wonderful event and to be one of those sending the teams on their way.

The Bed Race raises many thousands of pounds for local charities and good causes. So, the more spent, the more money is available to support the work of the voluntary sector in the town and the villages around.

I like to say a great thank you to Knaresborough Lions for the fantastic job they do taking the lead role in organising the event. For this dedicated team as soon as one race is finished they start planning for the following year. But the event

would not take place without lots more volunteers and marshals from many local community groups, plus representative of the emergency services such as St John's Ambulance. All give their time freely. Without them this amazing event would not take place, so a big thank you to you all.

To those visiting Knaresborough for the first time WELCOME. I hope you have a great day, whatever the weather is doing. For those returning once more to enjoy this great day WELCOME BACK and I hope the day adds more fun and enjoyable memories of this exciting spectacle.

The theme for this year's event 'A Night at the Theatre' will give entrants a wide scope for creative design ideas, and will keep the Bed Race teams and their helpers working long into the night to produce exciting and creative bed decorations. To each team I wish you all great fun decorating your bed and a great race, good luck.

David Goode, Mayor of Knaresborough



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WELCOME TO KNARESBOROUGH



This, the 9th of June 2018, is the 53rd occasion on which the annual Great Knaresborough Bed Race has been run in an unbroken tradition stretching back to 1966. In that year, the event was created to revive the flagging sporting interests of the English people. Very little else happened in 1966, it is believed.

The hills, the Gorge, the cobbles, the Castle and, of course, the fast-flowing and ever-icy River Nidd, was thought to be the perfect setting for such a titanic athletic contest as a bed race. In short order the event established itself in the sporting pantheon of the world.

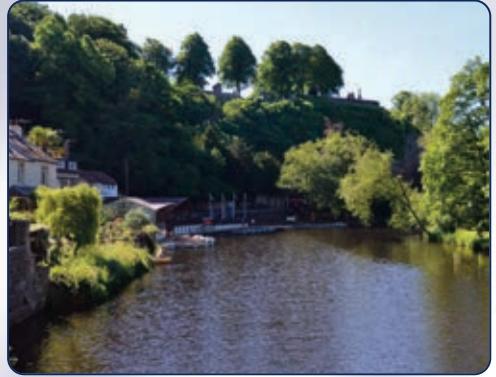
Other bed races in Britain, throughout Europe, the Americas, Africa, Asia and Australasia have taken inspiration from the Knaresborough forerunner. Some have come and gone, but the event in our town continues to last the course and to raise funds for local charities and good causes.

Today, it is organised by volunteers from the Lions club, aided and assisted by other community groups and individuals, who give up their own time to stage this wondrous spectacle. Then there are the runners and riders, all 630 of them in 90 teams, and all to a woman, man and teenager (!) in it for the love of the event.

Preparing beds, decorations and fancy dress for the teams involves many hundreds more in stitching, sewing, painting, nailing, welding and sawing in the months leading up to June.

Then there are the marching bands and local dance groups who take part in the spectacular parade, and the hundreds of young children who march as team supporters, usually in their own fancy dress.

The Air Training Corps helps with many arrangements at the Castle, local scout groups sell the Programmes and the Army Cadets play a role. Shopkeepers, caterers, business people and town councillors also play their parts.



What could be better? Bed Race is a whole-town event with a large proportion of the people who live here getting involved in some way. For residents the second Saturday in June - always the second Saturday - marks the high spot of entertainment and sporting endeavour with Yorkshire grit and a decent spoonful of silliness thrown in for good measure.

For visitors to the town, we hope you enjoy the day, and come to love the scenery and aura of this beautiful, quirky town as much as we do. Around every corner there is another treasure. You will be made welcome on Bed Race day and will be equally welcomed to come back as often as you like.

This Bed Race Programme is sold at £2 a copy as it has been for 10 years. It is also an entry ticket for one adult to Conyngnam Hall field on the day. Children of 16 and below get in free. Proceeds go to help us meet the expenses of the event with the surplus going to local community causes.



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AN EVENING AT THE THEATRE



The Roar of the Greasepaint... the Smell of the Crowd

What could be more appropriate as a theme for the 2018 Great Knaresborough Bed Race than 'A Night at the Theatre', recalling the pageant of the dressed beds and the drama of the race?

In some way, we all take our inspiration from theatrical traditions, whether it is the grand guignol of the gathering of the beds at the Castle, the melodrama of the parade through the town, the tragic-comedy of the river crossing or the pyrotechnics of the teams as they realise they have beaten last year's time. Because, above all, it is the performance that counts!

As organisers, we encourage the teams to cast their nets wide when creating their bed decorations and team costumes for this year's event. For a start, they can choose from opera, pantomime, musicals, vaudeville, concerts of all stamps, commedia delle'arte, restoration spectaculars, puppetry, repertory, the Indian kathakali or the Japanese noh traditions. Or they can draw from a play; just a play, in one, two, three acts or how many they like. If all fails, there is always improv, as my old English teacher used to say.

What we want to see is something stagy and showy. Something that will excite the crowds; something for the ages.

Think of Hamlet or Peter Pan; the Pirates of Penzance or the Merchant of Venice; Fiddler on the Roof or Aida; Look Back in Anger or Madam Butterfly; Les Misérables, She Stoops to Conquer,



Strut upon the stage

Superman, the Little Shop of Horrors or the Merry Wives of Windsor.

"All the world's a stage, And all the men and women merely players; They have their exits and their entrances, And one man in his time plays many parts..." as the Bard had it in As You Like It.

For the teams it is your time to put your best foot forward, act up a storm and let the show begin.

Because when the words are said and the gestures done, the lights are dimmed and the final curtain comes down, that's entertainment!



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BED RACE RULES



THE TEAM

- 1 Each team MUST provide the name and contact details of two adult 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 12:00Hrs. 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 school Year 6 and all passengers must wear protective headgear and lifejackets throughout the race.
- 7 No substitutions will be allowed during the race.
- 8 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 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 the two helpers will be allowed into the race start point at Conyngham Hall.
- 20 At least one member of the team must attend the team briefing and collect the team pack. Any trophies won during last 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 stay attached until after The Race.
- 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 (ie 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 (ie 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 organisers of Bed Race, the Knaresborough Lions Club, take all reasonable care to ensure that all aspects of the Bed Race are conducted in a responsible manner, for the safety and enjoyment of those attending the event.

Please be aware that the throwing of missiles is not allowed. This includes water, 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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IN THE NEWS



Bed Race in the News

If ever there was a time to prove that beds are the fastest furniture on four wheels, it was when Knaresborough accepted the challenge of the BBC's Look North presenters to see who's quickest.



