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# GREAT KNARESBOROUGH BED RACE

THEME

**GREAT**  
INNOVATIONS

SATURDAY 8TH JUNE

**2024**



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Last year's race

# PRESIDENT'S MESSAGE

## WELCOME TO THE 57TH GREAT KNARESBOROUGH BED RACE

All the signs for 2024 are good. We have a full race field of 90 teams, the theme is chosen and we are ready to rumble! Another great day of fantastic fun and adventure.



I should add, though, that organising and managing the event becomes much more onerous and expensive each year. Costs have trebled in a decade. Planning starts in September and carries on relentlessly for 10 months.

**Bob Godsell, Lions President**

Each year challenges us with ever more hoops to jump through. Lions have met all Bed Race needs since the early 1990s, thanks to our sponsors and volunteers. But we have reached a critical point where we now need more help. The event and our role in it cannot go on as it has in the past 30 years.

If there are organisations and individuals in and around the district who are willing to get involved, Lions will welcome you. Please let us know through the website [www.bedrace.co.uk](http://www.bedrace.co.uk).

Putting aside our own tribulations, we are confident that the Knaresborough Rain Shadow will prevail and the weather will stay fine. We are sure that everyone will stay safe and have a great day.

Good luck to all the amazing teams - everyone is a winner! All who participate, and the thousands of people who attend to watch this joyous spectacle, will have a great time. With your continued tremendous support, the Great Knaresborough Bed Race will return on 14 June 2025 and we look forward to another fantastic community event in the town.

**Bob Godsell,**  
President Knaresborough Lions



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





# A WORD FROM THE MAYOR



**Hannah Gostlow,**  
Mayor of Knaresborough



Welcome to the 2024 Great Knaresborough Bed Race – Knaresborough's biggest event of the year and one that expresses the creativity, humour, and community spirit of our town!

keep the event space safe on the day, and so many more from the scuba divers in the river to the marching bands.

However, the event wouldn't happen at all without the Knaresborough Lions Club. The dedication and preparations they put into organising the event throughout the year as well as on the day itself is inspiring. The Knaresborough Lions not only provide us with the most amazing and ridiculously fun day of the year, they help promote our town while raising thousands for good causes.

Together, the Lions and the community of Knaresborough have created a tradition that not only showcases the vibrant spirit of Knaresborough but also extends a warm welcome to visitors from around the globe.

To all our Knaresborough visitors I say welcome and enjoy yourselves and our town. To all the participants I wish you good luck and to all our volunteers I say a sincere thank you.

Here's to another unforgettable Bed Race, filled with laughter, friendship, and community generosity!

**Hannah Gostlow, Mayor of Knaresborough**

I am privileged to have been a spectator of the Bed Race, a runner, a marshal, and to lead the famous parade - as one of my very first, and most special duties as Mayor.

To those unaware of the scale of the Bed Race it is hard to describe all the effort that goes in: from the physical training of each runner, the creative process of dressing the beds for the parade, the work of the volunteer marshals helping to

## £3 ENTRY

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

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

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

The revenue raised comes from sponsorship, team entry fees, programme advertising and sales, and tickets. Money raised goes towards meeting costs such as traffic management, hiring fencing and barriers, portaloos and signage, printing, catering and other items. Generally, it costs from £35,000 to £40,000 to put Bed Race on.



*Dashing through the town*



# GREAT INNOVATIONS



Here's an idea... This year's Bed Race theme is Great Innovations, a worthy topic for the stirring age of scientific discovery in which we find ourselves. But not all innovations are particularly technically sophisticated, and we hope that Bed Race teams will cast their nets wide for their unique design of beds and runners. No doubt, they will!

Nets, now they have been a good invention. They let the water run through passing out the other end, while keeping the fish securely in the net. Early fishermen didn't want to expend all their energy pulling up a bag full of water just to catch a few fish.

The wheel is another outstanding example of innovation, of course. But frankly, what good is a wheel on its own unless you have another to go with it? Then at least you have a bike. Four wheels are best. So, the inventor of the first wheel was an idiot, according to Sid Caesar; while the next guy who invented three more was the real genius.

