

EXCLUSIVE four page special

COLOUR ACTION AND REPORTS INSIDE

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KEY: Finishing position is followed by name; entry category (if any); club or race number and finishing time. ? = Incomplete information

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- 3 Michael O'Shea Ch-S 27:23
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- 6 Terry Wall M 28:13
- 7 Gary Hagg G 28:13
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★ CHANGING FACES: There's a spring in their step as the runners set off from Newcastle at the start of the race.

PRIZE WINNERS

The First 20 Men

	Club	time
1	Mark Hudspeth	Morpeth 27.24
2	Stewy Bell	Ch-le-St 27.32
3	Michael Openshaw	Ch-le-St 27.53
4	Malcolm Price	Sunderld 28.01
5	Alan Shepherd	Morpeth 28.03
6	Terry Wall	Morpeth 28.13
7	Gary Nagel	GateshdH 28.24
8	Kenneth Bell	GateshdH 28.36
9	Iuan Ellis	ElswickH 28.46
10	Ian Cook	HBurnRd 28.51
11	David Robertson	Saltwell 28.55
12	Michael Thompson	Sunderld 28.59
13	D Wardle	Ch-le-St 29.04
14	Glen Hilton	W. GateshdH 29.06
15	Tom Richardson	ThamesVH 29.19
16	Alan Dent	V40, BlaydonH 29.38
17	Neville Carr	Ch-le-St 29.44
18	Stephen Pigford	HoughPet 29.49
19	Alan Thompson	Ch-le-St 30.15
20	Robert Hand	DurhamH 30.18

Men Under 19

1	Ian Waterhouse	ElswickH 31.49
2	Shawn Laws	DorwentR 35.03
3	Glen Walker	Jarrow&H 35.17
4	Daniel Herbert	Unatt 36.12

Veteran Men 40 to 44

1	Alan Dent	BlaydonH 29.38
2	Michael Miles	Heaton H 30.31
3	John Watson	Sunderld 31.04
4	Philip Rees	NSPoly 31.47

Veteran Men 45 to 49

1	Archie Jenkins	Morpeth 30.22
2	J Bell	ElswickH 30.39
3	Alan Catley	NSPoly 31.10
4	George Sabiston	NSPoly 31.40

Veteran Men 50 to 54

1	Mark McNally	ElswickH 31.15
2	Michael Walker	Gosforth 31.59
3	Robert Balmer	SShields 34.10
4	Cliff Thornton	Tynedale 34.18

Veteran Men 55 to 59

1	Philip Lancaster	ElswickH 32.11
2	Roger Wilson	Sunderld 33.19
3	Terry O'Garra	Wallsend 33.58
4	George Smith	GateshdH 36.29

Veteran Men over 70

1	Ted Joynson	Gateshead 45.44
2	Evan Johnson	Unatt 50.43
3	Robert Soulsby	Blyth 58.42
4	Albert Proud	Elswick 1.02.22

BLAYDON RACE '97

Mark of

Harrier powers to victory as race attracts huge entry

MORPETH Harrier Mark Hudspeth followed the example set by Brian Rushworth in the last two Blaydon races by crossing the tape first, in a time of 27.24m.

With injury denying Rushworth a crack at three consecutive wins, Hudspeth was always going to be in the running for the title and he didn't disappoint with an excellent performance.

Hudspeth, along with Chester-le-Street's Stewy Bell and Michael Openshaw, gradually pulled away from the 2,100 field at the 2.5 mile mark.

Hudspeth eventually finished eight seconds ahead of Bell, with Openshaw third 21 seconds later.

Pace

Malcolm Price of Sunderland Harriers finished fourth while Morpeth duo Alan Shepherd and Terry Wall finished fifth and sixth respectively.

Alan Dent of Blaydon was the first veteran home in 16th place.

Shirley Griffith, the Cramlington international, was the first woman home after taking an unorthodox route to victory.

