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VILLAINS**



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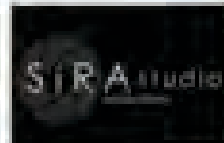
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PRESIDENT'S MESSAGE

WELCOME



Martin Brock,
Knaresborough
Lions President

On behalf of Knaresborough Lions, I am delighted to welcome you all to the town's 52nd annual Bed Race. I've had many roles within the race from stewarding, to helping with and leading the organisation, and even running twice. Last year, I was part of the Knaresborough Striders men's team who took 4th place. This year, I will be proud to take my place at the front of the parade as President of this club, accompanied by my wife Emma.

I would like to pass on my thanks to all who have supported Bed Race in so many ways. To sponsors, partners and 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; to the supporters for your vocal help and donations. All money raised goes to help good causes, with at least 80% spent locally. And thanks, too, to my fellow Lions, who have spent many months planning the event. If you would like to find out more, contact any of us on the day, or we meet at the Commercial Hotel on the 2nd and 4th Wednesday of each month. My apologies for anyone I have forgotten.

Our theme this year is Heroes and Villains, and heroes will be represented in the parade not only by the teams, but by representatives of local organisations who have been chosen to reward them for their work in the community. Knaresborough is a wonderful place to live, and it is in no small measure to those who generously give of their time to make it such a vibrant and interesting town. It is therefore only right that they should be recognised.

Lions Clubs International celebrates its 100th birthday this year. One centennial target is to help support 100 million people, so if you have always wanted to help any of our local organisations but have been unsure about doing so, it is most rewarding and they will surely welcome you with open arms.

The best of luck to all participating teams and let's keep our fingers crossed for some sunshine as we can plan everything but the weather. Whatever Mother Nature delivers, we look forward to an enjoyable and trouble-free event.

Lion Martin Brock
President of Knaresborough Lions 2016/17

Find out more about Lions at
www.knaresborough.co.uk/lions-club

WELCOME FROM THE MAYOR



Bill Rigby
Mayor of Knaresborough

Welcome to the 2017 Knaresborough Bed Race! This unique occasion is a high point in the year for us all – whether for participants, supporters or spectators. An expression of community action and good humour, it embraces the whole community, offering welcome and enjoyment to visitors from far and near. In fact

its popularity has spread across the Globe – the latest new bed race starting up in Bunbury, Australia!

On this occasion, the theme, 'Heroes and Villains' gives ample scope for teams to let imagination take flight and, rest assured, we will be amazed at the ingenuity and bold inventiveness of the creations on view. Before the race itself, take time

to view the prepared beds (at the Castle), each bedecked in ephemeral glory – before being stripped for action as a high speed couchette.

The race itself is an exhausting climax to months of preparation – so please cheer on the brave competitors every inch of the way.

On behalf of us all, I want to acknowledge the Knaresborough Lions, their organising committee, and the scores of volunteers who provide assistance and support. We owe all these generous heroes a sincere debt of thanks.

And, in the midst of excitement and fun, take account of your own and others' safety, and assist the volunteers, stewards and marshals to ensure the thrill of the day is shared by everyone.

And lastly, we hope you will come back again to Knaresborough many times to enjoy its many charms. *Welcome!*



Good Luck

to all the teams from

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IN THE HEART OF KNARESBOROUGH





WELCOME TO KNARESBOROUGH



It has often been said that Bed Racing is to Knaresborough what rain is to Manchester, and this year is no different with the 52nd annual staging of this great event. The theme, Heroes and Villains, tips its hat to the many thousands of local people who have taken part over the years, sacrificing their social life as they train for one of Britain's most gruelling athletic contests.

It isn't all hardship, though, as the months of training take folk through some of the most spectacular scenery in the North of England. Knaresborough has much to offer: parkland, steep climbs to the town centre, cobblestones and ancient buildings, a ruined castle standing on a promontory high above the Nidd Gorge, and the magical River Nidd itself.

The name 'Nidd' means bright and sparkling and watch day or night, winter or summer, and you will see how lights, whether from sun or stars, glitter with romantic promise. It is as old as time, yet fresh and fast flowing coming down from the high ground of the Yorkshire Dales.

If you are a visitor to Knaresborough make sure you come to the War Memorial in the Castle grounds and gaze out over the river, the crags of the gorge and the hills far away. Climb down to the Waterside which has cafes and antiques, pubs and bookshops as it wends its way from Conyngham and onto Abbey Road.

Look out for the House in the Rock and St Robert's Chapel both carved out of the cliff face and the famous tree sculptures.

Across the river is Mother Shipton's Cave and Petrifying Well, known as England's oldest visitor attraction, being open since 1630. Mother Shipton was the prophetess Ursula Southell, who lived in the late 15th Century and was born in a cave on the west side of the Nidd. One of her supposed predictions was that the end of the world will come when High Bridge falls down.

There is a pub called the World's End and bed racers run past it twice on the course and also cross High Bridge. Hopefully, nothing untoward will happen on Saturday 10 June this year!

It is a wonderful place, Knaresborough, with a delight around every corner. Runners will tell you that the Villain of the piece – just as locals say the True Hero of Bed Race – is the Town itself.



Autumn Lights by Chris Sheldrake and the magical River Nidd



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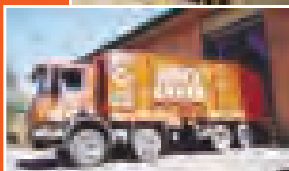
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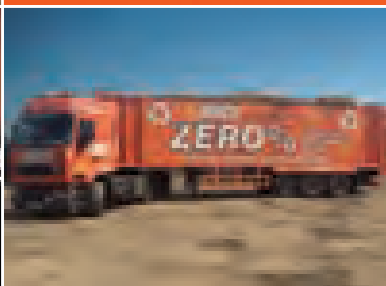
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HEROES AND VILLAINS



Over the centuries, Knaresborough has had its fair share of the good and bad, and possibly some of the ugly too. Ours is a small town, today not more than 15,000 inhabitants, but we have turned out some fiery characters down the years.



John Metcalf

Take John Metcalf, better known as Blind Jack, whose tri-centenary we celebrate this year in August (described in more detail on page 17). Born near the church of St John the Baptist, Jack was blind from the age of six, but

managed to overcome his disability to become, most famously, a builder of roads and bridges. He was other things as well, some less salubrious but we think you'll agree he was mostly a great hero.



