



● They're off and the leading pack speed off down Collingwood Street in Newcastle

McLeod in perfect Run tune-up

By SIMON TURNBULL

MIKE McLeod made no mistakes in the Newcastle Brown Ale Blaydon Race last night as he savoured sweet revenge with a record-breaking victory over Paul Cuskin.

Last year McLeod misjudged the finish area and was outkicked by his young rival, but last night he put the final result beyond doubt long before the closing stages of the 5.6-mile race.

The 37-year-old Elswick Harrier, completing his preparations for the Great North Run on Sunday week, cut out a brisk pace from the start and pulled clear of Cuskin on the approach to Scotswood Bridge.

He crossed the finish line 22 seconds ahead of the former inter-counties cross-country champion in 25 mins 24 secs, one min and 11 secs inside the course record he set three years ago.

"It was a good work-out," said McLeod, who equalled Kevin Forster's total of three victories in the race.

"Last year I messed up the finish. It was my own fault. I wasn't going to let that happen again."

Cuskin's club, Valli Harriers had the next three runners behind McLeod and would have won the team title had they not still been serving their nine-month suspension with the newly-formed club.

Ian Haggan, in fifth place, led Sunderland to team victory and also won the Me and Wor Lass Trophy with his wife Rhoda, who runs for Claremont Road Runners.

Houghton's Scottish marathon record-holder Lynn Harding won the women's title ahead of fellow marathon international Shiela Catford of Leeds City in 29 mins 59 secs, beating Jill Hunter's official course record.

"I definitely prefer the roads," said Harding, who was eighth in the UK championships 5,000m race at Jarrow last Sunday.

Her next target, as she prepares for the Commonwealth Games in Auckland next January, is the 10,000m in the Scottish track championships next month.

Kirsty Wade, the Commonwealth 800m and 1500m champion supported the club's race by running down the course with her husband Tony, inside 40 minutes — despite being five months pregnant.

Results: 1. M McLeod (Elswick) 25 mins 24 secs; 2. P Cuskin (Valli) 25.46; 3. G Nagel (Valli) 26.37; 4. A Robinson (Valli) 26.41; 5. I Haggan (Sunderland) 26.51; 6. K Lyall (Houghton) 26.57; 7. M Humble (Gosforth) 26.39; 8. D Jenkin (Sunderland) 27.04; 9. P Urwin (Valli) 27.15; 10. A Whitfield (Chester-le-Street) 27.15. Teams: 1. Sunderland 75; 2. Blaydon 90; 3. Chester-le-Street 123. Veterans: 1. Whitfield; 2. J Bell (Claremont) 27.51; 3. P Moon (East Hull) 28.18. Over 45: R Highnam (Tyndale) 29.02. Over 50: J Hewes (Heston) 30.56. Over 55: E Appleby (Heston) 31.20.

Ladies: 1. L Harding (Houghton) 29.59; 2. S Catford (Leeds City) 30.25; 3. J Scott (Darlington) 31.42; 4. C Le Roi (Darlington) 32.18; 5. S Hogg (Blaydon) 32.23; 6. R Haggan (Claremont) 32.40. First Lady Vet: Haggan.

★ OLYMPIC marathon runner Kevin Forster runs his first race since the London

marathon tomorrow.

The 30-year-old Valli Harrier competes in the Middlesbrough Festival 10km road race. Paul Cuskin runs in the invitation mile.

★ JOHN Regis, Britain's only current world track champion, expects to hammer American sprint ace Calvin Smith and play a vital part in a record-breaking relay run at Portsmouth tomorrow.

Belgrave's world indoor 200 metres champion has a busy afternoon lined up in the Pearl Assurance triangular international at the Mountbatten Stadium, running his first serious individual race of the summer over half-a-lap and taking a key role in Britain's crack 4 x 200 metres quartet.

On his meeting with double world champion and Olympic 100 metres bronze medallist Smith, Regis enthused: "I can't wait to get out there and do some damage. I feel good mentally and physically, and I've got to be at my sharpest against Calvin."

The main attraction tomorrow will be Steve Cram's second meeting in a week with Eamonn Martin. Over the unfamiliar distance for him of 5,000 metres, Cram easily beat Basilidon's national 10,000 metres record holder at Jarrow last Sunday, and should repeat the dose over 3,000 metres.

★ COLIN JACKSON beat West German's Florian Schwarhoff to win the 110m hurdles in 13.44 secs at a meeting in Madrid last night.