American filmmaker Mel Brooks started out as a stand-up comic where he played the part of a 2,000-year-old man. He was asked which in his life was the greatest invention.

Brooks replied: "Cling film. It sticks to itself and everything else too, including your fingers. Cling Film keeps everything airtight and fresh!" Fridges and freezers do a similar job and we wouldn't be surprised to see a few of those in this year's Bed Race.

Speaking of great innovations, let us remember Alexander Graham Bell, the inventor of the first telephone. Apparently, his answering service message was: "Hi, this is Alexander, the inventor of the first telephone. If you've invented a second, please leave a message after the beep!"

Mobile phones are a wonderful addition to everyday life, though less so when you walk through city streets and must dodge people who are not looking at where they are going.

More on page 7







# 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 and other liquid, water filled balloons, flour, eggs and other items. Members of the public should always stand well clear of the beds while the Parade and Race are in progress. Please obey the instructions of the Bed Race marshals who are acting in the interests of public safety. As organisers of Bed Race, the Knaresborough Lions cannot be held responsible for any incidents which may occur due to the irresponsible behaviour of others. Please also note that team members, supporters, spectators and other participants on the day attend the event at their own risk. This is a well-known community event, mounted for the enjoyment of spectators and participants, and is a wonderful attraction for all the family.



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



## GREAT INNOVATIONS



Continued from page 5

On this subject, people talking to their friends with no visible phone in sight, but have two white pieces of what looks like chewing gum hanging from their ears, look demented.

Inventions come thick and fast. Fire was an early winner. Vaccines, TV and the marine chromometer have all provided light bulb moments. Light bulbs are top of the list too.

Innovation can arrive on a small scale, such as post-it notes, super glue, corks, cutlery and fishhooks; or large, such as concrete, the printing press, package holidays, Thai cooking or communications satellites.

It almost goes without saying that to have a true impact an innovation must be popular and should work reliably whenever needed. Some are duff though. Jumping out of an aircraft has an appeal only if the parachute opens. As Benny Hill used to say, "Just because no one complains doesn't mean all parachutes are perfect."

Whatever they go with, Bed Race teams in 2024 should get plenty of inspiration from our theme, Great Innovations, when sorting out the dressing of their beds.

We look forward to the Parade for the exciting evidence of their flights of engineering and visual fantasy. We say to them, "Just go for it; anything might work." You might come up with a Best Dressed Bed Winner! Victory can mean the best thing since sliced bread.