Look North presenters relax after their fitness trials with Bed Race teams and Lions.

The setting was Conyngnam Hall field, the time mid-March, a Tuesday, 10.30am. Look North were keen to publicise their charity drive around Yorkshire to mark their 50th anniversary. What better way, they thought, than to take their famous red sofa out on special racing wheels around the county - and what better way to kick this off than to challenge three bed race teams to see who has the fastest furniture.

Look North presenters Harry Gration, Amy Garcia and weatherman Paul Hudson, he once a Knaresborough Crag Rat, took part in time and fitness trials against three of the town's finest and toughest Bed Race outfits.

Specially fitted out as a racing sofa, the BBC team came in a disappointing fourth against teams from Knaresborough Rugby Club, Mums on the Run and the Half Moon pub.

"There was no doubt the Bed Race beds would be speedier," said Richard Hall of the Knaresborough Lions.

"They took the corners better and were quicker on the straights."

"It shows the truth of what we have always believed that when it comes to manoeuvrability beds beat couches hands down."

More on page 15



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IN THE NEWS



From page 13

Bed Race in the News

The Look North team took their racing red sofa on a tour of 50 locations in Yorkshire to raise funds for Sports Relief, as a thank-you to the people of the county for their support over half a century. The first Look North programme was aired on 25 March 1968, while bed racing in Knaresborough started two years earlier in 1966. Fine traditions!

The BBC aired its Look North coverage of the tussle with the Knaresborough bed racers on the afternoon and evening of 13 March, and compulsive viewing it made. Lovely to report that the TV programme's charity efforts proved successful and the coverage gave a good airing for our wonderful event, too.



Talk Radio also turned to Bed Race with a 15-minute interview with Lion Amanda in February, during which the presenters, Steph and Dom, expressed surprise that the beds are not the sort that can be bought from a showroom. Amanda explained these are racing beds and are specially crafted by veteran workmen.

Steph and Dom received an on-air invitation to come and see for themselves why standard beds won't survive even the first part of the course. They said they would.

The interview was used for a slot on 'weird and wonderful events'. Weird, indeed!

The Star newspaper took up the same theme, listing Bed Race as one of the twelve events that make up the 'World's Weirdest Competitions you can ONLY see in the UK', in its edition on 2 April 2018. There's a theme beginning to develop here!

They linked us with cheese rolling, toe wrestling, worm charming, egg throwing, snail racing, human-powered flight, bog snorkelling, black pudding throwing, gurning, conker fighting and the biggest liar competitions.

What are they going on about? There's nothing weird there.

The Mail Online gets a lot closer to the real spirit of, at least, the passenger experience with the headline "You Snooze You Lose," on coverage of last year's race, carried on 11 June 2017. Not that anyone dozes on a racing bed, though I know a teenager or two who seem to be able to sleep through most things.

They then spoil it by adding: 'The gruelling Knaresborough Bed Race is a wonderful example of two great British pastimes: doing extreme – not to mention silly – sports and decking yourself out in fancy dress'.

Do they mean us?



Now what's silly about spending a Saturday afternoon doing this?



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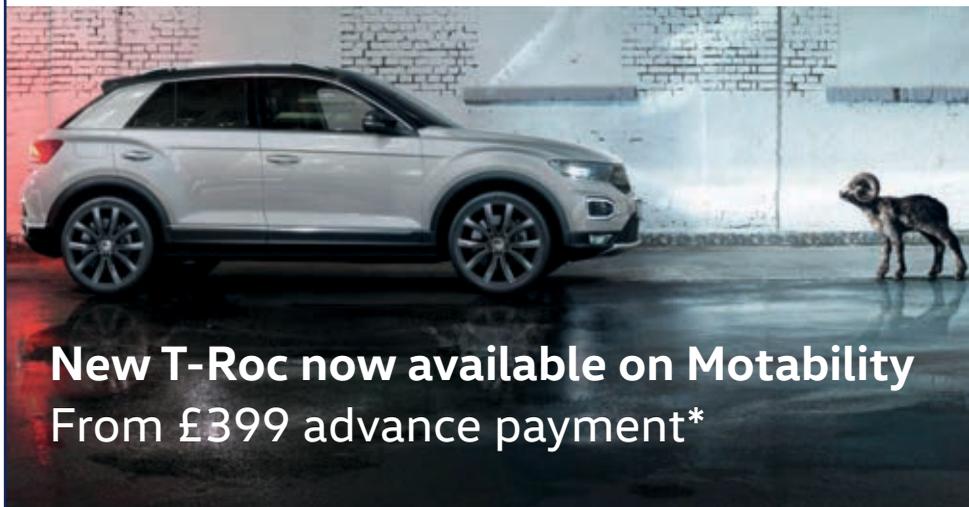
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AN EVENING AT THE THEATRE



The Frazer Theatre

'Every town needs a theatre. It's the hub of a town's life. It reflects the character of the people who live there,' said the great, late Ken Dodd. Here is the story of Knaresborough's own theatre, written by Bernie Crosthwaite.

Knaresborough's very own Frazer Theatre, just off the High Street, is a fully equipped working theatre offering a wide range of drama, dance, music and comedy.

But its original purpose was very different. It was built around 1920 as a ballroom, an annexe of the Elephant and Castle Hotel (situated where the Zolsha Restaurant is now). Fancy details such as the curved ceiling, sprung floor and decorative pillars can still be seen today. The original orchestra gallery is still there too, but hidden by the backstage area. Its ironwork spiral staircase now leads to a costume store.

The Elephant and Castle Ballroom was a popular venue for dancing, roller skating, boxing matches,

the Christmas Shopping Festival and other local events. But in the 1960s the hotel fell on hard times and the business was sold in two lots.

Frederick Rowland Frazer, a local businessman, bought Lot 2, which consisted of the now dilapidated Ballroom and its adjoining land. He wanted it to be used as a public hall to make Knaresborough 'a livelier place'. The newly formed amateur dramatic company, the Knaresborough Players, was the only local group interested in taking it on. Freddy Frazer rented it to them for a peppercorn rent and generously shared the cost of renovations, but the Players had to pay for all other costs.

In February 1964 the Players presented their first show at the Elephant and Castle Ballroom – the pantomime *Robinson Crusoe*. It was the first of many productions at their new venue, ranging from full-length plays to Old Time Music Hall shows. The Players slowly transformed the four bare walls of the building into a working theatre.

The temporary stage, which had to be dismantled after every show, moved ends and became a permanent structure, along with a new backstage area. New dressing rooms, stage curtains, fixed seating and better heating followed, making the draughty hall into a much more attractive venue.



