



# THE START FITNESS BLAYDON RACE 2023

"Gannin' along the Scotswood Road for the 41st time"

1915 on Friday the 9th of Joon  
Race Organiser – Isaac Dunn  
Email: [theblaydonrace@gmail.com](mailto:theblaydonrace@gmail.com)  
Visit: [www.theblaydonrace.co.uk](http://www.theblaydonrace.co.uk)

## AWAY WE GAN AGAIN

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

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

Wu've gorra a langer run in to 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 shooer 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 shooer 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, last yeor ye sent aboot fower thoosan pounds te them frum the race donations n the sponsorship money ye sent direct.

Well dyun yee lot.

## OUR RACE PARTNERS



firstmortgage



synergi



TEAM VALLEY GROUP



## AN' NOO FO' THE SERIOUS BIT –

### TIMETABLE

#### **At the Newcastle Start.**

- 1730 Race Information point opens. – No late entries.
- 1730 Metro Radio start the entertainment.
- 1800 First baggage bus leaves. – South Shore Road/Baltic Centre, Gateshead
- 1830 Quayside area closed to traffic.
- 1830 Last baggage bus leaves. – South Shore Road/Baltic Centre, Gateshead
- 1900 Runners invited into the start area.
- 1905 'The Blaydon Races' performed.
- 1915 **The Start Fitness Blaydon Race** is started.

#### **At the Blaydon Finish, playing fields, Shibdon**

- 1715 First Runner bus leaves. – Chainbridge Road/Morrisons layby.
- 1730 Kiddars Race starts.
- 1745 Kiddars finishing.
- 1755 Last Runner bus leaves.
- 1940 Arrival of the first 'Blaydon' runners.
- 2000 First Runner bus leaves. – Chainbridge Road/Morrisons layby.
- 2045 Presentation of awards next to the finish area.
- 2130 Last Runner bus leaves. – Chainbridge Road/Morrisons layby.

### 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:** Please check that you have been assigned to the correct group. A number between 1 and 2237 signifies a UKA club runner. 2238 and beyond signifies a non-affiliated runner.

You **must** complete the form on the reverse of your race number before participating in the event. Also check your number against that in the address panel and inform us of any error in your address.

**If your race number hasn't arrived by 15<sup>th</sup> 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 to the finish field.

4. **Your chip:** this is incorporated in your number.

5. **Bus tickets:** If you have selected and paid for bus tickets, it will be **printed on your race number, you will need to show your number to the marshal before boarding the bus.** There are no late bus payments.

### 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.

- You **MUST NOT** wear headphones, why would you want too! 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.
- Runners overtaken by the rear official race vehicle will be asked to leave the roadway and continue on the pavement. A race marshal will accompany the last runner, it is essential that you comply with any advice or instructions he/she gives.

## **PROBLEMS BEFORE RACEDAY**

Divvent wait owa lang. Message us via the contact page on [www.blaydon-race.co.uk](http://www.blaydon-race.co.uk).

## **EVENT BUSES**

Hopefully, if you needed the bus Before or After the race you paid for this at race entry, or before the deadline of 30<sup>th</sup> March. If yee did this, we printed your bus ticked on your race number (A or B).

You are **NOT** able to pay for a bus on the evening, our marshals do not have the capacity to do this with 4500 runners!

## **TRAVEL BEFORE THE RACE**

You can travel to the start in Newcastle yourself or you can go to Blaydon to catch your **pre-paid** bus. Car parking is difficult everywhere and you would be better leaving your limo at home and using public transport. Travel to Blaydon from both North and South is easy using the A1, just take the Blaydon turn off (on the West side of Newcastle) and follow the signs.

**Please note there is limited car parking in the precinct at Blaydon, the car park will be closed on race day from 1800-2130. Parking is also 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 1730. – 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 buses leave the start area with your bags between 1800-1830. Howay noo please load as soon as possible, yuv gotta gi the lads a sportin chance te beat ye lot te Blaydon.

## **PRERACE ACTIVITY**

It'll aall happen near start on the Quayside. Music starts at 1730 with the fantastic Metro Radio blasting out some tuunes until the start of the race. The fabulous Graeme Danby will be leading a rendition of 'The Blaydon Races'. Gan on dee ya best!

## **WAAMIN UP**

Any warmups should be carried out well away from the start area where the crowds will be 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!

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

### **ASSEMBLY FOR THE START**

No later than 1900 in front of the Law Courts, in two blocks:

1. Club Runners nearest to the start line, race numbers 1 to 2237
2. Unaffiliated Runners behind, 2238 and beyond.

The two groups will be set off at **30 second** intervals. No need to panic you will get your exact time based on when your chip crosses the line. Results will be available at: [www.timingupnorthresults.co.uk](http://www.timingupnorthresults.co.uk).

### **THE START**

Shortly before 1915 the Start Team will ask you to **WALK** forward to the start line, keeping in your groups. 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**

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

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 please. You MUST comply with a request to move on to the footpath if you are overtaken by the rear official race vehicle.

### **THE COURSE**

The route follows the Quayside along to Newcastle Business Park where runners will continue until the route meets Scotswood Road. Once past 3 miles and the water station runners will cross Scotswood Bridge before heading towards the Metrocentre. A quick turn before the roundabout and runners will then be on the road reet into Blaydon Toon. Through 5 miles on Chainbridge Road, over the flyover before heading past Morrisons and into Churchill Industrial Estate. The finish line awaits on the Playing Fields near Shibdon Pond.

Yu'll be entertained along the way by various DJs 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 aall 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, Geordie Supper, 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 2045 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 9<sup>th</sup> Joon.