



THE START FITNESS BLAYDON RACE 2024

18:15 on Sunday the 9th of Joon
Race Organiser – Isaac Dunn
Email: theblaydonrace@gmail.com
Visit: theblaydonrace.co.uk

AWAY WE GAN AGAIN

Wee heor wu gan agyen. If ya reedin this ye're one o the select fower thoosan nine hundrd who hev gettin race entries.

Ye'll be pleased te knaa aah'm not ganna whinge on at ye about neebody tekkin nee notice o th marshals an th polisses cos yu've got used bein' on ya best beehayvyor efor aall th tellins off yu've hed ower th yeors.

Wu've gorra a langer run into the finish fo ye aal this yeor – on th Playin Fields near Shibdon Ponds in Blaydon wi plenty o room so ye divvent hev te push an shove te get te yor sammidge an beor.

Wor race team are workin varry hard agyen te make shoore yee lot get roond safe an soond an in one piece so aah hope ye aal appreesheeyate it. Ye few that's ganna waak orly on'll hev te gerroff th road and on te th footpath when yeor telt tee by the marshals at the back and wu've gorra whipper-in agyen te make shoore ye divvent get back on the road when ye think its aal cleor! So that's ye telt.

By aal accoonts tha's ganna be a lot o ye again so, as ivvor, "gan canny wi nee dunchin" n thanks for aal the money ya collectin for Cash for Kids, this yeor ye sent aboot six thoosan pounds te them frum the race donations n the sponsorship money ye sent direct.

Well dyun yee lot.

OUR RACE PARTNERS



AN' NOO FO' THE SERIOUS BIT –

TIMETABLE

At the Newcastle Start.

- 1600 Race Information point opens. – No late entries.
- 1630 Hits Radio start the entertainment.
- 1700 Quayside area closed to traffic.
- 1720 Last baggage vehicle leaves. – South Shore Road/Baltic Centre, Gateshead.
- 1755 **RED** Wave invited into holding area – see wave information below
- 1800 **BLUE** Wave invited into holding area - see wave information below
- 1805 **ORANGE** Wave invited into holding area - see wave information below
- 1810 'The Blaydon Races' performed.
- 1815 **The 2024 Start Fitness Blaydon Race** is started.

At the Blaydon Finish.

- 1245 Kiddars' check-in table opens.
- 1330 Kiddars' 1mi Fun Run Starts.
- 1400 Kiddars' 2mi Fun Run Starts.
- 1615 First Runner bus leaves. – Blaydon Leisure Centre.
- 1655 Last Runner bus leaves. – Blaydon Leisure Centre.
- 1840 Arrival of the first 'Blaydon' runners.
- 1900 First Runner bus leaves. – Blaydon Leisure Centre.
- 1945 Presentation of awards on the stage in finishing field.
- 2030 Last Runner bus leaves. – Blaydon Leisure Centre.

YOU HAVE BEEN SENT

1. **These Instructions** - Howay noo. Get ya eyes chaaked n read them (please read them carefully, using spectacles if necessary).
2. **Race Number:** You **must** complete the form on the reverse of your race number before participating in the event. **If your race number hasn't arrived by 7th May, please contact us, not before then.**
3. **Luggage Label:** **This is printed on the cut off strip on your number.** Please **cut** this and attach it to your bag. Your bag will be taken from the start to the finish field.

IMPORTANT RACE INSTRUCTIONS FOR ALL PARTICIPANTS

We cannot stress too much the importance of safety for runners and the public. It is therefore essential that we must INSIST on compliance with the following:

- The start line is on the Quayside Road (B1600), adjacent to King Street, (what3words - magma.sprint.pilots)
- Runners **MUST NOT** warm up immediately in front or behind of the START LINE on Quayside Road, this area will be kept sterile until the Start Director invites runners to enter the pen.
- When you are invited to enter the start pen, you will be held a short way back from the start line by the Start Team.
- The Start Team will walk the pack forward to the start line in preparation for the start of the race.
- Runners **MUST** keep clear of Cycle Route 72.
- Runners **MUST** always comply with instructions from marshals and the police.
- You will be chip timed by your number:
 1. Place your number on the front/outer layer of your running t-shirt/vest.
 2. At the start of the race remain within the barrier system and ensure you cross the sensor boards to register your start time.
 3. Make sure you cross the sensor boards at the end of the race. Compliance with the above will ensure you receive your race time.
- The wearing of bone conducting headphones is discouraged. Soak up the fantastic atmosphere!