Above: Inside the Frazer, Top: Frazer Theatre historian Bernie Crosthwaite

More on page 22



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LAST YEAR'S BED RACE



Nothing Mars 2017 Bed Race

Both the Parade and the Race in 2017 took place in a gap between showers which bookended the day in Knaresborough last June. The outcome, though, was that it remained a wonderful spectacle attended by as big a crowd as ever.



Dance group as part of the 2017 Parade



River crossing

It was a double for the Ripon Runners as both men's and women's teams won against strong competition. Ripon Runners Men recorded the fastest overall time at 13 minutes 51 seconds, while the Ladies beat all female rivals at 17 minutes 48 seconds. See pages 20 and 21 for the full low-down.

The fastest mixed team were Flying Pullman and the fastest non-club team were G H Brooks; the fastest female non-club team were Welly Wheelettes. The fastest new team were Mott McDonald Leeds.

The Tewit Youth Band were the fastest junior team; Welly Wheelies were the fastest junior mixed team, and Scotton Scorchers fielded the fastest junior female team.

Most agreed that the decorated beds created as great a spectacle as ever, dressing up in the theme 'Heroes and Villains'. First Scriven Scouts won the best dressed bed award and The Hairy Fairies were the most entertaining team.

Conditions on the course were difficult due to the rain overnight which landed on generally hard, dry ground making it slippery. Thankfully, there were no injuries.

The river was low by usual standards and the teams, for once, could wade near the banks though they still had to swim in the middle of the 30-yard crossing. What the lower river also meant, however, was that it was a bigger drop to get the bed into the water and a higher bank to negotiate to climb out.

The organisers were also able to recognise Simon Watts of Piccadilly Motors for his outstanding contribution to Bed Race, having sponsored the event since 1995 and supporting it in many other ways. He was presented with the Brian Hiscoe Trophy, named for the late member of the Lions Club who helped organise the event for many years, even after infirmity made him wheelchair-bound.



Ripon Runners



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2017 RESULTS



SPECIAL AWARDS

BEST DRESSED BED 1st Scriven Scouts	FASTEST JUNIOR TEAM Tewit Youth Band	FASTEST NON-CLUB FEMALE TEAM Welly Wheelettes
MOST ENTERTAINING TEAM The Hairy Fairies	FASTEST JUNIOR MIXED TEAM Welly Wheelies	FASTEST NEW TEAM Mott MacDonald Leeds
FASTEST TEAM Ripon Runners Men	FASTEST JUNIOR FEMALE TEAM Scotton Scorchers	BRIAN HISCOE TROPHY FOR OUTSTANDING CONTRIBUTION TO BED RACE Simon Watts of Piccadilly Motors
FASTEST FEMALE TEAM Ripon Runners Girls	FASTEST NON-CLUB MALE TEAM GH Brooks	

Scriven Scouts, Best Dressed Bed



Ripon Runners Men, Fastest Team



Ripon Runners Girls, Fastest Female Team





2017 TIMES



PLACE	TEAM	TIME MIN/SEC	PLACE	TEAM	TIME MIN/SEC
1	Ripon Runners Men	13:51.6	46	Techbuyer Ltd	20:02.2
2	GH Brooks	14:08.6	47	Raworths Solicitors	20:02.7
3	Nidd Valley Men's A Team	14:09.0	48	Turners Tearaways	20:10.0
4	Knaresborough Striders Men	14:31.7	49	Bed Zeppelin	20:10.7
5	The Half Moon	15:05.2	50	Tewit Youth Band	20:21.0
6	Welly Wheelers	15:38.4	51	Ripley Castle	20:40.0
7	Guardian Alarms	15:47.8	52	Nidd Valley Ladies Team	20:50.8
8	Flying Pullman	15:50.5	53	Welly Wheelies	21:10.6
9	Nidd Valley Men's B Team	15:54.1	54	St Johns PTA 'B' Team	21:12.7
10	Stephenson's Rockets	16:11.0	55	1st Knaresborough Scouts	21:24.9
11	St John Fishers	16:11.5	56	Round Table 2: Round(er) Table	21:31.4
12	The Deer Hunters	16:26.7	57	High Street Heroes	21:31.9
13	Knaresborough Rugby Club	16:26.8	58	1st Scriven Scouts	21:33.1
14	Parkrunners	16:43.7	59	Stray Savers	21:37.9
15	Harrogate Rugby Racers	16:47.7	60	Skylarks	21:38.6
16	Blue Bullet Flyers	16:48.9	61	Piccadilly Fillies	21:41.8
17	The Hairy Fairies	17:01.9	62	CNG	21:42.6
18	Mott MacDonald Leeds	17:02.8	63	Piston Broke	21:49.6
19	Flying Mechanics	17:04.1	64	HACS 2	21:55.9
20	Pelsis Flyers	17:11.4	65	Bedknobs & Broomsticks	21:56.8
21	The Rocket Men	17:20.1	66	Knaresborough Striders Ladies	22:06.6
22	Sentinel Sprinters	17:26.3	67	Y-Not Ambulance Boys	22:25.2
23	Six Pack	17:28.4	68	Scotton Scorchers	22:51.2
24	Welly Wheeners	17:30.6	69	King James's Female Junior Team (CNG)	22:55.5
25	The Plodders	17:34.1	70	Mums On The Run	23:04.7
26	JP's Disciples of Fitness	17:38.2	71	Mowbray Magic	23:30.4
27	Ripon Runners Girls	17:48.0	72	Rabbit Hill Country Store	23:34.0
28	Green-Tech Ltd	17:54.5	73	Harrison Spinks	23:44.5
29	Meadowside Malingerers	17:56.8	74	SESKU Little Un	24:18.9
30	Welly Wheelettes	17:59.0	75	Bedraggled	24:31.6
31	Procter & Shambles	18:02.8	76	Tomrods Are Go!	24:33.7
32	Taylor's of Harrogate	18:05.5	77	The Swiss Rolls	24:35.5
33	Commercial Estates Group	18:19.4	78	Team Red Beer	24:35.5
34	CBRE	18:19.8	79	Meadowside Maidens	25:09.2
35	HACS 1	18:30.1	80	Rainbow Runners	25:29.3
36	The Dazzling Bobbies	18:36.2	81	Team Sanderson	25:31.9
37	Round Table 1: Slim Table	18:39.4	82	Hearing Dogs for Deaf People	25:40.3
38	Clarity Clodhoppers	18:59.1	83	Saint Michael's Hospice Staff	25:41.8
39	Knaresborough Silver Band	19:05.8	84	Pelsis Rat Racers	25:53.7
40	Pretty Paws	19:07.9	85	Harrogate Theatre	26:47.0
41	RAF Menwith Hill	19:10.3	86	Aspin Park Primary School PTA	27:01.9
42	St John's Juggernauts	19:19.1	87	Speedy Girlzales	27:04.3
43	Oatlands Infants Mixed	19:21.6	88	Knaresborough Strollers	27:32.7
44	6th Gear	19:26.2	89	NOT RUNNING	DNR
45	Aspin Avengers	19:37.4	90	NOT RUNNING	DNR



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The Frazer Theatre

From page 17

Sadly, Freddy Frazer died in 1965, aged only 55. In 1968 the Knaresborough Players renamed the Ballroom as the Frazer Theatre in his honour.

