

The logo for Sage, featuring the word "sage" in a green, lowercase, sans-serif font.

BLAYDON RACE

The Largest Club Race in the North East

Organised by Blaydon Harrier & AC >> TO BE RUN AT 7.15PM on SUNDAY 9th June 2019

INSTRUCTIONS N THAT

AWAY WE GAN AGAIN!!

Well done for getting this far and having a number for the World Famous Blaydon Races. After the Resultsbase website crashed on entry night we thought we wouldn't have any runners!!

Each year this event gets harder and harder to put on with more Safety measures from the Police, more roads to close along the route, a new finish to find and roadworks on Scotswood Bridge! Without the hard work and perseverance of Lynn Craig, Jenna Murray & John Mcphail over the past 5 years or so we wouldn't have a race at all. Thanks to all other at Blaydon Harriers who have helped in some capacity over the years.

Thanks to those of you who donated some dosh to Metro Radios Cash for Kids Charity on entry, we hope to make that up to over £5000 as we do every year.

Finally, after last years bottleneck and a couple of runners collapsing near the 5 mile mark, please be careful out there. We shouldn't have a problem near the start this year and with the later start time there shouldn't be the heat of last year to contend with as well as the run!

As this is my first year as Race Director, please no major issues!



Thanks again
for entering

Daniel Flint

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

PLEASE NOTE RUNNERS MUST STAY ON AND WARM UP ON GREY STREET. YOU WILL BE WALKED TO THE START ON COLLINGWOOD STREET APPROXIMATELY 10 MINUTES BEFORE THE RACE BEGINS.

PLEASE DO NOT PARK AT BLAYDON MORRISON'S CAR PARK OR THE RACE WILL NOT START. WE WILL HAVE MARSHALS MONITORING THE CAR PARK FROM 12PM.

- AT THE START – runners MUST NOT warm up in front of the START LINE on Mosley Street or Collingwood Street – use Grey Street for this purpose.
- Runners MUST comply with instructions from marshals and police when asked to keep off the road.
- Runners MUST NOT congregate in the area of St Nicholas Cathedral on the south side of Mosley Street. You should leave this area when asked TO DO SO.
- Please take group photos outside of the Theatre Royal.
- Again this year we are using 'CHIP TIMING' technology to record accurate race time. Once again the chip is on your number.

1. PLACE YOUR NUMBER ON THE FRONT 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.
- 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. THE LAST RUNNER WILL BE ACCOMPANIED BY A RACE MARSHAL AND IT IS ESSENTIAL THAT YOU COMPLY WITH ANY ADVICE OR INSTRUCTIONS HE GIVES.

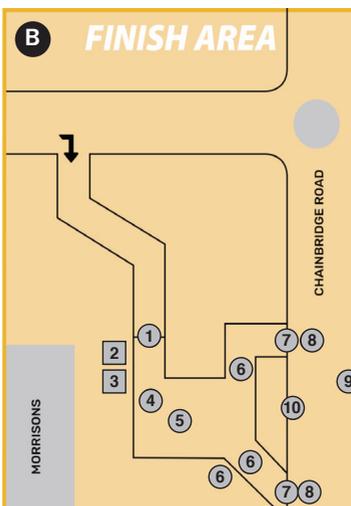
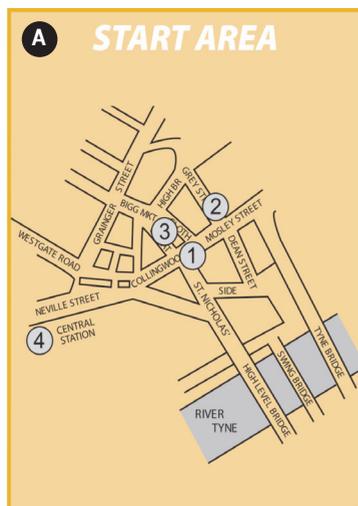
TIMETABLE

At the Newcastle Start

- 5.15pm - Information car on Grey Street
- 5.15pm - Start of Music in Grey Street
- 6.00pm - First baggage vehicle loading
- 6.25pm - Final baggage vehicle leaves Newcastle
- 7.00pm - The Blaydon Races song
- 7.15pm - The Lord Mayor of Newcastle starts the Sage Blaydon Race.