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



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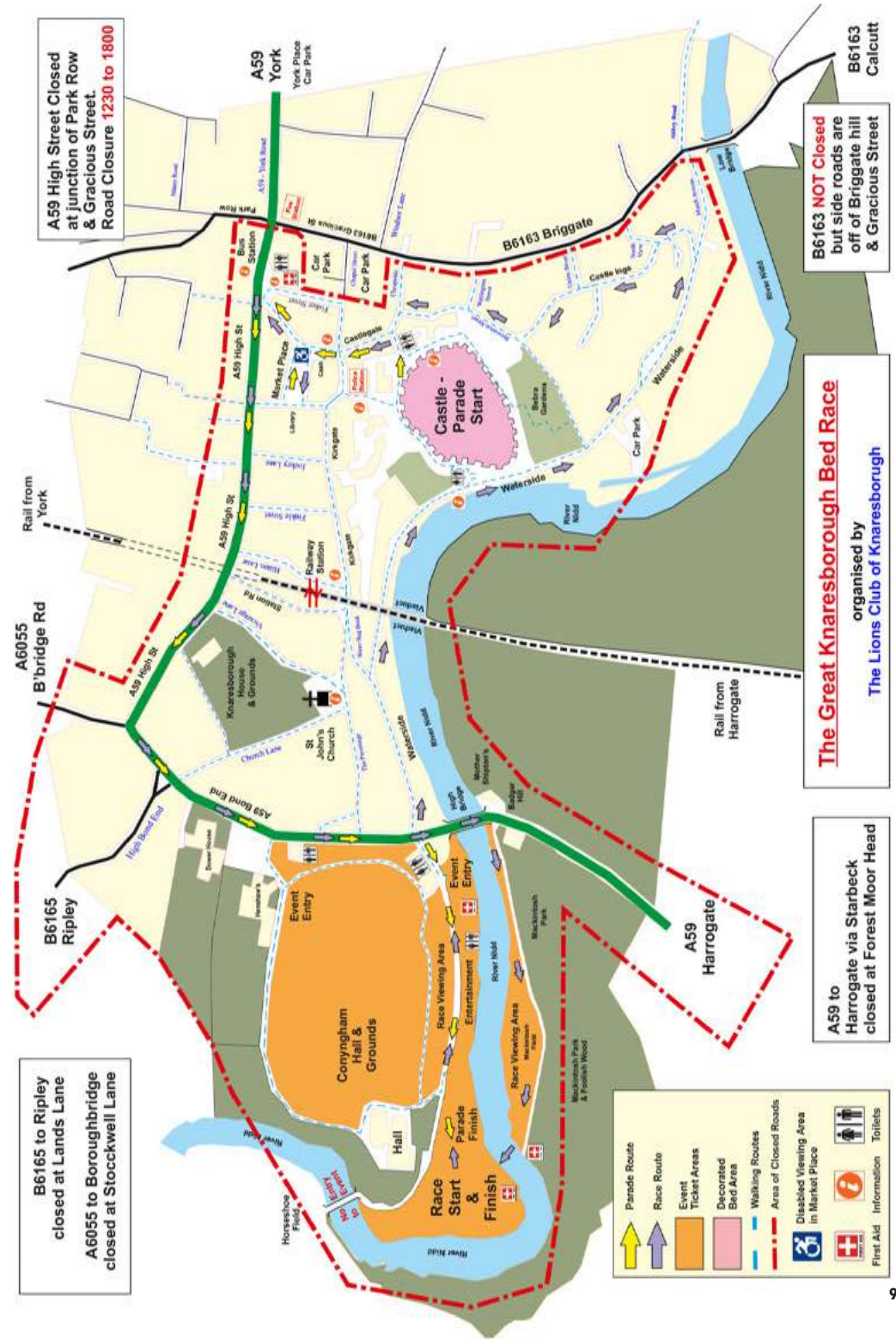


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## PROGRAMME OF THE DAY



9.00-  
10.30am

### Castle Grounds

The beds gather at Knaresborough Castle.

2.45pm

### Conyngnam Hall Field

Welcome ceremony performed by the Mayor of Knaresborough.

10.30am

Judging of the Best Dressed Beds begins at the Castle.

3.00pm

### The 57th Great Knaresborough Bed Race starts

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

12.00 noon

Roads around town close.

12.00 noon

### Conyngnam Hall Fields

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

### Parade of Dressed Beds

Judging completed of Best Dressed Beds as the Parade begins. Starting from Castlegate, the pageant of beds, bands, floats, dancers, marchers parade through the Town Centre to Conyngnam Hall.

6.00pm

We aim to have the event done and dusted, the roads opened, the crowds dispersed, teams to take up their beds and head home. The organisers and our helpers now tidy up for another year.



The 2023 Parade of Dressed Beds



on the map on p9

### SPECIAL NEEDS VIEWING AREA

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



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# 2023 RESULTS



## CATEGORY WINNER TROPHIES WENT TO:

<b>FASTEST TEAM</b> GH Brooks	<b>FASTEST MIXED NON-CLUB</b> Parkrunners
<b>FASTEST FEMALE</b> Ripon Runners Ladies	<b>FASTEST MALE JUNIOR</b> Nidd Valley Juniors
<b>FASTEST MIXED</b> Parkrunners	<b>FASTEST MIXED JUNIOR</b> Nidd Valley Juniors Mixed Team
<b>FASTEST MALE NON-CLUB</b> GH Brooks 2	<b>FASTEST NEW TEAM</b> Nidd Valley Juniors Mixed Team
<b>FASTEST FEMALE NON-CLUB</b> Welly Wheelettes	