In 1980 the Players were faced with the loss of their home, but they raised £12,500 to buy the theatre and land outright. The deeds were signed in May 1981 and the Players have owned and run the theatre ever since.

There have been continual improvements to the building, most notably in 2008-9. It had taken the Players four years to raise £180,000 for extensive building work, including a new foyer, bar, and toilets with disabled access, plus a new upstairs meeting room and tech box. The campaign was spearheaded by Shirley Holden and received massive help from small local organisations as well as bigger funding bodies, such as Wren, Biffa and the George A Moore Foundation. The vastly improved venue was officially opened in August 2009, with Shirley Holden and local author David Nobbs as guests of honour.

The Frazer Theatre continues to be owned and run by the Knaresborough Players, who perform their own productions there, including the popular annual pantomime. But it is also a much-valued community venue, used by Studio 3 dance Workshop, Knaresborough School of Speech and Drama, Freedom Performing Arts, and many other local dramatic companies who aren't lucky enough to own their own theatre.

The Frazer also hosts a variety of music shows, the highly successful Comedy Club, as well as feva events, the Nidderdale and District Drama Festival of One-Act Plays and Film at the Frazer.

The Frazer Theatre even has its own ghost ... (of course it has!)

Every town should have a theatre, but many don't. If Ken Dodd is right about a theatre being the hub of a town and a reflection of the character of its people, then Knaresborough is a very fortunate place.

Bernie Crosthwaite



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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 53rd 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.	3.15-4.00pm	Bed Race teams arrive at the finishing line.
12.00pm	Conyngnam Hall Field Opening of attractions, including amusements, fete, charity stalls, bars, food and the Big Screen showing highlights.	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.	5.00pm	Event finishes, roads open, crowds disperse, teams take up their beds and walk, and the organisers clear away.



Half Moon Team, 2017



See map on p25

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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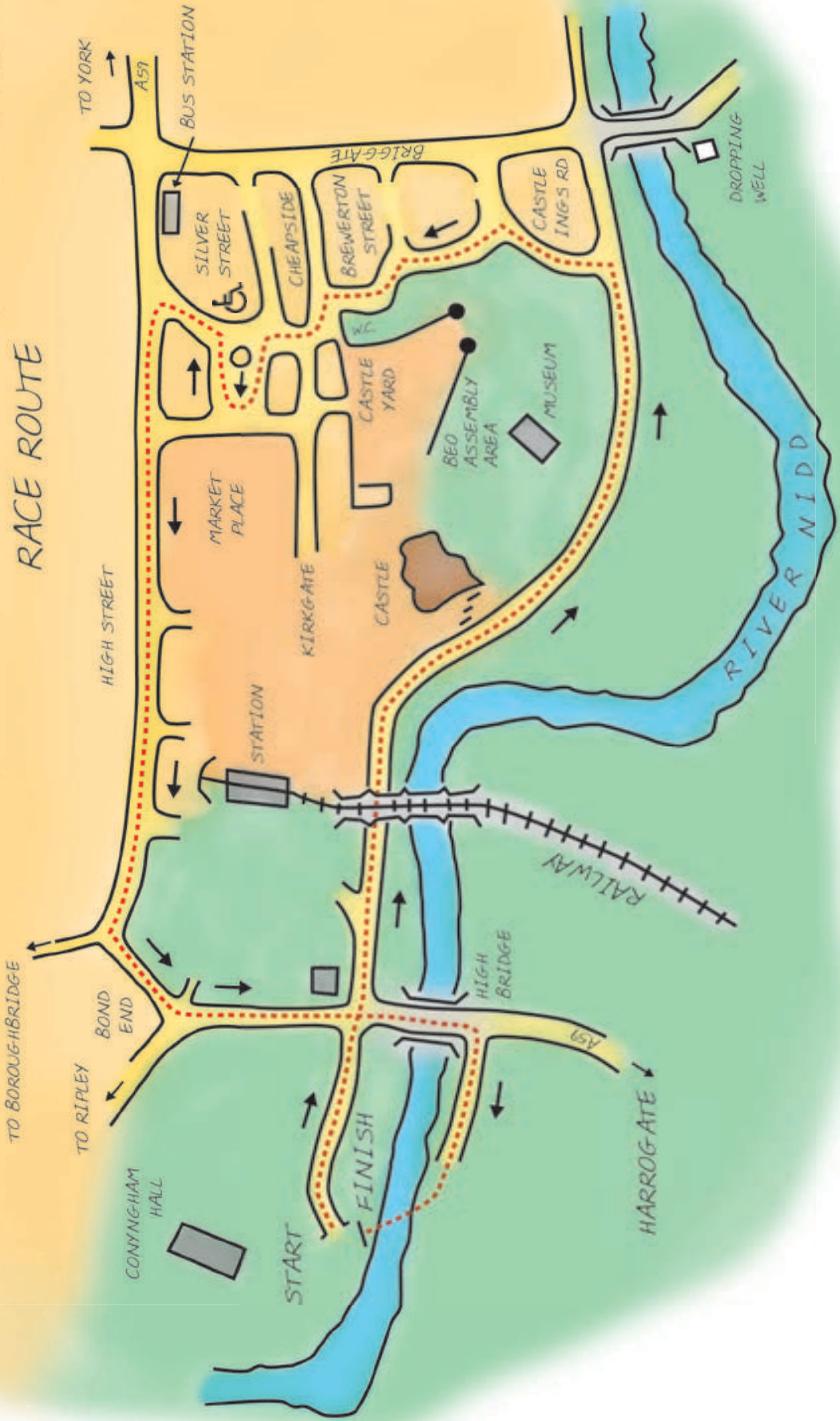


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Disabled Viewing Area



GREAT BED RACE HISTORY



1966 and All That

We are delighted to have been in touch recently with Wendy Tapsell, one of the bed passengers at the very first Great Knaresborough Bed Race in 1966.

Wendy became involved with the Bed Race in response to a request for young ladies to apply for the privilege of getting a bumpy, frantic ride up and down the streets of Knaresborough and across the river on a bed.