- Competitors who are forced to walk at any stage of the Race, **MUST** keep to the LEFT and NOT IMPEDE overtaking runners.
- The Blaydon Race is an athletics road race, not a walk, as such there is a 2-hour cut off. Runners not reaching predetermined points within a 2-hour pace will be required to discontinue the race.

START WAVES

To improve safety and enhance the runner experience we have introduced a start wave system to order runners by pace.

Wave 1 – Runners who have put a predicted running time of < 45mins – indicated by a **RED** icon on bib.

Wave 2 – Runners who have put a predicted running time of 45-59mins – indicated by a **BLUE** icon on bib.

Wave 3 – Runners who have put a predicted running time of ≥ 60mins - indicated by an **ORANGE** icon on bib.

PROBLEMS BEFORE RACEDAY

Divvent wait owa lang.

Message us via the contact page on www.theblaydonrace.co.uk.

EVENT BUSES

Buses are complimentary with the purchase of your race number. There will be buses available from Blaydon Leisure Centre to Newcastle before and after the race. Please see race timetable above for the first and last bus times.

TRAVEL BEFORE THE RACE

You can travel to the start in Newcastle yourself or you can go to Blaydon to catch your complimentary bus ride. Car parking is difficult everywhere and you would be better leaving your limo at home and using public transport.

Parking is limited nearby, with restrictions imposed on the day. If travelling directly to the start note that parking in Newcastle City Centre is not free and many car parks in the area will be suspended. **It's easier to reach the area by bus, rail or Metro.**

PROBLEMS ON THE DAY

The race Information point opens at 1600. – No late entries.

TOILETS

The finest portable toilets for both lads and lasses are located at the start in front of the Law Courts and at the finish on the field.

LUGGAGE

Luggage vehicles leave the start area with your bags until 1720. Howay noo please load as soon as possible, yuv gotta gi the lads n lasses a sportin chance te beat ye lot te Blaydon.

PRERACE ACTIVITY

It'll aall happen near start on the Quayside. Music starts at 1630 with Hits Radio blasting out some tuunes until the start of the race. We will of course be singing a rendition of 'The Blaydon Races'. Gan on dee ya best!

WAAMIN UP

Any warm-ups should be carried out well away from the start area where the crowds will be less dense. On no account must runners stray into the sterile area surrounding the start line. Nor should runners block Cycle Route 72.

SPECTATORS

Spectators should know not to enter the confines of the course. Please give ya aall n boost wor anthem - we knaa that the runners are nee good at singing!

THE START

IMPORTANT: All runners must comply with the assembly and start instructions below:

Shortly before 1815 the Start Team will ask you to **WALK** forward to the start line, keeping in your wave order. The race will be started by a **special guest** and the **Lord Mayor** of Newcastle upon Tyne, using Jackie Brown's 1862 handbell.

RUNNING THE RACE

It's definitely a foot race – and you definitely have to RUN it! If you HAVE to walk at some point, no more than two abreast.

THE COURSE

<https://www.plotaroute.com/route/2182892?units=miles>

The route follows the famous song, as closely as we safely can, but for various reasons is getting increasingly harder to avoid minor changes to the route.

Ye'll start on the Quayside Road and gaan along Sandhill, Skinnerburn and Monarch Roads wheor ye'll heed reight and gan along the Scotswood Road. Passing the watter station and Armstongs Factory, ye'll gan ower the Scotswood Bridge. A quick detour towards Derwenthaugh Roundabout and ye'll be on the road reet into Blaydon Toon. Along Chainbridge Road and into the finishing field using wor entrance to the wooded path.

You'll be entertained along the way by various bands and the drummers The Bangshees, so keep ya lugs flappin.

AT BLAYDON

This is it – ya chance for glory wi lots o thoroughly deserved applause. Folk from as far away as Ryton hev come te see ye lot so try te look enthusiastic as ye stagger in and divvent be sick owa the fishals. Like the "folks o Shields" ye aa'll arrive together so it's not much cop for the lads tryin te control aall them sweaty vests but it's gotta be done. Nee need te worry if ya still movin withoot warkin ya legs. In an area restricted to runners and officials you'll receive your t-shirt and goody bag containing, beer, stottie, water, crisps and some wise words from wor sponsors.

The fabulous Alfie Joey will be in attendance, so make sure yee have an answer if he asks how it went!

PRESENTATION

The presentations will start at around 1945 on the stage in the finish area. With as many trophy winners as possible and the top five lads and the top five lasses prizes being given at that time. Other awards will be forwarded soon after the race to the address given on your entry. Do stay and give the lads and lasses a good cheer.

On behalf of Blaydon Harrier and Athletics Club, I wish you all the best for your training.
See ye on the 9th Joon.