## BEST DRESSED BED COMPETITION

<b>FIRST</b> The Rocket Men	<b>COMMENDATIONS TO</b> 1st Scriven Scouts, Harrogate Town AFC Community Foundation, Knaresborough Silver Band, Henschshaws, and Stockeld Stags.
<b>SECOND</b> Nidd Valley Men	<b>THIRD</b> Juggernauts

## OTHER AWARDS

<b>ENVIRONMENTAL AWARD</b> HOPS (presented to the team whose decorations best embody environmental virtues)	<b>HISCOE TROPHY</b> Jenny Burton (for contribution to Bed Race)
-------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------



The 2023 Parade of Dressed Beds



# 2023 TIMES



POSITION	TEAM NAME	TIME MIN/SEC	POSITION	TEAM NAME	TIME MIN/SEC
1	GH Brooks Men	0:13:05	44	Aspin Owls	0:21:27
2	Ripon Runners Men	0:13:23	45	Piccadilly Plodders	0:21:33
3	GH Brooks 2	0:14:29	46	1st Scriven Scouts Sponsored By Thalia	0:21:49
4	Early Bird Run Crew Harrogate	0:15:05	47	Schofield Fitness	0:21:56
5	The Half Moon	0:15:17	48	Knaresborough Silver Band	0:22:06
6	Nidd Valley Men	0:15:20	49	Hacs2	0:22:13
7	Nidd Valley Junior Runners	0:15:20	50	Kjs Year 10	0:22:17
8	Welly Wheelers	0:15:28	51	Saint Michael's Hospice	0:22:19
9	The Forest School	0:15:43	52	Hgs Science	0:22:32
10	Riverside Runners	0:16:18	53	Morrisons	0:22:40
11	Harrogate Harriers Grumpy Old Folk	0:16:31	54	Fountains Abbey And Brimham Rocks	0:22:52
12	Park Runners	0:16:56	55	Scrambled Legs	0:22:52
13	Stockeld Stags	0:17:13	56	Henschshaws	0:22:56
14	Knaresborough Rugby Club	0:17:20	57	Tewit Youth Band	0:22:59
15	Welly Wheelers	0:17:36	58	Knaresborough Striders Joggers	0:23:06
16	Guardian Alarms	0:17:48	59	Welly Warriors	0:23:09
17	Consultio / Consultiu	0:17:58	60	Harrogate Roundtable	0:23:12
18	St John Fisher's Catholic High School	0:18:08	61	Harrogate Symphony Orchestra	0:23:12
19	Blue Bullet Flyers	0:18:10	62	Turner's Tearaways	0:23:17
20	Nidd Valley Mixed Junior Runners	0:18:18	63	Feather Smailes Scales	0:23:36
21	Run, Forrest, Run!	0:18:36	64	Meadowside Maidens	0:23:52
22	Raworth Solicitors	0:18:37	65	Make It Wild	0:23:54
23	Scotton Scorchers	0:18:38	66	Knaresborough Air Cadets	0:24:03
24	Brimhams Active	0:18:40	67	All Saints Primary School,	0:24:11
25	Monkton Meanderers	0:18:50		Kirkby Overblow	
26	Ripon Runners Ladies	0:18:50	68	Aspin Angels	0:24:13
27	Harrogate Town Afc	0:18:51	69	Scared Sheetless	0:24:31
	Community Foundation		70	Meadowside Malingers	0:24:37
28	Nidd Valley Clownettes	0:18:57	71	Menwith Hill	0:24:38
29	Hacs1	0:19:06	72	Juggernauts	0:25:16
30	Piccadilly Players	0:19:12	73	Taylor's	0:25:22
31	Knaresborough Striders Ladies	0:19:16	74	Live For Today	0:25:36
32	1st Knaresborough Scouts	0:19:28	75	North Yorkshire Horizons	0:26:02
33	The Wanderers	0:19:47	76	Northern Monk	0:26:03
34	The Rocket Men	0:19:48	77	Mogs	0:26:05
35	Nidd Valley Show Girls	0:20:16	78	Rhs Harlow Carr	0:26:15
36	King James's School (6th Form)	0:20:17	79	Bedder Late Than Never	0:26:27
37	Piston Broke	0:20:25	80	Switalskis	0:26:35
38	Knaresborough Revolution	0:20:30	81	Ain't Nothing But A Work Crew	0:26:57
39	Welly Wheelettes	0:20:31	82	Hops	0:27:01
40	Foksj B Team	0:20:32	83	The Hookstone Chasers	0:27:03
41	Dmfitness	0:21:01	84	Armed Forces Fitness (aff)	0:27:04
42	Foksj A Team	0:21:19	85	The Lightfoot Light Feet	0:27:22
43	Aspin Avengers	0:21:19			