Eugene Aram

We are less certain about the school-teacher Eugene Aram, who befriended then murdered 23-year old shoe-maker Daniel Clark in February 1744, see page 39 for the full story. High de Morevill was another badun', the ringleader of four

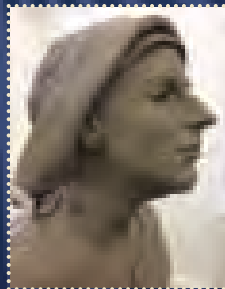
knights who slaughtered the Archbishop of Canterbury Thomas a Beckett in 1170. The Constable of Knaresborough Castle, he led his violent coterie north after the murder to hide out while the dust settled. Not that he was punished for his deeds. It took his support for a rebellion against Henry II for him to pay a price – losing his ownership of the Castle and lands around Knaresborough.



Cave of Robert Floure

A clear hero was Robert Floure (Flower), the hermit of Knaresborough, who was said to have healing powers and cared for the poor. Upon his death in 1218, a cult sprang up around his memory. His cave, carved out of the face of the limestone cliff

and the remains of his chapel survive, and can be seen near the Wetherby Road end of Abbey Road. Another feature on Abbey Road, but at the other end nearer to Low Bridge, is the Shrine to 'Our Lady of the Crag', carved from the living rock in 1408 by another local hero, John the Mason, after he believed divine intercession had saved his son buried under rubble in a nearby quarry. We discuss Robert the Hermit on page 35.



Mother Shipton

It is difficult to determine whether prophetess Mother Shipton was heroine or villain; her predictions aroused the ire of public figures and of generations since her death, and continue to astound visitors to Knaresborough to this

very day. Her legacy is discussed in the visitors' attraction of the Mother Shipton and Petrifying Well parkland on the Harrogate side of the river, and also on page 37.

(continued on page 10)



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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.



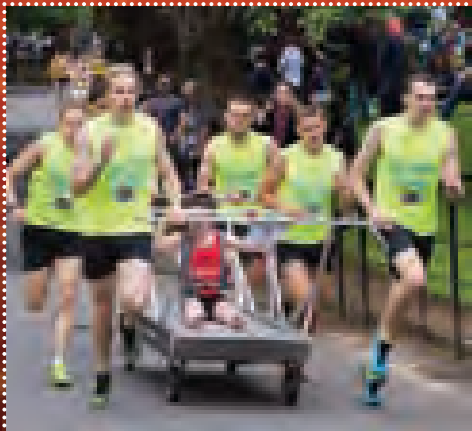


BED RACE RULES



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.

*Left: Last year's winners,
Planet Steel*





HEROES AND VILLAINS

(continued from page 7)



Guy Fawkes

Then there is King John, reviled internationally as the foe of Robin Hood but loved locally when in 1210 he gave Maundy alms to the poor folk of Knaresborough, a tradition carried

on around England ever since. But it happened first in Knaresborough. And who cannot admire the political outlook of Guy Fawkes, former resident of nearby Scotton, who tried to blow up the Houses of Parliament in 1605. Well, the rest of the country may have a problem and burn an effigy of him every 5 November, but to the people of Knaresborough he remains a hero for his innovative approach to dissent. A true trailblazer (though it is usually him that's up in flames!)

DID YOU KNOW THAT HEROES AND VILLAINS IS THE NAME OF:

- The Aston Villa Fanzine
- A Fan Fest, held at Olympia, London
- A song recorded by The Beach Boys
- An episode of Only Fools & Horses from 1996
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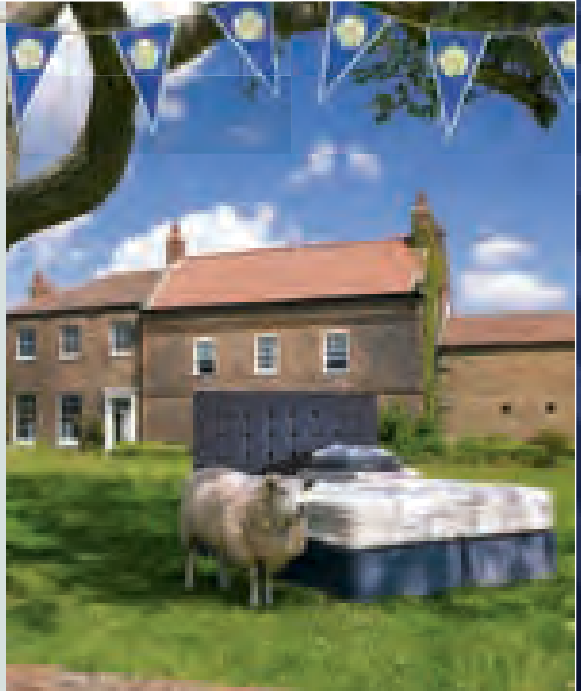
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THE GREAT KNARESBOROUGH BED RACE DISCLAIMER



The organisers of Bed Race, the Knaresborough Lions Club, take all reasonable care to ensure that all aspects of the Bed Race are conducted in a responsible manner for the safety and enjoyment of those attending the event.

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



BONKERS BED RACE IN THE NEWS

Now I don't know about you, but I think there is a bit of a trend emerging from the media coverage of the Great Knaresborough Bed Race. They call us "wonderfully quirky!" (*Daily Mail*); they name us "madcap" (*York Press*); they describe the event as a "serious affair" (*Guardian*, of course) with "murky origins" (*Maine News, USA*). We've even had our own Mayor, Bill Rigby, say it is "seemingly wacky" (*Knaresborough Post*).



Wacky! Us? Don't even think of it.

Now a website, www.holidayslettings.co.uk part of **Trip Advisor**, has gone a step further and called our austere pageant and athletic contest one of Britain's "Top 12 Brilliant but Bonkers events".



Now that may be going just a bit too far. Bonkers for going through the icy Nidd on a sunny June afternoon? Bonkers for spending three months stitching, sewing, hammering and gluing bits to a racing bed for display in a few short hours and then chucked forever into the hired skip of destiny? Bonkers for trying to gallop up the steep incline of Castle Ings when even Renaissance Knaresborough would advise we install a funicular?

(continued on page 15)



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IN THE NEWS



BONKERS BED RACE IN THE NEWS

(continued from page 13)

Maybe. But Brilliant? For heaven's sake!

Clearly, they have never had to erect a gazebo in a howling gale; never had to build a main gate at the entrance to Conyngham Hall field with just a few pieces of fencing; never had to find the keys last minute to the bollard on Waterside that could stop every bed in its tracks, and never had to sacrifice well-loved domestic pets to appease the Bed Race weather gods.

Brilliant, my eye! But then again ...



Maybe there is quite some brilliance in a day known for its eager eccentricities and stupendous sights. Maybe, too, there is brilliance in all the hard work and community spirit that makes it happen. Brilliance in the sheer enjoyment of just having a part to play.