She little thought that she would be selected, but lots were drawn to pick who would be with which of the four competing teams: the cadets from the Army Apprentices College in Harrogate, ratings from HMS Forest Moor, representatives from the air force at RAF Linton-on-Ouse, and the US Army based at Menwith Hill. And Wendy was chosen, thus beginning an association with Bed Race which has lasted until today.

The beds were rather less robust than the ones used nowadays, and they buckled and twisted as they were rushed along the course, losing wheels and other vital parts. All four bed passengers were

thrown unceremoniously into the river during the crossing! There was none of the care and consideration given today.

It was a hair-raising experience, but it didn't put Wendy off entering the race as a passenger again the next year. She still has fond memories of her race experiences – and of dating a different member of the racers on her team after each year!

Now living in Bradford, Wendy has taken up writing and performing poetry since her retirement, and she has written a poem especially for this year's Bed Race programme. We would like to thank her warmly for this contribution, and also for her part in getting this great institution of Knaresborough, now in its 53rd year, off the ground (and into the water)!

Many thanks, Wendy!

See page 31 for Wendy's ode to Bed Race.



Harry Corbett starts one of the first Bed Races



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2018 TEAMS RACING ORDER



<i>Starting No</i>	<i>Team Name</i>	<i>Category</i>	<i>Starting No</i>	<i>Team Name</i>	<i>Category</i>
1	Ripon Runners Men	Mf	25	The JP Project	Xf
2	GH Brooks	Mf	26	Meadowside Malingerers	Me
3	Knaresborough Striders Men	Mf	27	Welly Wheelettes	Ff
4	The Half Moon	Mf	28	The Swiss Rolls	Mf
5	Welly Wheelers	Mf	29	Shipton's Shifters	Me
6	Flying Pullman	Xf	30	Harrogate Round Table	Mf
7	Guardian Alarms	Mf	31	CEG	Mf
8	Nidd Valley Men's B Team	Mf	32	Knaresborough Strollers	Mf
9	Oatlands Junior School Men	Mf	33	Harrogate Harriers Miserable Old Veterans	Mf
10	Stephenson's Rockets	Mf	34	Pannal Dental Clinic	Mf
11	St.John Fisher School	Mf	35	Rungs and Hoses	Mf
12	Knaresborough Rugby Club	Mf	36	CNG	Mf
13	Hymas Blue Bullet Flyers	Mf	37	HACS 1	Me
14	Parkrunners	Xf	38	HACS 2	Me
15	Mott MacDonald Leeds	Mf	39	Clarity Clodhoppers	Xf
16	Ripon Fire Station	Mf	40	RAF Menwith Hill	Me
17	Pelsis Flyers	Mf	41	The Juggernauts	Mf
18	David Lloyd Harrogate	Mf	42	Oatlands Junior School Ladies	Ff
19	The Rocket Men	Mf	43	CrossFit Harrogate	Xf
20	Six Pack	Mf	44	Oatlands Infant School Team	Xe
21	Welly Wheelers	Xf	45	Aspin Avengers	Me
22	The Plodders	Mf	46	Techbuyer Ltd	Mf
23	Ripon Runners Girls	Ff	47	Turner's Tearaways	Mf
24	JP's Disciples of Fitness	Xf	48	Bed Zeppelin	Mf





2018 TEAMS RACING ORDER



Starting No	Team Name	Category	Starting No	Team Name	Category
49	Taylors of Harrogate	Xe	70	Bedknobs & Broomsticks	Fe
50	Dads of Goldsborough School	Me	71	Knaresborough Striders Ladies	Ff
51	Mancraft	Me	72	Harrison Spinks 1	Xf
52	SESKU Little Un	Me	73	Harrison Spinks 2	Xf
53	The Transplants	Me	74	Scotton Scorchers	FJf
54	ifm electronic	Mf	75	George & Dragon	Xe
55	Tewit Youth Band	MJe	76	Mums on the Run	Fe
56	Nidd Valley Ladies Team	Ff	77	Mowbray Magic	Xe
57	Piccadilly Players	Xf	78	Nidd Valley Zip 2 Zoomers	Ff
58	AFF	Xf	79	JP's Mini Disciples	XJf
59	Welly Wheelies	XJf	80	Scrambled Legs	Xe
60	The Froebelian Flyers!	Me	81	Meadowside Maidens	Fe
61	Saint John's PTA "A" Team	Xe	82	Over The Rainbows	Fe
62	Saint John's PTA "B" Team	Xe	83	Team Sanderson	Xe
63	1st Knaresborough Scouts	XJe	84	Ladies On The Loose	Fe
64	1st Scriven Scouts sponsored by CNG	MJf	85	Pelsis Rat Racers	Xe
65	Skylarks	Ff	86	Harrogate Theatre	Me
66	Piccadilly Fillies	Ff	87	HMCA	Xe
67	Piston Broke	Xe	88	Straybirds	Fe
68	Yorkshire Ambulance Service Charity	Me	89	Ortial Technologies Ltd	Xe
69	The Y.A.S. Lost Boys	Me	90	HOPS - TEAM TOPHAT	Xe

CATEGORIES ARE:

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

Accurate as at going to press.



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THE GREAT KNARESBOROUGH BED RACE

by Wendy Tapsell

From page 26

I remember the thrill of the chase,
those years taking part in the Knaresborough Bed Race.

Over the cobbles and through the streets,
our handsome bed-pushers with flying feet
egged on by the cheers and waves of the crowd
lining the streets to do us all proud.

Everything rattling, beds, bones and teeth,
the wheels of beds buckling, straining beneath.
Then on to the river, a now-welcome sight,
and a thorough good dowsing to cool down our plight.

Beds and energy thoroughly spent
we emerged from the river and into the tent.
A job well done and oh! What fun!
Amidst applause for a worthy cause.