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# 2024 TEAMS RUNNING ORDER



STARTING NO.	TEAM NAME	CATEGORY
1	G H Brooks men	Mf
2	Nidd Valley Men's	Mf
3	Knaresborough Striders Men's Team	Mf
4	The Half Moon Pub	Mf
5	G H Brooks mixed	Xf
6	Welly Wheelers	Mf
7	Riverside Runners	Mf
8	Harrogate Harriers Grumpy Old Folk	Mf
9	Harrogate Harriers Harmony Energy Run Harrogate 10k	Xf
10	Parkrunners	Xf
11	Wetherby Runners	Xf
12	Headingley Sports Club	Mnf
13	Knaresborough RUFC	Mf
14	Guardian Alarms	Mf
15	Consultio/ Consultius	Mf
16	Hymas Hobblers (Old Guys!)	Mf
17	Nidd Valley Junior Mixed Team	Xjf
18	St John Fisher's Catholic High School	Xf
19	The Night Caps	Mf
20	Aurora's Army	Mf
21	Dazzling Bobbies	Xf
22	Raworths Solicitors	Mf

STARTING NO.	TEAM NAME	CATEGORY
23	Scotton Scorchers	Mf
24	DOGS (Dads of Goldsborough School)	Me
25	The Groaning Grimbald Gazelles	Mne
26	South Coast Bed Surfers	Xnf
27	Monkton Meanderers	Xf
28	Ripon Runners Ladies	Ff
29	Ripon Runners All mixed up	Xf
30	Envirovent	Mf
31	Welly Wheelies	Ff
32	Nidd Valley Mixed 2	Xe
33	Nidd Valley Ladies	Ff
34	Knaresborough Striders Ladies	Ff
35	1st Knaresborough Scouts	Mf
36	The Mount School	Fne
37	The Rocket Men	Me
38	HACS 01	Me
39	HACS 02	Me
40	FBC Harrogate	Xe
41	Piccadilly Players	Me
42	Knaresborough Revolution	Me
43	Welly Wheelettes	Ff
44	Menwith Hill	Me
45	EBRC Knaresborough	Xe



# 2024 TEAMS RUNNING ORDER



STARTING NO.	TEAM NAME	CATEGORY
46	HG Consulting Engineers	Mne
47	DMfitness	Xe
48	Aspin Avengers	Xe
49	Piccadilly Plodders	Xe
50	1st Scriven Scout Group	Xje
51	Knaresborough St Johns Parents	Xe
52	Knaresborough St Johns Teachers	Xe
53	Aspin PTA (Parents)	Xe
54	Aspin PTA (Staff)	Xe
55	Knaresborough Silver Band	Xe
56	Saint Michael's Hospice	Xe
57	GT Flyers	Mne
58	Flaxby Flyers	Me
59	Fountains Abbey and Brimham Rocks	Xe
60	Scrambled Legs	Me
61	Tewit Youth Band	Xje
62	Welly Warriors	Xf
63	Harrogate Roundtable	Me
64	Harrogate Symphony Orchestra	Xe
65	Midlife Crisis	Me
66	Birstwith Bashers	Xe
67	Knaresborough Air Cadets	Xf
68	Meadowside Masters	Xe