So let's hear it for all those hard working folk whose contribution to making Bed Race such a great day is all important. The organisers from the Knaresborough Lions Club are not alone. There are other social and community groups who lend a hand; private individuals

who turn up to hump, lump, jump-start and run things on the day; dance groups and marching bands who practice to a millimetre of precision, and teams and their supporters who strive so hard to look their very best and destroy it all by leaping into the river. They run across the course with barely a bleat to strive their best to beat their rivals and last year's time.

There's thousands of folk who contribute to make Bed Race one of the best brilliant but bonkers days in the annual life of this town! Thanks to all.



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HEROES AND VILLAINS



TRI-CENTENARY CELEBRATIONS OF KNARESBOROUGH'S HERO: BLIND JACK

Maybe you've had your photo taken sitting next to his statue on that bench in Knaresborough Market Place or sunk a few pints in the fine pub that bears his name. But do you know the real story of John Metcalf, famous as Blind Jack of Knaresborough, who celebrates his three-hundredth birthday on 15 August this year?

Celebrations are being planned for this summer by the Blind Jack Tri-Centenary Committee, the brainchild of Knaresborian Bernard Higgins, to fill you in on the great man. Some of the commemorative events will also be included in Knaresborough's annual **feva** festival (festival of entertainment and visual arts, 11 to 20 August).

John Metcalf was a true jack of all trades. Born in a cottage next to the Parish Church, he lost his sight at the age of 6 due to smallpox. But in the next 87 years he overcame his disability to become famous in a wide range of capacities. He was a musician and celebrated bar-room fiddle-player. During the Jacobite rebellion he was an army recruiter and was at the Battle of Culloden. A father of four (and grandfather of 20), he became famous as a trader of horses but he was also notorious as a drinker, gambler and smuggler. But finally, and most triumphantly, he was England's first great road builder, building 180 miles of road across Yorkshire, Lancashire, Derbyshire and Cheshire, in the process revolutionising transport across the North of England.

Fittingly, as part of the anniversary, a section of the bypass (A658) from the A61 to the Kestrel roundabout is to be named the John Metcalf Way in his honour. And keeping the transport theme going, in August Harrogate Bus Company will name a No 1 bus after him – 'Blind Jack of Knaresborough'.



Celebratory events kick off sedately with an afternoon tea on Wednesday 28 June organised by Beryl Wood and Tanya Stimpson, director of Vision Support Harrogate District at the Cedar Court Hotel. This venue stands on land where the Queen's Head pub stood in John Metcalf's time. He was resident fiddler there from the age of 15. Another fitting link to the tearaway part of his life will be marked by Roosters Brewery which is bringing out a special Blind Jack Ale to be in the pubs from July to August.

To emphasise the remarkable way in which he overcame his disability, a pre-season football friendly at Manse Lane between Knaresborough Town and Harrogate Town in early June (date to be fixed) will kick off with an exhibition match between two unsighted football teams from the West Riding FA. The gate money from that event will go towards the three charities being supported by the committee: Vision Support Harrogate District, RNIB Tate House and Henshaws.

(continued on page 19)



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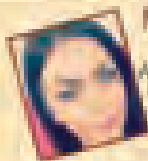
CELEBRATE WITH US!

Sam wishes to thank the local community for their continued support as she marks her 15th year in practice in Knaresborough.

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STEPHEN TEGGIN GENTS HAIRDRESSING



Myself, Christina and Jessica would like to welcome
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Our walk-in service has now been extended to 7pm on Tue & Wed.



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HEROES AND VILLAINS

(continued from page 17)



BLIND JACK

On Saturday 12 August, as part of **feva**, a Concert in Commemoration of John Metcalf will take place at St John the Baptist Church, organised by Director of Music, Mark Hunter. Also as part of the festival, artwork and poetry about John Metcalf's life and achievements will be on display in Knaresborough Library.

Local singer-songwriter Tim Hunter, along with the Bard of Saltaire, Eddie Lawler will perform songs inspired by John Metcalf and his life on his actual anniversary, 15 August, at the Orb. Tim is also to have his CD 'John Metcalf - Blind Jack of Knaresborough – A Man of Vision' available to purchase on the night.

Also on the 15th, the culmination of the Blind Jack Anniversary Day Celebrations is taking place at Henshaws Art & Crafts Centre.

Blind Jack was one of the heroes of Knaresborough, a man who overcame his disability to live a very full life of 92 years, dying in Spofforth in 1810. His road building activities began when he was 50 and involved him in using special tools including his adapted 'viameter', which measured distances and allowed him to operate by touch.

Metcalf believed a good road should have good foundations and have a smooth convex surface to allow rainwater to flow quickly into ditches at the side. Among other achievements he worked out how to build a road across a bog using a series of rafts made from ling (heather) and furze (gorse) tied in bundles as foundations. Other engineers of the time believed it could not be done, so this innovation established his reputation as one of the country's premier road builders.

A biography was written during his lifetime: *The Life of John Metcalf, Commonly Called Blind Jack of Knaresborough*, by E. and R. Peck, York, in 1795 and, in 1804.



Drawn by J R Smith in the second edition of 'Life of John Metcalf' published 1801.