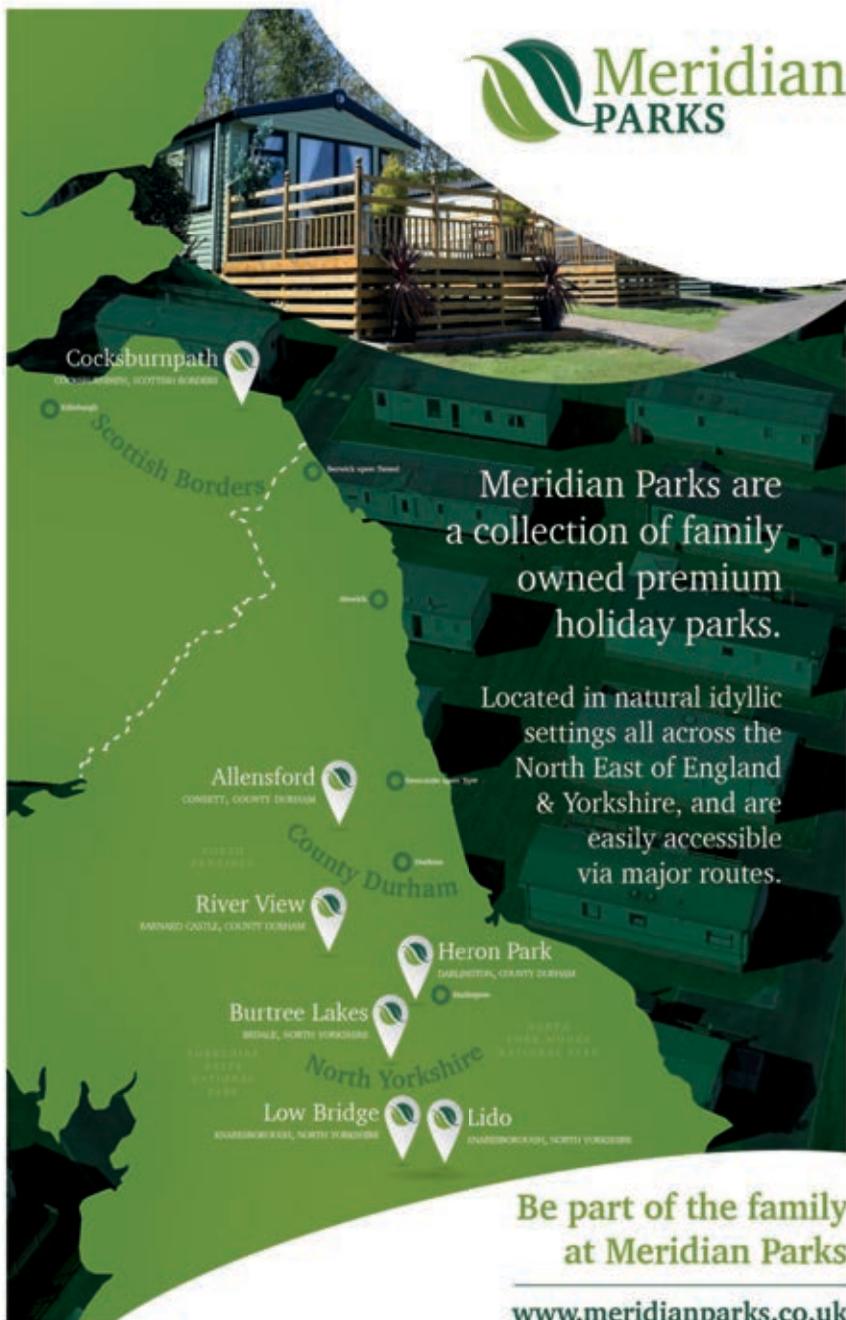


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BED RACE INFORMATION



TOP TIPS FOR SPECTATORS

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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AN EVENING AT THE THEATRE



The City Varieties in Leeds has kindly permitted the use of the article below on the great era of Music Hall and the wonderful TV programme The Good Old Days.

A Brief History of British Music Hall - *By Johnny Dennis*

Music Hall, like Pantomime, is a British invention. Men in the early 19th century, and sometimes women, gathered together in public houses and supper rooms to eat, drink and make merry. When well refreshed they would sing and the more able ones were rewarded by the landlord with free beer.



The wise publican then added a music room and entertainment became a feature. Up and down the country landlords engaged the more able singers, who then became the favourites of his clientele.

In 1854 one publican, Charles Morton, opened the first purpose-built music hall, the Canterbury, in Westminster Bridge Road. Morton, who is rightly called 'the Father of the Halls', provided his customers with food, drink and professional artistes, and on steamy nights the roof could be

rolled back to provide fresh air. Hundreds of purpose-built theatres were erected throughout the country, the cream of them built by Frank Matcham. Among those surviving are the London Coliseum and the London Palladium.

The Golden Age had begun. The artistes rushed from one hall to another, most playing four theatres a night. They worked and lived hard, some too hard as one looks at the early demise of many of them.

[More on page 37](#)



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A Brief History of British Music Hall

From page 35



Leonard Sachs

Royal approval was given by Edward, Prince of Wales, by his regular visits and command performances. Society, in the shape of the well-cut tail suits of the young bloods who met at the promenade at the Empire in Leicester Square, tarried with 'ladies of the night'. The common people, as they were known, flocked to the Music Hall. The songs reflected many of their own problems: not having the rent, the old man coming home drunk, and the dear old mother-in-law. The artistes knew their audiences well and never played down to them for they too may have come from the same slums. For a working man or woman of the time a night at the Music Hall was a brief respite from an otherwise grim existence.

The social climate changed entirely after the First World War. The innocence of the halls gave way to faster rhythms such as rag time and dance halls, more leisure time, variety and summer shows, radio and finally television. However, television played an important role

in the revival of the Music Hall. The late Barney Colehan, a BBC staff producer, came up with the idea of two programmes from the City Varieties in Leeds, reflecting the part that that gem of a theatre had played in the history of the Music Hall. That was in 1953, and 30 years later it celebrated being the longest-running light entertainment show on television. The Good Old Days brought back memories for many and gained a young audience new to its pleasures.

Speaking as one who was lucky enough to act as Chairman at the Players Theatre and City Varieties in Leeds, I would say that Music Hall is as popular today as it was 150 years ago.



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KNARESBOROUGH HISTORY



St Robert the Hermit

Knaresborough is celebrating this year the 800th anniversary of the death of St Robert the Hermit, a local religious man who settled for many years in a cave by the Waterside near the Wetherby Road Bridge. The cave is still to be seen and as part of the celebrations it is hoped that improvements will be made and new signage added.



A stained glass window in Morley Church in Derbyshire is dedicated to the life of St Robert the Hermit. Our thanks for the photo go to Sheila Randall, the Church's archivist.

Although never canonised by the Pope, St Robert was revered throughout Europe in medieval times as one of the outstanding saints of the 13th century. For many years after his death, his grave was the site of pilgrimage with many claimed instances of miraculous healing.

The legends of St Robert are many. He was born in York as Robert Flower, the son of the mayor of the city. He chose the clerical cowl but sought solitude and so came to Knaresborough to live a simple life.

In time, he came to serve the poor and destitute, and was particularly known for providing succour to prisoners and those in trouble. Inevitably, this brought him into clashes with the authorities including the constable of Knaresborough Castle, William de Stuteville. Invariably, St Robert emerged victorious from these. So the legends tell, there was something of Robin Hood about him.