STARTING NO.	TEAM NAME	CATEGORY
69	Meadowside Mavericks	Xe
70	All Saints C of E Primary School, Kirkby Overblow	Xe
71	The Knaresborough Inn	Xne
72	Taylor's of Harrogate	Xe
73	Titanators (Titan Private Wealth Ltd)	Xne
74	North Yorkshire Horizons	Xe
75	Once more into the fray	Me
76	Armed Forces Fitness	Me
77	MOGS (Mums of Goldsborough School)	Fe
78	Switalskis Solicitors	Xe
79	HOPS	Xe
80	Stray Runners	Xe
81	The Hatchlings	Xe
82	Manor preschool	Xe
83	Fontus	Xe
84	Hard Caw Warriors #1	Xne
85	Innovate Fitness & Wellbeing	Fne
86	Horsforth St Margaret's Primary School	Fne
87	New Park Pacers	Fe
88	Twisted Blisters	Fe
89	Where there's a wheel there's a way	Fe
90	Evolve Psychology	Fe

## CATEGORIES ARE:

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

Correct at the time of printing. Subject to change.

Correct at the time of printing.







# BED RACE RULES



## THE TEAM

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



# BED RACE RULES



## THE BED

- 1 Each team must provide:
  - A bed decorated in the theme for the year
  - An audible air horn / hooter
  - A helmet for the passenger
  - A lifejacket for the passenger
- 2 When decorated, the bed must not exceed 2 metres in width, 4 metres in length and 3 metres in height.
- 3 Decorations must be removed from the bed before the start of the race.
- 4 The bed must have no means of mechanical propulsion.
- 5 All beds must have been examined and passed by the scrutineers before the start of the race.
- 6 The bed numbers must be attached to the float prior to the parade and reused for the race. Five race numbers must be displayed: one on the front of the bed, one on each side of the bed, and one on each side of the passenger's helmet. It is the team captain's responsibility to ensure that these numbers stay attached until after the bed crosses the finish line.
- 7 Each bed must have a built-in buoyancy aid capable of supporting the bed and the passenger for not less than five minutes and have an aperture large enough to allow the passenger to escape quickly if required.
- 8 Each bed must:
  1. have four wheels of not more than 260mm in diameter (including if tyres are used – solid, tyre-less wheels are acceptable), and a minimum wheel width of 50mm
  2. allow a gauge of 150mm by 450mm wide to pass under the bed in the direction of travel (i.e. ground clearance of 150mm and the wheels must be at least 450mm apart, side to side)
  3. allow a gauge of 150mm by 1250mm long to pass under the bed at 90 degrees to the direction of travel (i.e. ground clearance of 150mm and the wheels must be at least 1250mm apart, front to rear)
  4. have a minimum length of 1750mm and a minimum width of 750mm
  5. have a maximum length of 3.0m and a maximum width of 1.35m
  6. Ropes are optional. If used, a maximum of two ropes, not more than 3.5 metres in length, may be attached to the front of the bed. These must not be secured to any member of the team. No ropes are to be attached to the rear of the bed. Ropes must not include loops or knots along any part of their length or at the end not attached to the bed. Beds may be inspected more than once so please do not tie loops or knots after original scrutineering.



Teams dress to match their beds





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## BED RACE INFORMATION



Welcome to Knaresborough for Bed Race, 8 June 2024. If you are a first-time visitor here are some facts that may help.

### Getting to Bed Race

Knaresborough is located a couple of miles west of the A1M.

On Bed Race day events start at about 9.30 am and run through to about 5.30 pm. The centre of town is congested by about 11.00 am and the free park-and-ride places on Manse Lane and Grimbalds Crag fill up not long after.

We are advised that car parking will close in the evening from 6.00 pm; please retrieve your vehicle before then.

A free bus service operated by Connexions links these with the town, about a mile away.

Additional car parking is usually provided for a small fee at King James School and at York Place. Car parks in the town itself are not available and the roads themselves are closed from around midday to around 5.30 pm. Please check our website at [www.bedrace.co.uk](http://www.bedrace.co.uk) for up-to-date arrangements and road closures on the day.

Public transport may be best if you are coming to the event. There is a regular train service from Leeds, Harrogate and York, as well as numerous buses which run in and out of Knaresborough on the day.