A statue of Blind Jack sits in Knaresborough market place



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2016 RESULTS



PLACE	TEAM	TIME MIN/SEC	PLACE	TEAM	TIME MIN/SEC
1	Planet Steel	13:15.4	46	Aspin Avengers	19:06.7
2	Ripon Runners Men	13:29.2	47	St John's Juggernauts	19:08.5
3	G H Brooks Men	14:05.8	48	Raworths Runners	19:08.8
4	Knaresborough Striders Men	14:07.3	49	CNG	19:17.7
5	Nidd Valley Road Runners Men	14:27.5	50	Turners Tearaways	19:21.6
6	Guardian Alarms	14:33.0	51	Killer Queens - Nippers Men	19:25.5
7	Globe Street Trotters	14:40.6	52	Manning Stainton	19:26.4
8	Flow-Mon Bandits	15:06.9	53	Oatlands Infants Ladies	19:28.9
9	Wacky Racers	15:12.5	54	Dazzling Bobbies	19:31.5
10	Castle Clinic	15:15.1	55	Knaresborough Silver Band	19:33.9
11	Welly Wheelers	15:25.2	56	City Slackers	19:46.0
12	The Half Moon	15:50.3	57	Taylor's Of Harrogate	19:50.1
13	Stephenson's Rockets	15:59.2	58	Scotton Scorchers JFC	19:51.2
14	Lock, Stock & Six Floating Barrels	16:12.5	59	Clarity Clodhoppers	19:58.0
15	Knaresborough Rugby Club	16:27.6	60	Alcumus Sm&Ms	20:29.9
16	Flying Mechanics	16:36.1	61	6th Gear	20:40.4
17	Blue Bullet Flyers	16:39.8	62	George And Dragon	20:41.3
18	Magnificent Seven	16:45.1	63	Piccadilly Fillies	20:50.6
19	Harrogate Rugby Racers	16:50.8	64	Brook's Birds	21:33.1
20	Ripon Runners Girls	16:54.4	65	The YBS Finance Fitties	21:43.2
21	The Plodders	16:57.0	66	St John's PTA 'B' Team	21:45.4
22	Six Pack	17:01.8	67	Pelsis Flyers	21:46.5
23	Freestyle Kinetics-The JP Project	17:02.8	68	Bingley Arms Bardsey Ambulance Boys	21:47.7
24	Harrogate Round Table	17:17.1	69	Captain Rose & The Legion Of Limbs	21:57.3
25	Welly Wheeners	17:20.3	70	1st Scriven Scouts	21:57.4
26	Parkrunners Sponsored by The Black Mulberry Cafe	17:22.5	71	Meadowside Maidens	21:58.6
27	St John Fisher School	17:27.6	72	Over The Rainbows	21:58.6
28	The Hairy Fairies	17:33.6	73	Team Bed Guru	22:02.7
29	Colin's Nuts	17:39.4	74	Rabbit Hill Country Store	22:16.2
30	Meadowside Malingerers	17:39.6	75	Hiscox	22:18.0
31	Harrogate Harriers Mixed Team	17:41.0	76	Aff Birds	22:20.0
32	Nidd Valley Road Runners - Mixed 'B'	18:03.3	77	Knaresborough Striders Ladies	22:24.6
33	Welly Wheelettes	18:08.8	78	The Goldsborough Girls	22:31.1
34	Pelsis Rat Run	18:18.7	79	Tomrods Men Of Steel	22:34.7
35	The Reverend JP and The Disciples of Fitness	18:20.9	80	Team Sanderson	22:35.8
36	Green-Tech Gladiators	18:23.5	81	Skylarks	22:39.0
37	Tewit Youth Band	18:32.7	82	St Michaels Hospice Staff	22:45.7
38	The Rocket Men	18:36.6	83	So Sozzled Crew	23:04.3
39	CBRE	18:37.2	84	Bedknobs & Broomsticks	23:19.2
40	Nuffield Health	18:40.7	85	The Richard Taylor Runners	23:23.9
41	The Hacs Cool Runners	18:51.4	86	Scotton Lingerfield Ladies	23:38.9
42	Live For Today	19:00.0	87	Team Red Beer	23:39.6
43	Menwith Hill	19:02.0	88	Jigsaw Joinery	23:53.3
44	Pinnacle Data	19:03.3	89	The Deer Hunters	24:13.3
45	Bed Zeppelin	19:05.7	90	The Younger Ones! Not!!	25:05.4



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PROGRAMME OF EVENTS



9.00-
11.00am

Castle Grounds

The beds gather at Knaresborough Castle.

11.00am

Judging begins at the Castle of the Best Dressed Beds.

12.00pm

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

12.00pm

Conyngham Hall Field

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

1.00pm

Bed Race Parade

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

2.45pm

Conyngham Hall Field

Welcome ceremony performed by the Mayor of Knaresborough.

3.00pm

The 52nd Great Knaresborough Bed Race starts

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

3.15-
4.00pm

Bed Race teams arrive at the finishing line.

4.30pm

Presentation of Prizes

Announcement of winners and display of times.

5.00pm

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



So Sozzled Crew in 2016

Special Needs Viewing Area

See



on the
map on
p25

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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LAST YEAR'S BED RACE



THE STORY OF BED RACE 51



Staged in beautifully mild weather, the 51st Great Knarborough Bed Race in 2016 was again won by Planet Steel, who had been the fastest team the year before.

The fastest female team were regular winners Ripon Runners Girls, the fastest new teams were Disciples of Fitness and CBRE, and the fastest mixed team was Flow-Mon Bandits. Harrogate Rugby Racers won the fastest junior award. Full times for all teams are on page 21.

The best dressed bed winners were Hiscox and the most entertaining team were the Hairy Fairies. Teachers from St John Fisher's School received the Brian Hiscoe award for outstanding contribution to Bed Race.



The Parade offered a dazzling array of colourful characters on the theme of 'Cities of the World'.

As we have done on previous occasions teams were allocated a city by the organisers, the Lions Club. This meant that while some had such well-known locations as Amsterdam, New York, Beijing and Hull, others had to struggle with the little-known Skopje, Caracas, Reykjavik, Donetsk and Manchester. It all went to test the creativity of the teams and they didn't disappoint with a tremendous spectacle.



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2017 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	Planet Steel	Mf	25	The Hairy Fairies	Mf
2	Ripon Runners Men	Mf	26	The Deer Hunters	Mf
3	GH Brooks	Mf	27	Parkrunners	Xf
4	Nidd Valley Men's A Team	Mf	28	Green-Tech Ltd	Mf
5	Knaresborough Striders Men	Mf	29	P&G Graduates	Xf
6	Guardian Alarms	Mf	30	P&G Team 1	Xf
7	Nidd Valley Men's B Team	Mf	31	HG3 Fitness	Xf
8	Flying Pullman	Xf	32	Welly Wheelettes	Ff
9	Castle Clinic	Mf	33	Meadowside Malingerers	Me
10	Welly Wheelers	Mf	34	CBRE	Me
11	The Half Moon	Mf	35	St John's Juggernauts	Mf
12	Stephenson's Rockets	Mf	36	Round Table 2	Me
13	Flying Mechanics	Mf	37	The Rocket Men	Mf
14	Six Pack	Mf	38	Commercial Estates Group	Mf
15	Blue Bullet Flyers	Mf	39	HACS 1	Me
16	Harrogate Rugby Racers	JMf	40	HACS 2	Me
17	Ripon Runners Girls	Ff	41	Bed Zeppelin	Mf
18	JP's Disciples of Fitness	Xf	42	Clarity Clodhoppers	Xf
19	The Plodders	Mf	43	Pretty Paws	Xe
20	Pelsis Flyers	Mf	44	Nidd Valley Ladies Team	Ff
21	St John Fishers	Mf	45	Knaresborough Striders Ladies	Ff
22	Round Table 1	Mf	46	Raworths Solicitors	Xe
23	Welly Wheelers	Xf	47	Y-Not Ambulance Boys	Me
24	Mott MacDonald Leeds	Mf	48	Turners Tearaways	Me