More on page 41



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KNARESBOROUGH HISTORY



St Robert the Hermit

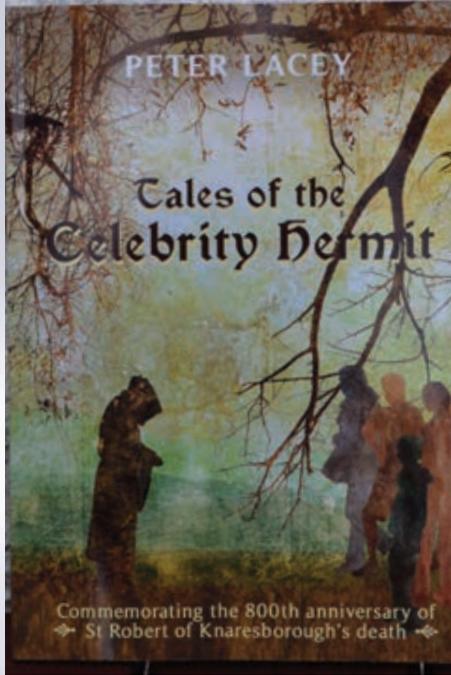
From page 39

Stories of his deeds flourished during his lifetime and came to be written down within living memory around 1250. No doubt, the truth was garnished: He was said to have charmed the deer of the Forest of Knaresborough and harnessed them to his plough, for instance.

King John came to visit him and it is tempting to think that St Robert might have inspired the King to make the well-documented presentation of alms to the poor in 1210. First made in Knaresborough this Maundy Money royal alms-giving remains a tradition to this day.

St Robert died on 24 September 1218 and much has been planned to commemorate the 800th anniversary of his death. A book was published earlier this year, written by local author Peter Lacey, called *Tales of the Celebrity Hermit*, which is available from Castlegate Books and other outlets in the town priced £5.

As part of the celebrations, a pilgrimage to the hermit's cave from St Robert's Church in nearby Pannal was held in May and a special service was staged at the Gracious Street Methodist Church.



The cover of Peter Lacey's book Tales of the Celebrity Hermit.

Coming up on 23 June there will be a 'musical extravaganza' at King James School. On 14 July there is going to be a meeting of academics from around Europe at the Methodist Church to which the public is invited.

During Knaresborough's feva Festival from 10 to 19 August there are all sorts of things planned, including a daily walk from Castlegate Bookshop to the cave to 'meet' the saint. Other planned events include a Mummers Play, a talk at the Library and what is known as 'Yarn Bombing' around the Castle

We will host a visit to Knaresborough by the Yorkshire Archaeological Society, and there will be a beer festival at St Robert's Church in Pannal.

The culmination will be the big weekend of 21 to 23 September with celebratory feasts, talks and an ecumenical service. More events are being planned, including a new trompe l'oeil window for St Robert in the Market Place, the brewing of a special St Robert's beer by Roosters Brewery and, it is hoped, a tree carving of the Hermit. Competitions for short story writing and arts are also mooted.

For full details go to: www.strobertofknaresborough.org.uk



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GREETINGS FROM THE TOWN CRIER



Hello, I'm Roger and once again I've had a thoroughly enjoyable year serving as the Knaresborough Town Crier. My main duty is to open the market at 11:00 every Wednesday morning and I always enjoy meeting the rich variety of visitors that we get. The most memorable this year were the ladies choir from Ontario. The singing was delightful. I have also been involved in lots of other events: feva,

inaugurating the John Metcalf Way and unveiling Mother Shipton's statue.

I regularly visit our schools - St John's, St Mary's and Forest School. There were events in the Castle, the churches, Bright Friday, The Christmas Market, the Farmers' Market the Nativity and of course the Bed Race.

*I really like the Bed Race
I love it with all my heart
I love to watch the race that is
I wouldn't dare take part.*

Knaresborough is such a busy little town. I wouldn't want it any other way.

If you would like the Town Crier to attend a Charity or Community event please contact me: r.w.hewitt@hotmail.co.uk

Roger Hewitt, Town Crier



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AN EVENING AT THE THEATRE



Witches, Wights and Things that Wriggle in the Night Theatrical Traditions for the Unwary

Actors are a nervous breed, and it appears so are directors, authors, impresarios and, of course, theatre owners.

If the all-pervasiveness of theatrical superstitions are anything to go by, they are even more wound up than organisers of community events staged in North Yorkshire in June each year.

With this year's Bed Race theme being a 'Night at the Theatre' we thought we should look at the world of thespians to see if there are lessons for the sporting bed racer. For instance, are there do's and don'ts that might help our teams as they navigate the climbs and crossings?

Most know that it is bad luck to mention Macbeth inside a theatre; you're supposed to call it the Scottish Play. Should you make the dreaded mistake, the instruction is to leave the building, spin round thrice, spit and utter a counter curse. Sounds a fair response for bed racing, especially when swimming the Nidd.

There is plenty more. Don't whistle if you're a stage hand or wear blue clothing unless with silver, and even yellow and green can be dodgy. Don't wear peacock feathers, never give flowers before the performance, or use real jewellery, money or Bibles as props. And the whole subject of mirrors is so

riddled with bad omens that it is difficult to know where to start. A few pointers there for when decorating the bed and the team.

There is a theatrical superstition that there should always be a light burning in an empty theatre to ward off ghosts. And there is a rule of three that is much sought after: three charms, three jokes, three ways to do the action but never, ever have three candles lighted in the theatre at the same time.

You'd think that thespians would be doing something really difficult like keeping up with a runaway bed down the High Street or lifting bed and passenger up a sodden river bank.

But there is one theatrical tradition that Bed Race teams should stay well clear of. Instead of wishing each other 'good luck' before a performance, actors say 'break a leg!'. Now that is a bit too close to home for our lads and lasses.

So, to all bed racers – dressed as actors for the 2018 event or not, we say: 'The Very Best of Luck' – and nothing about anything that could hurt their chances at beating last year's time!

Did you know...



The longest running show in the West End is *Mousetrap* by Agatha Christie, performed 27,174* times since 25 November 1952. *Les Misérables* comes in second with 13,341* performances. (*At the time of writing.)



Theatrical fog is produced by pumping glycol and water into a heat exchanger until the liquid vaporises.



The Georgian Theatre Royal, Richmond N.Yorks, is believed to be Britain's oldest, dating from 1788. It stores and occasionally uses the oldest stage scenery.





AN EVENING AT THE THEATRE



Life's a Pantomime

That other great British pastime, the pantomime, also deserves special consideration by the dedicated bed racer, if for no other reason than for the crowd to shout 'It's behind you!' to but all but the last team as they slog around the course.



Apparently, the word comes from the Latin 'pantomimus' meaning a dancer who acted all the parts of the story. Thankfully, such ego mania is now all but banished from the theatrical world! Ahem!