Feeling the strain just past the three mile marker, Griffith decided the pace was too fast and stopped off to stroll to the Chain Bridge. She then took off again for the second time and showed a clean pair of heels to her

challengers to come home in a time of 32.14m.

Houghton and Peterlee veteran Lynn Harding was a clear second, beating last year's winner Sonia Morley of Jarrow with an excellent run just 24 hours after taking a 3k title in Scotland. Blaydon's Kirsty Wade, a former international, came in fourth place.

The Me and Wor Lass Trophy was awarded to Glen and Stephanie Hilton, who both run for Gateshead Harriers. Glen and Stephanie are the youngest ever winners of the race, beating Tony and Kirsty into second place.

Special Me and Wor Lass trophies went to Aidan and Sue Faherty (2002/2003), James and Patricia McCabe (2014/2015) and Ron and Sonia Brown (1951/1952) — three couples who put in good performances and finished further down the field.

Conquests

Katie Secombe, 70, was the oldest ever winner of the Blaydon Belle. Katie, from Blyth, lists the London Marathon among her racing conquests.

The warm conditions made things a little uncomfortable for the competitors but the spectators dotted along the route weren't complaining as they cheered the runners along.

Race organiser Jim Dewar was delighted at the success of the race, although he apologised to those runners who did not collect the 1997 Blaydon Race T-Shirts.

"We were victims of our own success because we ran out of t-shirts at the end," said Jim.

"We have already been in contact with the suppliers and the shirts will be sent out."

"Apart from that, the race went extremely well. Everyone had a good time and there were some excellent performances."



★ TIRED BUT HAPPY – Runners take it easy after crossing the finishing line

Post reporter Ian Willis, pictured below being overtaken by over-70s runner Robert Soulsby, recounts his race.



Killer lurking beyond

HAVING never competed in the Blaydon Race before, I wasn't quite sure what to expect as we limbered up in the Bigg Market at 6.45pm on Monday evening.

It was clear from the number of entries that the club athletes easily outweighed the fun runners, and as I was definitely in the latter category I set myself a target of finishing within the hour.

One former Gateshead Post colleague, who after reaching the big S-O recently is a veteran of many Blaydon runs, advised me before the start that the secret was to take it easy for the first couple of miles. He then came out with the immortal line "Just remember to enjoy it, it's not a race."

Who was he kidding? He set off down the Bigg Market like a bat out of hell and the next time I saw him he was finishing his third pint at The George Ridley as I was crossing the finish line.

The atmosphere before the race was just as I expected, with everything seeming to go to plan and the race getting away at 7pm on the dot.

As I was running with a colleague, we had agreed to try and stay as close together as possible in the 2,100-strong field to give each other moral support when the going got tough, and that came in handy near the end.

The first mile marker was reached just before



★ TOP TEAM – The Gateshead Post's Ian Willis and Stuart Jamieson celebrate after the race

7.10pm, and although there were hundreds in front of us we were quite pleased with the start we had made.

The second and third mile markers were passed without too much of a problem, and the run along the Scotwood Road was helped with some light-

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... but it's a different picture at the finish, with some tired and strained faces as runners cross the line at Blaydon

Success



★ DETERMINED – Runners power along the course

★ KNEES UP!
Dancers from the Hazel Rayson School of Dancing entertain the crowds with a can-can

the bridge

hearted banter from those lining the course. The killer for me personally was the stretch after the Scotswood Bridge. It is quite encouraging to think you are nearly at Blaydon on the south side of the Tyne, only for the course to take a left when it seems you should be going right. The four mile marker was a welcome sight but I was positive the organisers had made a mistake when the five mile sign didn't seem to appear.

A quick look at the watch showed us that we were still on course to finish within the hour, albeit with not much to spare, and the sight of The Gordie Ridley was similar to finding an oasis in the desert.

The only question now was whether my legs would carry me to the finish, and with the official clock ticking ever closer to the 60 minute mark it was obvious that a sprint finish was the order of the day.