2017 TEAMS RACING ORDER



Starting No	Team Name	Category	Starting No	Team Name	Category
49	The Dazzling Bobbies	Me	70	Piston Broke	Xe
50	Knaresborough Silver Band	Me	71	Mowbray Magic	Xe
51	Aspin Avengers	Me	72	Meadowside Maidens	Fe
52	Taylor's of Harrogate	Me	73	Ripley Castle	Xe
53	SESKU Little Un	Me	74	Harrison Spinks	Xe
54	Sentinel Sprinters	Me	75	Knaresborough Strollers	Xe
55	CNG	Xe	76	Team Sanderson	Xe
56	Ilkley Round Table	Me	77	Team Red Beer	Xe
57	Scotton Scorchers	Xe	78	Bedknobs & Broomsticks	Xe
58	Stray Savers	Xe	79	Speedy Girlzales	Fe
59	Skylarks	Ff	80	Tomrods Are Go!	Fe
60	High Street Heroes	Xe	81	Tewit Youth Band	JMe
61	Piccadilly Fillies	Ff	82	1st Knaresborough Scouts	JXf
62	Rabbit Hill Country Store	Ff	83	1st Scriven Scouts	JXe
63	6th Gear	Xe	84	Saint Michael's Hospice Staff	Fe
64	St Johns PTA 'B' Team	Xe	85	Scotton Lingerfield Ladies	Fe
65	Welly Wheelies	JXf	86	Hearing Dogs for Deaf People	Fe
66	Harrogate Theatre	Xe	87	King James's Female Juniors sponsored by CNG	JFe
67	Pelsis Rat Racers	Xe	88	Aspin Park Primary School PTA	Fe
68	Oatlands Infants Mixed	Xe	89	Rainbow Runners	Fe
69	Mums On The Run	Fe	90	Bedraggled	Fe

CATEGORIES ARE: **Mf** male fast; **Ff** female fast; **Xf** mixed fast; **JMf** junior male fast; **Me** male entertaining; **Fe** female entertaining; **Xe** mixed entertaining; **JX** junior mixed.

Accurate as at going to press.




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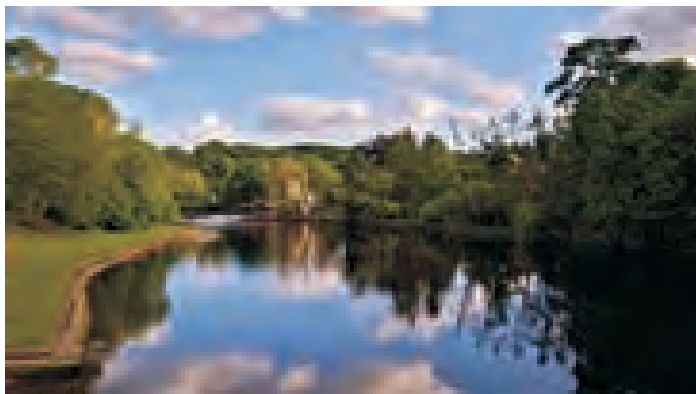
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Knaresborough Bed Race 2017.



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 Gimbalds 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. Please do not bring alcohol into Conyngnam Hall fields, there are bars available.



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 Conyngnam Hall field where there will be a large LED screen where you can watch the race unfold. There is also live entertainment, childrens entertainment and bars. This programme is your entry ticket into this area. For those without a programme there is a charge of £2 for entry into the area. 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.



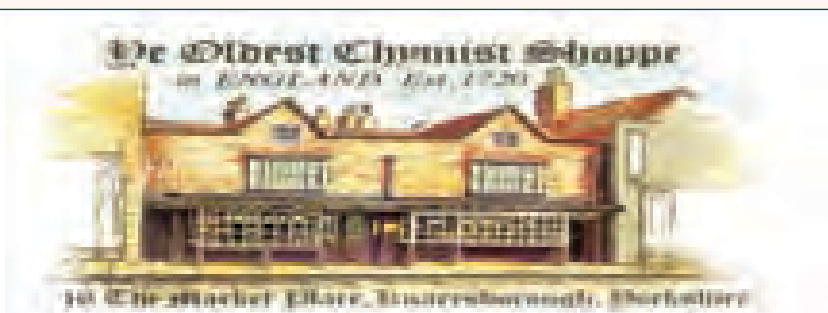
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HEROES AND VILLAINS



ROBERT THE HERMIT – A GOOD UN

Considered by many to be one of the outstanding saints of the 13th Century, Robert the Hermit earned a special place in the hearts of the people of Knaresborough and those in the locality for his care for the poor and sick.

He was born Robert Floure or Flower in York in 1160. Called to the monastic life he visited a knight who lived in a cave, which is still there, beside the River Nidd near the Wetherby Road. Initially, he shared the cave until the knight, pardoned by the King, left for home. He developed a chapel to St Giles surrounding the cave and lived there for many years fending off the ruffians plaguing the area and offering help to those in need.

For a time he moved to a nearby hermitage built for him by a wealthy widow but was soon in trouble, this time with William de Stuteville, the constable of Knaresborough Castle who accused him of harbouring thieves and outlaws. Having his hermitage destroyed by the forces of law under de Stuteville, Robert returned to the cave at Knaresborough, where he stayed for the rest of his life.

Although living as a recluse, his piety soon attracted followers and gifts from local benefactors.

A number of stories of St Robert exist. One concerns his complaining about the King's deer eating his crops. Sir William, making fun of the saint, invited Robert to catch the offending beasts. By repute, Robert not only managed to herd the deer into his barn, but also harnessed them to his plough and set them to work.

Before his death in 1218 St Robert established an order of Trinitarian Friars and founded Knaresborough Priory on Abbey Road. His brother Walter, then Mayor of York, paid for some new buildings, including a chapel dedicated to the Holy Cross. The floor plan of this can still be seen alongside Robert's cave. It is said that King John also visited him.

St Robert was buried in his chapel cut from the steep rocky crags by the river, where it was said that medicinal oil flowed from his tomb which attracted thousands of pilgrims in later years.

JOHN AND THE CHAPEL

Walk along Abbey Road not far from Low Bridge and you will see the wonderful Shrine to our Lady of the Crag hewn from the cliff face, and the figure of a medieval knight standing guard over the entrance. The Shrine, actually a Chapel, is tiny but is very special, and has been a site of pilgrimage since the start of the 15th Century. It is approached by a steep path; a visit is very rewarding.

We know about the foundation of the Shrine. It was carved from the rock in 1408 by a local master mason, John the Mason, in fulfilment of his vow to build a Chapel to the Virgin Mary.