Around Christmas time, Mummers Plays were traditionally performed, incorporating the typical pantomime elements of humour, gender role-reversal and the triumph of good over evil, often

loosely based on the hugely popular George and Dragon legend. Knaresborough still has a very active Mummers troupe who these days spring out from dark corners to entertain folk.

It took an act of Parliament in 1843 for dialogue to be used in what were previously all-silent pantomimes. As a result, they rapidly grew in popularity with well-known actors, such as David Garrick, staging their own productions.

In the 1870s, an impresario called Augustus Harris wrote a series of popular pantomimes which ushered in the modern era of the panto by emphasising comedy, slapstick and spectacle – a bit like the Bed Race parade you might think.

Pantos became an established part of family entertainment featuring song, dance, topical jokes, pratfalls, custard pie-throwing and mild innuendo.

Favourites pantos are Dick Whittington, Snow White, Jack and the Beanstalk, Peter Pan, Sleeping Beauty, Robinson Crusoe and Mother Goose.

Tradition in the pantomime is everything, just like Bed Race. Novelty is eschewed or at least relegated to bit parts. And cross-dressing is everything. That's what we have always said:

"Oh no you didn't!"
"Oh yes we did!"

More on page 51



Harrogate's Annual Gilbert & Sullivan Festival, held each Summer, attracts up to 2,000 performers and 25,000 theatre goers. It has been described as "One of the most colourful, melodic and joyous festivals of musical theatre".

For details see: www.gsfestivals.org



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AN EVENING AT THE THEATRE



It's all a farce

A farce is a term from the world of theatre that is often used to describe an absurd situation.

In the theatrical world it is a comedic entertainment in which exaggerated and improbable situations occur. It is a bit like starting the climb on Castle Ings and discovering one of your wheels has come loose.

Some of the best-loved farces are scenes from *Fawlty Towers* and *'Allo 'Allo*. Those of a certain age may remember Brian Rix, known as the 'King of Farce'. Together with a team of top comedians, he performed in a series of farces in which trousers fell down and elderly ladies ended up in cupboards with the wrong man.

The Matchless Architect

Frank Matcham, 1854-1920, is regarded as the greatest British theatre architect of all time, designing over 200 theatres and performance halls, including the Royal Hall, Harrogate.

Others feature Grand Opera House Belfast, Blackpool Grand Theatre, the Hackney Empire, the Coliseum and the Palladium in London. Matcham also worked on other types of buildings and is responsible for the County Arcade in Leeds.



The sumptuous Royal Hall at Harrogate



To visit a Matcham-designed theatre, such as the Royal Hall, is an experience, with their lavish interiors and incredible decoration.

For more information see
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2018 marks the 30th consecutive year for Guardian Alarms to take part in Bed Race. Congratulations to them and all who have taken part in their teams over the years.



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KNARESBOROUGH LIONS



Knaresborough Lions – We Serve

Knaresborough Lions organise a number of events to raise money for charity and local community causes, including Bed Race, a Beer Festival, Christmas Market, Santa’s Sleigh and other events.



The Club’s policy is that a minimum of 80% of donations stay in the area of Knaresborough, Nidderdale and shared facilities in Harrogate. The remaining 20% goes to national and international charities and appeals.



A list of recipients in the first half of 2017 is as follows:

DATE	ORGANISATION	PURPOSE
July 2017	King James School	Help with enrichment day for all pupils
	John Fisher School	Help towards school projects
	Upper Wharfedale Fell Rescue	The purchase of equipment
	1st Scriven Scouts	Purchase of camping equipment
	ORB	Donation towards disability learning days
June 2017	Happy Wanderers	Donation for ongoing use of free transport for needy people of the community
	Henshaws Soc for the Blind	Food processor for their kitchen
	Masonic charity fund	Donation for their help with Bed Race
May 2017	Rotary Lower Wharfedale	Donation for their help at Bed Race
	K/Boro Silver Band	Help to buy Instruments
	Badger Hill Res Ass	Donation for new Community Building
May 2017	Lions District D	Food tins across the Humber Bridge donation





KNARESBOROUGH LIONS



DATE	ORGANISATION	PURPOSE
May 2017	Dancing for Wellbeing	2 new taster sessions for people who suffer disabilities
	K/Boro Cricket Club	Help with fitting out their new kitchen with crockery pots and pans for the public to use when hiring out their premises which are free for Charity use
	Harrogate & Craven Young Carers	Day trip for young carers, visit to a theme park
	First Responders	Child mannequins to help them train children CPR
	Restart Yorkshire	2 training defibrillators to enable them to teach the public
	Young Carers	Day trip for youngsters who spend their lives caring for others
	Friends of K/Boro Library	Request for computer and accessories for their volunteers
	St Cuthberts School Pateley Bridge	Primary school request for tools, plants, bulbs and a bench to assist with Pateley in Bloom
Apr 2017	Doncaster District Lions	Donation to Disability Sports Day
	UNICEF	Support for East African Drought appeal
	LCIF	Support for the Columbian appeal
	District Governors Lady's App	Support for her appeal for Dyslexia Yorks
Mar 2017	Pateley Bridge Church	Help for St Cuthberts Church ropes which need replacing
	Martin House Hospice	Donation for Children's cancer hospice
	Yorkshire Air Ambulance	Donation to their ongoing costs
	District Zone	Appeal from Derwent for games equipment for school that had lost theirs
Mar 2017	FEVA	Assistance for free event for all during Festival Picnic in the Park
	Restart Yorkshire	Donation towards Defibrillator on Retail Park
Feb 2017	LCIF	Support for Lifeskills appeal for Africa
Jan 2017	LCIF	Support for Indonesia
	Harrogate Homeless	Donation in vouchers for Christmas Lunch
	Various Needy Families	Vouchers for food and toys for needy families
	1st Scriven Scouts	Donation for new camping equipment

Knaresborough Lions Club is open to new members. If you are interested in joining or just to know more, see www.knaresborough.co.uk/lions-club



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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

SEE YOU IN 2019



Come back next year for the 54th Great Knaresborough Bed Race, which will be held, as tradition dictates, on the second Saturday in June

8 June 2019

The theme will be announced before the end of this year – though if you have a suggestion we will be happy to hear it – use the Contact page on www.bedrace.co.uk

Entry forms will be available from 1 January 2019 – closing date will be the end of February.

Please let us know if you want to get involved by helping to organise the event or assist on the day, especially if you have strong views on how things should be done.

Sponsors are always welcomed.

Results and photos are available on our website www.bedrace.co.uk

We hope you have enjoyed the Great Knaresborough Bed Race and will go on doing so. Have a safe journey home.



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

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