As I crossed the line, the clock was ticking around the 59/59 minute mark, and even though many of the club runners were probably at home having their tea by that time I was still quite pleased.

It will be nice to have a crack at the 1998 race to see how I fare, although I don't think the likes of Mark Hudspeth will be losing any sleep.



★ SPECIAL AWARD – Katie Seccombe, 70, was the oldest ever winner of the Blaydon Belle award



★ GIRL POWER: Shirley Griffith is the first woman to finish, with a time of 32.13

PRIZE WINNERS

The First 15 Ladies

	Club	time
1 S Griffiths	Cramling	32.13
2 Lyn Harding	L35, HoughPet	32.58
3 Sonia Morley	Jarrow&H	33.08
4 Kirsty Wade	BlaydonH	33.21
5 Lynne Marr	L35, Tynedale	33.32
6 L McCarthy	BlaydonH	34.07
7 Karen Shaw	Shildon	34.09
8 Sheila Allen	L35, HoughPet	34.12
9 H Robinson	L35, Ch-le-St	34.22
10 Denise Todd	Jarrow&H	35.26
11 A Naughton	Unatt	35.35
12 Gillian Priest	L35W, Morpeth	36.31
13 Charlotte Mead	DurhamUn	36.35
14 Amanda Cattle	Sundri	36.39
15 Judith Battersby	Elvet St	36.56

Ladies Under 19

1 Alyson Dixon	Sunderl	37.55
2 Sophie Milburn	ElswickH	39.42
3 Vickie Johnson	Shildon	43.50
4 Jayne Goble	Unatt	52.55

Ladies 35 to 44

1 Lyn Harding	HoughPet	32.58
2 Lynne Marr	Tynedale	33.32
3 Sheila Allen	HoughPet	34.12
4 H Robinson	Ch-le-St	34.22

Ladies 45 to 54

1 Val Hancock	DurhamH	38.27
2 Kathryn Glynn	BlythRC	40.17
3 Sue Cain	BlaydonH	40.28
4 Roz Layton	Elvet St	40.41

Ladies over 55

1 Christine Lee	Gosforth	38.52
2 Hazel Simpson	ElswickH	42.53
3 Kathleen Stewart	NSPoly	43.07
4 Eileen Armstrong	BlaydonH	46.43

6 reasons to chuck out that old bed

1 A bed's ability to provide proper support decreases with age. But there's also a build-up of moisture (we lose half a pint of fluid each night) and skin scales (half a pound or more a year) which makes beds a breeding ground for the common dust mite.

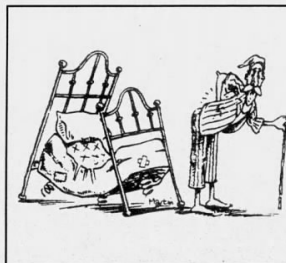
2 Lying on an old bed (especially if it's completely worn out or moulded to someone else's shape) is likely to store up future trouble for your back - and more than 100 million working days are lost each year because of back problems.

3 These days people of all ages are involved in athletics of some sort, whether it be fun runs, fun walks or full marathons. An important part of training is rest, which you won't get sleeping in an old or unsuitable bed.

4 Many old beds, particularly those made before 1988, don't meet the UK's basic fire safety regulations.

5 The older your bed, the less likely it is to be one of the generous new sizes available. The UK comes bottom of the world league for the amount of big-sized beds bought. As well as being lumpy, unhygienic and sagging in the middle, an old 4ft 6in double bed gives each sleeping partner just 2ft 3in of space - so it's no wonder that eight out of 10 people experience disturbance when sharing a bed.

6 It's often tempting to change an old mattress but not the original base. However, an old, unsupportive base will significantly reduce the lifespan of a new mattress, and affect the amount of support it gives you.



Why not come to 'Just Beds' we will help and advise you so that you can choose the perfect bed.

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