The story goes that his son was buried under a fall of rocks in a nearby quarry. John prayed fervently to the Virgin Mary that his son might be saved from death. When the lad emerged almost miraculously unscathed from the rubble John carried out his vow to excavate the Shrine in thanksgiving.

High above the Chapel at the top of the Gorge is Fort Montague, sometimes known as the House in the Rock, which was carved out of the cliff and decorated with battlements by those other local heroes, Thomas Hill and his son. They carried out the work between 1770 and 1791.



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HEROES AND VILLAINS



MOTHER SHIPTON KNOWS WHO'LL WIN



Tobias Shipton from York. As she became old and famed for predicting the future, she became known as Mother Shipton.

She is England's most famous prophetess, foretelling the fate of kings, queens and courtiers. In the 1530s she attracted the attention and ire of the Lord Chancellor, Cardinal Wolsey, (after the king the most powerful man in the land and who was also Archbishop of York), when she said that he will never set foot in his diocese. Banished from London by Henry VIII Wolsey travelled to York but was arrested several miles short. He was returned to London but died on the way. Mother Shipton had been right.

She also foretold of the invention of iron ships, the Great Fire of London and the defeat of the Spanish Armada, all to happen long after her death.

Mother Shipton is the world famous prophetess who was born in Knaresborough in 1488, in a cave on the Harrogate side of the River Nidd.

Called Ursula Southail at birth she later married a

She said that the World will come to an end when High Bridge in Knaresborough, part of the Bed Race course, collapses into the River Nidd. Today, there is a pub called World's End by the bridge.

The cave where she was born is now part of the Mother Shipton tourist attraction, whose entrance is at Prophecy Lodge by High Bridge. This is said to be the oldest tourist destination in England, receiving visitors since 1630.

Her prophecies may have become embellished over time but there is no doubt that Mother Shipton remains a true local heroine. A bronze statue of her has been commissioned for the market place to accompany that of Blind Jack.



MOTHER SHIPTON - a sealed bronze statue based on Mother Shipton is to be sited in Knaresborough's market place during 2017.

Also part of the Mother Shipton Park is the Petrifying Well where items left under the dripping water are turned to stone within three to five months. There are plenty of items to see, including an array of teddy bears. This is England's only petrifying well, made of two types of rock – tufa and travertine. 3,200 litres of water flow over the well every hour, winter, summer, rain or drought.

It is near to the cave in which Mother Shipton was born and local people once believed the well to be magical.

The Mother Shipton's website is
www.mothershipton.co.uk



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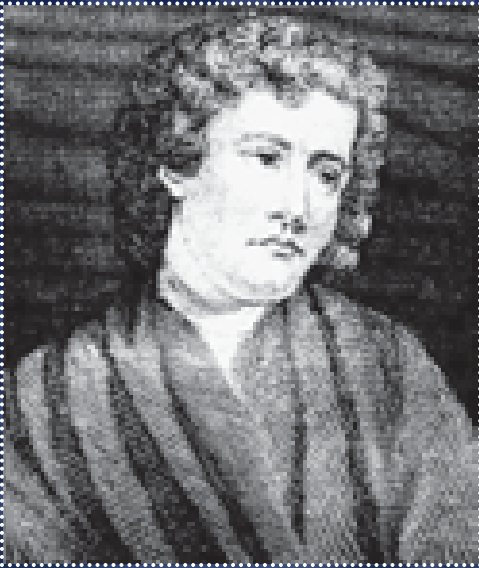
†At the end of the agreement there are three options: i) own the vehicle; pay the optional final payment; ii) return the vehicle; subject to fair wear and tear, charges may apply; or iii) replace: part exchange the vehicle. Finance subject to status. 18s and over. T&Cs apply. Offer available for vehicles ordered by 3rd April 2017 and delivered by 30th June 2017 from participating retailers. Offers are not available in conjunction with any other offer and may be varied or withdrawn at any time. Subject to availability. *Service plan covers the first two consecutive services limited to 1x oil service and 1x oil and inspection service. Accurate at time of publication 2nd March 2017. Freeport Volkswagen Financial Services, Goodman Retail Limited is directly authorised by the FCA for brokerage and are not the lender. Our Firm Reference Number (FRN) is 677629. Details of this and our trading names can be checked via the FCA consumer credit register. All finance is subject to status and available to over 18s in the UK only (excluding the Channel Islands). Guarantees and indemnities may be required. We are not an independent financial advisor. We can introduce you to a limited number of lenders to assist your purchase, who may pay us for introducing you to them. We can arrange finance for you. Advertised finance is provided by Volkswagen Financial Services. Whilst we have close links with VWFS and commonly introduced customers to VWFS, we do not work exclusively with VWFS.



HEROES AND VILLAINS



THE MURDEROUS SCHOOLTEACHER EUGENE ARAM



'Calm, and compos'd my soul her journey takes, No guild that troubles, and no heart that aches!' - written by Eugene Aram while in prison.

Definitely a bad man, and not just because of his vocation, Eugene Aram was a murderous schoolteacher who, in his day, was as famous as the highwayman Dick Turpin. Small children were warned that if they were not good and went to sleep they would have to conjugate their verbs with Mr Aram.

In 1744, Eugene was instilling the virtues of education into the heads of young schoolchildren in Knaresborough (still a task) and was friendly with 23-year old Daniel Clark. Daniel, a shoe-mender, had somehow managed to get himself affianced to a young gentlewoman expected to inherit some wealth.

The idea that her funds would soon come within his control went to his head and he acquired a number of valuable objects on credit.

Suddenly, Daniel disappeared, as did his valuables, and it was thought he had fled from the retribution of creditors. The last persons seen with him were the schoolteacher Eugene Aram and a flax weaver, Richard Houseman. Knowing that Aram was Daniel's friend, his house and garden were searched and several of the missing items were turned up. Aram claimed he had helped his friend escape, saying that the goods must have been buried before Daniel took off.

Daniel remained missing and it wasn't long though before suspicion arose about the role of Eugene Aram. Close to being cornered, Aram himself disappeared, leaving behind his wife and children in Knaresborough.

Years passed. In 1758, while digging for limestone on Thistle Hill, a labourer found a skeleton which Mrs Aram said might be Daniel Clark's. Richard Houseman was still living locally and was subjected to intense interrogation. He confessed that Eugene Aram had murdered Clark but that this skeleton was not his. Houseman said he had helped Aram dispose of the body in the floor of the cave of St Robert the Hermit. Daniel Clark's remains were found with a hole drilled into the back of the skull.