### Be prepared for the weather

Knaresborough is known for its Rain Shadow, a mythological being which generally keeps the town dry on the day. But it can let us down, as it did in 2019, when we had an hour's pelting with cold rain. A reminder to keep us honest, no doubt.

But last year the town basked in clear skies and a hot sun. There was a few cases of folk suffering from the heat. So, bring sun cream, get a cool drink and don't forget your umbrella. Yorkshire being what it is, surprises can occur.

### Walk the Town

The day starts early with beds assembling in the Castle Grounds from 9.30 am (judging begins at 10.30 am). The Parade starts from the Castle at 1.00 pm. And the race commences as time trials with the teams going off at 10-15 second intervals. This starts at 3.00 pm, with the last being out on the course before 20 minutes are up.

### Choose your viewing point

The Parade can be viewed at the Castle, Market Place, High Street, Bond End and Conyngnam Hall Field. The Race starts at Conyngnam, goes across High Bridge and along Waterside through the Gorge. Teams run up Castle Ings, go around the Market, down the High Street, across High Bridge to McIntosh Field. The River Crossing returns them to where it started. Comfortable shoes are a must and don't come bar' t'at. There is a map in this programme on page 9.



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# ACKNOWLEDGMENTS



THE KNARESBOROUGH LIONS ARE VERY GRATEFUL TO THE FOLLOWING FOR  
MAKING POSSIBLE THE STAGING OF THE 2024 EVENT:

## BED RACE SPONSORS

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Advertiser, BBC Radio York and others

Lions clubs from Harrogate, Bradford Central, Boroughbridge,  
and other areas

Knaresborough Technology Park and ALM for free parking

Rotary clubs of Knaresborough and Harrogate

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Knaresborough Masons

All the very many volunteers who help marshal the event

Family members and friends of Knaresborough Lions

And of course, the wonderful people of Knaresborough!



*Huge crowds at Bed Race in 2023*

FINALLY, APOLOGIES TO ANY WE HAVE MISSED.



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**Bed Race 2024**

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## OFFICIAL BED RACE ARTIST



Claire Baxter has agreed to become the official  
artist of the Great Knaresborough Bed Race for 2024.

She has produced two fabulous paintings of Bed Race, which are available as limited edition numbered full size prints. Further details for acquiring them are available through the Claire Baxter Gallery on Castlegate or via her website. She has a second Gallery in the High Street, Pateley Bridge. Claire also plans to bring out smaller-sized prints and postcards. A percentage of her revenue will go to Bed Race charities.

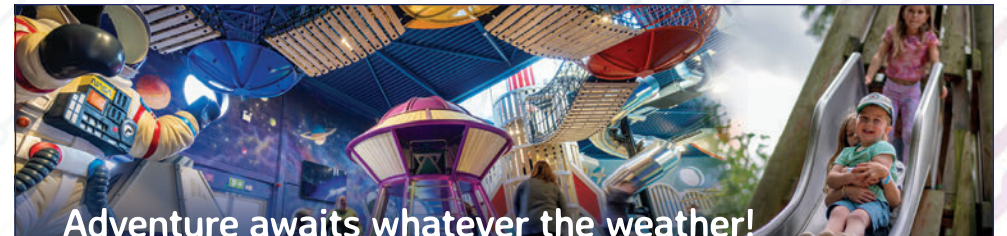
Claire is Knaresborough born and bred, and her father, Ron Johnson, was a local policeman in the 1980s. She studied fashion but was swayed more by fine art and moved into teaching. The Pateley Gallery was opened five years ago, and Knaresborough in April 2023.



Asked to define her unique style, she described it as a mixture of illustration and realism. 'Quirky', is a word she used, which fits in perfectly with Bed Race itself. Claire's galleries sell not only her own work but also that of some of the best Yorkshire artists.



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



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## HEWITT & CRIERS



Knaresborough has a new town crier, voted in after a special competition.

Mark Hunter has replaced our old friend and new Lion Roger Hewitt, who has retired his bell and clanger after a decade in the role. A contest was organised to find a new incumbent, which was staged at last year's Community Day.