(continued on page 42)



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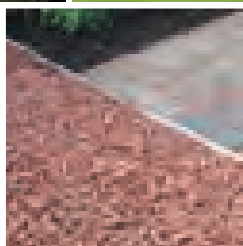
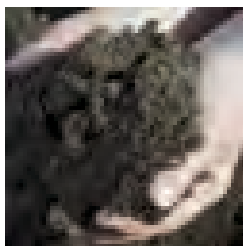
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HEROES AND VILLAINS

(continued from page 39)



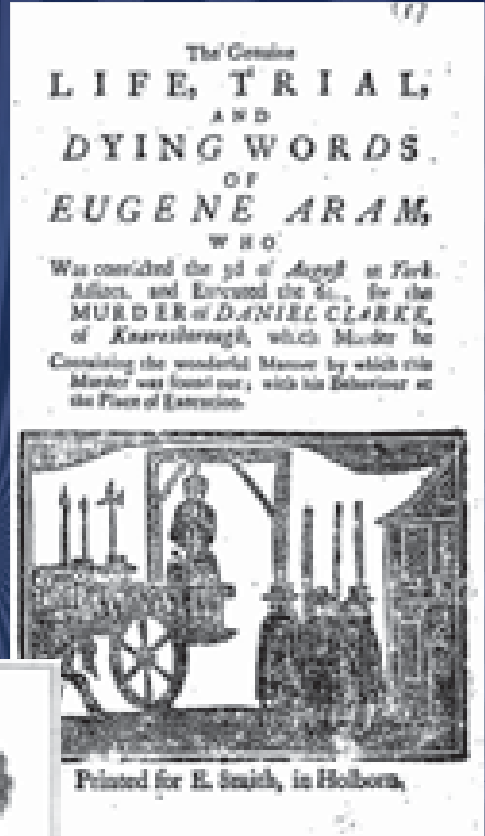
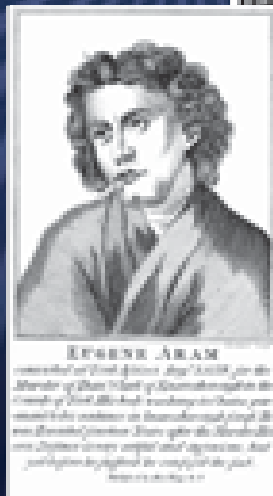
THE MURDEROUS SCHOOLTEACHER EUGENE ARAM

It so happened that a Yorkshire trader had occasion to visit King's Lynn and returned saying that a schoolteacher there bore an uncanny resemblance to Master Aram. Constables were despatched and came back with the errant teacher who was lodged in York Goal to await his trial.

The wait was a long one, a year, and it gave Aram time to work on a comparative dictionary. His defence was that the skeleton was not Daniel Clark's and there was no proof of murder. He also claimed to have been ill at the time of Clark's disappearance and went around on crutches. It was to no avail and in August 1759 Eugene Aram was sentenced to death in York with his body being thereafter brought to Knaresborough where it was hung in a gibbet. His skull was removed and is today on show in the Old Gaol House in King's Lynn next to a fragment of the skull of Daniel Clark.

Thomas Hood wrote a poem about him and he was the subject of a book by Bulwer Lytton and a play by Henry Irving. Aram's own academic legacy was also impressive. His ability to argue successfully against the then accepted belief in the derivation of Latin from Greek meant he has been called 'the true father of comparative philology'.

Well, what about that then? Still a villain in our book!



***'Calm, and compos'd my
soul her journey takes, No
gild that troubles, and
no heart that aches!' -
written by Eugene Aram
while in prison.***





KNARESBOROUGH IN MINATURE



PETE'S WONDERFUL KNARESBOROUGH MODEL



Visitors to last year's Picnic in the Park, the annual free music show held as part of the Knaresborough feva celebrations (festival of entertainment and visual arts held in August) were entranced by the model of the town created by Pete Goss.

The model is an authentic and accurate reconstruction of the town, based on the railway station, tunnel and viaduct over the Nidd Gorge, though he has moved around certain well-known buildings to make the model work.

Pete Goss, modelmaker extraordinaire, left, with railway expert Steve Bellamy

Pete has included the Castle Keep, part of the Market Place and High Street, Waterside and the town's renowned black and white checkerboard buildings. He even has some models of Civil War re-enactors in the grounds of the Castle.

It is a substantial creation and filled much of the main room at Knaresborough House. The centre piece, the station, has model trains running through which are exact reproductions

of trains that have actually served the town over the years. Pete Goss was advised on these by specialist Steve Bellamy of Spacey Houses.

Pete lives in Shiptonthorpe near Market Weighton in East Yorkshire. He is a retired architectural technician and an internationally-famous modeller. His first interest is building models and his second is model railways.

(continued on page 45)



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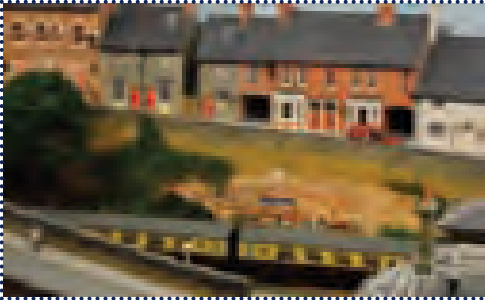


KNARESBOROUGH IN MINATURE



PETE'S WONDERFUL KNARESBOROUGH MODEL

Knaresborough is an interesting town with recognisable and unique buildings



(continued from page 43)

Pete chose to model Knaresborough "... because it is an interesting town with recognisable and unique buildings, and with its topography I believe it would be a difficult challenge. Besides that, no one else had made such a detailed model of the town."

He told us that he "... works in his workshop at home. The model took seven years and was completed in 2015." It is by far the biggest and most complex that he has ever made and he travels to exhibitions all over Europe.

The Knaresborough Model has won many major awards including the National Model Award for the 2015 Railway Modeller Cup.

Councillor Christine Willoughby was instrumental in bringing the model to Knaresborough for feva. It offered a free opportunity for residents and visitors to see the model, with people being asked to show their appreciation by making a donation to the St Michael's Hospice Charity. Hopefully, it will be back again this August.

Pete Goss has a website at www.petegossrailwaymodelling.co.uk



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GREETINGS FROM THE TOWN CRIER



**Roger Hewitt,
Town Crier**

Hello I'm Roger and I'm privileged to serve this beautiful and historic market town as the Town Crier.

Knaresborough has had a Town Crier since 1685 and with a few breaks in continuity the tradition continues to this day. It is woven into the fabric of Knaresborough's

long history that the Town Crier takes his or her place on the market cross at eleven am every Wednesday throughout the year to formally open the weekly market and to make proclamations about town events.

The Wednesday Market is a great chance for me to chat to some of our many visitors and they are always keen to tell me what they love about the town: the view from the Castle, walking along Waterside, so many excellent pubs and coffee shops, the lanes and courtyards, the quirky shops but above all the warm welcome.