*Contest in 2023 for a new Knaresborough town crier*

In our photo taken at the crying competition are, left to right, Charlotte Gale of the Chamber of Trade who was one of the judges; Leigh Hudson, one of the finalists; Mark Hunter, the new Crier; past Town Crier Roger Hewitt, the 2022-23 Mayor Kathryn Davies, who also judged the event, and

Andrew Richards, who will serve as Mark's Deputy.

All agreed that it was a nail-biting contest, which was followed by a mouth-watering game; a hair-splitting tournament; a cliff-hanging pageant, and finally a knife-edge duel.

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# KNARESBOROUGH LIONS



## WHO BENEFITS FROM BED RACE

Bed Race, a volunteer-organised community event, has been staged to raise funds for charitable purposes since its very beginning in 1966.



*A team of Lions are helping to renovate the Guides Centre at Birk Crag*

Over the past couple of years, Bed Race funds have gone to support needy families, homeless people, disadvantaged and disabled folk, and the elderly.

Funds have been provided for school trips, outings for young carers, equipment for scouts, guides and Air Training Corps. Annual Christmas parties are organised for the elderly and assistance is provided to Old People's Welfare for parcels at Christmas. Sports and social clubs are also supported, as well as local initiatives for refugees from Ukraine and elsewhere.

We work with social services, Knaresborough Town Council and parish councils in villages in the district, and bodies such as Inspire Youth, St Michael's Hospice and Martin House Hospice. Help is provided to educational establishments including our local schools - King James's, Nidderdale High and primary schools in Knaresborough and surrounding villages up to Pateley Bridge.

Other organisations who receive funds are Henshaws, Nidd Arts Trail, FEVA, Born to the Forest, COGS, Resurrection Bites, and Connectors.

We have provided clothing, screens, household furnishings, computers, camping gear and building materials. The placing of defibrillators has been a focus in recent years, and we acquired and planted oak tree whips in the area around the River Nidd.

Most Lions funds are reserved for local causes though some, no more than 20%, support national and international Lions causes such as Water Aid, Sight Savers and emergency relief in places such as Tonga, Pakistan and Ukraine.

In addition, a team of Lions have worked to renovate the Guiding Centre at Birk Crag. This started in the latter part of 2022 and is likely to continue through 2025. Knaresborough Lions is a charity, number 1177970. All the money raised by Bed Race, apart from that used to meet expenses in putting the event on, goes to good causes.

What more can we ask for? A fantastic spectacle, a hard-fought race and funding benefits for worthy causes. It has marked out the Great Knaresborough Bed Race from its inception.

## SEE YOU IN 2025

**Date:** 14 June 2025

**Time:** from 9.30 am to 5.30 pm.

**Venue:** Knaresborough HG5 8AR

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

Our greatest community day of fun will be back next year on the second Saturday in June – the 14th, a late one! As always, it will be an energy-fuelled Bed Race of festive spectacle starting at 1.00 pm with the Parade of Dressed Beds and attendants.

This is followed at 3.00 pm by the Race itself, a gruelling athletic contest of time trials as the teams and their beds cover the traditional 2.4 mile course through parkland and riverside, up sheer ascents to the top of the Gorge, along cobbled streets of the medieval town and back through the icy waters of the River Nidd.

If you are a fleet-footed runner, a would-be lightweight passenger, a bed builder or a fervent spectator you will not want to miss this highly engaging event.

The Great Knaresborough Bed Race is one of the biggest activities of its kind in the North of England. It is a community event, organised by volunteers and is designed to be entertaining while raising funds for local good causes.

The current organisers, the Lions Club, has issued a plea for help in organisation, and for corporations and others to assist where they can with fast-rising costs. It is good to report that even before the staging of the 2024 Bed Race, people in the locality have started to respond, hopefully putting this iconic event into a great place for 2025.

If you can help, please reach us either through [www.bedrace.co.uk](http://www.bedrace.co.uk) or through [www.knaresboroughlions.org](http://www.knaresboroughlions.org).

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



## USEFUL WEBSITES

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

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

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

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

FEVA - Knaresborough Festival of  
Entertainment and Visual Arts  
[www.feva.info](http://www.feva.info)

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

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