Pop into the Market and have a chat; I'm there every Wednesday. I'd love to see you.

Cheers, Roger

ACKNOWLEDGEMENTS

KNARESBOROUGH LIONS ARE MOST GRATEFUL FOR THE CONTRIBUTION TO THE SUCCESSFUL ORGANISING OF THE GREAT KNARESBOROUGH BED RACE MADE BY THE FOLLOWING:

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BED RACE SPREADS AFIELD



BED RACING AROUND THE WORLD



Knaresborough Bed Race

The great sport of bed racing is now well established around the globe and waits only for its official Olympics classification! The latest place to adopt it is the West Australian town of Bunbury which staged its inaugural event on 8 April this year. The event was called the Great South West Bed Race, and why not!

A local hospital group contacted the Knaresborough Lions for help and advice which was, as ever, freely given. The organisers, a hospital group in Australia, staged the event to raise money for cardiac facilities at its community hospitals and based much of its organisation on the Great Knaresborough forerunner, although it described the event as an "... entertaining spectacle of fancy dress and elite athleticism rolled into five kilometres of competitive bed racing."

The event's website states: "Runners have to be fit, fanatical and frankly a bit mad, while the Bed Bug (passenger) has to be light, able to shout loudly and happy to place their safety in

the hands of a team of runners." Sounds like they've understood the spirit of the thing. (www.greatsouthwestbedrace.org.au)

It goes on to say, "The Great South West Bed Race Committee owe a huge amount of gratitude to Knaresborough Lions for guiding us through the process. Starting in 1966 with just four teams, the Great Knaresborough Bed Race has become an institution in the UK, now attracting more than 30,000 spectators each year."

They have used the photos of our own Andrew Hawkes throughout their website and literature and given him plenty of photo credits. Andrew is the official Bed Race photographer and manager of our website. It is good to see him get the recognition he so richly deserves.



Recent international Bed Races have been staged in Auckland, New Zealand, Gauteng, South Africa and across North America. Other events have been held in Bebra, Knaresborough's twin town in Germany, and its twin in the east of the country Friedrichroda.

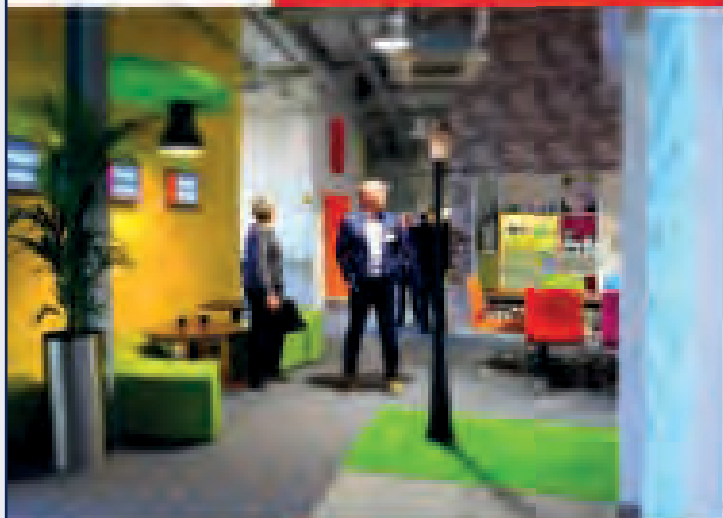


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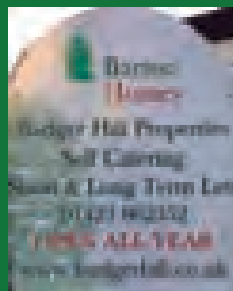
Picnic in the Park Saturday 19th August 12-5pm Knaresborough House - Sponsored by Knaresborough Lions
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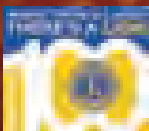
Around the world there are 1.4 million Lions in more than 46,000 clubs in 200 countries. The Lions Club in Knaresborough was formed in 1987 and has been involved in the organisation of Bed Race since 1993, initially assisting the original organisers, the Round Table, and then running the event on its own from 1998. We do much more than Bed Race, holding fund raising events, helping community activities and supporting welfare needs throughout the year.

From the start, Lions have been dedicated to serving those most in need – our motto is simply 'We Serve'. All Lions are volunteers and funding for the organisation comes wholly through our subscriptions; all money raised going to the charities and good causes for which it is designated. In this respect, Lions is quite distinct from most other charitable organisations.

Lions clubs have existed since 1917 and this year the organisation is celebrating its centennial since the first club was opened in Chicago. In fact, the actual foundation date, 7 June 1917, neatly coincides with Bed Race.

In anticipation of the centenary year, Lions launched back in 2015 a target to serve more than 100 million people around the world by the summer of 2018. We actually achieved this by the second half of 2016 and now aim to serve 200 million. Lions are most associated with issues such as water aid, sight related problems, diabetes, the elderly, youth welfare and disaster relief, but the support available from Lions clubs is not restricted to these. More information on what Knaresborough Lions do is available on www.knaresborough.co.uk/lions-club.

In Knaresborough, we have initiated a series of centenary activities. At the start of the year, the club launched a Centennial Fund inviting organisations to apply for donations. A Centennial Quiz was held in March. There are centennial events staged around Bed Race, the Lions Beer Festival (held during the Knaresborough Festival – feva) and in October we plan to stage a Centennial Can-Do, collecting canned food for those in need.



If you would like to know more or to join Knaresborough Lions, we meet at the Commercial Hotel on the second and fourth Wednesdays in the month. You will be sure to find a warm welcome. For more information contact knaresboroughlions.community@hotmail.co.uk



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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 2018



Hoping to See You Again Next Year

The 53rd Great Knaresborough
Bed Race will be held on

Saturday 9 June 2018

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 2018
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Please let us know if you want to help organise the event or assist on the day.

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Results and photos are available on our website
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We hope you have enjoyed the Great Knaresborough Bed Race and will go on doing so.
Have a safe journey home.



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Bed Race:

www.bedrace.co.uk

Lions Clubs:

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Knaresborough Lions:

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Knaresborough Post & Harrogate Advertiser:

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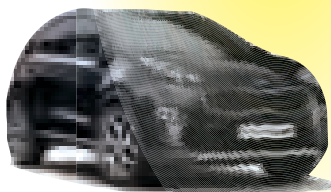
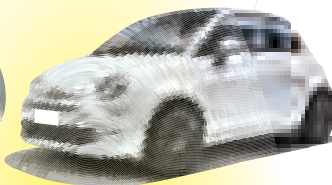
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