At the Blaydon Finish, Morrisons car park

- 5.00pm - First runners bus leaves (opposite morrisons car park)
- 5.55pm - Last bus to the start leaves Blaydon
- 7.40pm - Arrival of runners (till after 8.15pm)
- 8.45pm - Presentation of awards by the Mayor and Mayoress of Gateshead in Blaydon Youth Club
- 9.30pm - Last race bus to Newcastle leaves Blaydon



Newcastle - Start (Map A)

- 1 Start
- 2 Enquiries & Assembly
- 3 Luggage Load
- 4 Central Station Metro

Blaydon - Finish (Map B)

- 1 Finish Line
- 2 Medical Area
- 3 Chip timing tent
- 4 Goody bags
- 5 T-shirts
- 6 Exits
- 7 Route to youth club
- 8 Youth club (presentations)
- 9 Route to changing & Buses
- 10 Baggage Area

YOU HAVE BEEN SENT

1. These Instructions, ALSO AVAILABLE ON OUR WEBSITE blaydon-race.co.uk
2. Race Number: Please check that your number corresponds to that printed on your letter and that you have been assigned to the correct group e.g. a UKA club runner or non-club runner. You must complete the form on the reverse of your race number before participating in the event. Also, please check your address and inform us of any errors.
3. Luggage Label: This is printed on the tear off strip on your number. Please cut this and attach it to your bag.

Your bag will be taken from the Pig & Whistle, Groat Market to Blaydon and unloaded on Chainbridge road to the east of the carpark next to the race buses.
4. Your chip: this is incorporated on your number.
5. Bus tickets: (only if you've asked for them) this is printed on your number (you will need to show your number to the marshal before boarding the bus). Go North East coaches will be parked in the layby on the east side of the Blaydon precinct car park and will be used for the journey from Chainbridge Road Blaydon to the start in Newcastle and after the race from Blaydon to Newcastle. First bus to the start leaves Blaydon at 5pm and the last bus leaves at 9.30pm. After the race, the buses leave Blaydon until 9.30pm to Newcastle.
6. At the point of entry you selected your t-shirt size. This is printed on your number and is the size you will receive.

PROBLEMS BEFORE RACEDAY

Don't wait until the last minute. Email us info@blaydon-race.co.uk or in the event of an emergency ONLY ring Dan Flint on 07843 484 675.

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 now and you would do better to leave your limo at home and use buses. 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 signs. Parking is extremely limited. If travelling directly to the Start note that parking in Newcastle is not free and much is short term, best reached by bus, rail (Newcastle Central Main Line Rail/ Metro Station is 3 hrs from London & only 150 yds from the start) or metro (Start less than 35min from Airport via Metro).

ANY CLUB COACHES WILL BE MOVED ON FROM CHAINBRIDGE ROAD AS THIS IS FOR OFFICIAL RACE COACHES ONLY

PROBLEMS ON THE DAY

Blaydon Harrier lads and lasses will help from 5.00pm at the Enquiry Vehicle at the top of Grey Street. NOTE NO LATE ENTRIES!!

CHANGING

Come changed if you can.

TOILETS

Portable toilets for both lads and lasses on High Bridge Street (opposite Pleased to meet you) and also near the finish.

LUGGAGE

Go North East coaches leave the Pig & Whistle in the Groat Market from 6pm until 6.25pm. Howay Noo please load as soon as possible, yuv gotta gi the lads a sportin chance te beat ye lot te Blaydon. PLEASE NOTE ALL LUGGAGE TO BE COLLECTED ON CHAINBRIDGE ROAD TO THE EAST OF THE CARPARK NEXT TO THE RACE BUSES AFTER THE RACE. Number 10 ON THE MAP (SHOWN ON THE PREVIOUS PAGE).

PRE-RACE ACTIVITY

It'll aall be on Grey Street. Music from 5.15 with Metro Radio, followed by your stupendous rendition of the Blaydon Races at 7pm.

WAAMIN UP

Warm up on Grey Street. Runners must not stray into the roadway of Mosley Street.

SPECTATORS

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 6.50 pm in Grey Street (NOT in the Cloth Market Mosley Street and NOT in the Groat Market). Race bibs 1-99 (elite runners) at the front. Please then endeavour to stand within number groups as sign posted. No need to panic you will get your exact time at the end of the race by SMS text message if you requested this or they will be available via www.blaydon-race.co.uk or www.resultsbase.net

THE START

Shortly before 7.15pm the starter will ask you to WALK out into the road from Grey Street into Mosley Street and to the start, keeping in your groups. The race will be started by 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 please. You MUST comply with a request to move on to the footpath if you are overtaken by the rear official race vehicle. A last-runner marshal will be in attendance.

THE COURSE

“Run Away along Collingwood Street”, veer right up Westgate Rd, left into Clayton Street West, then around the “Centre for Life” to loop around Railway Street and back to get “Gannin Along the Scotswood Road” Over Scotswood Bridge, keep right on the bridge and run down the loop then head towards roundabout for the Metro Centre, then turn back on yourself and head towards Blaydon on Chainbridge Road passing the water station, over the flyover “Reet into Blaydon Toon”, left along the slip road to rejoin Chainbridge Road, once over the flyover you only have a few hundred yards into Morrison's Car Park.

AT BLAYDON – see plan

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 without warkin ya legs. In an area restricted to runners and officials you'll receive your SAGE BLAYDON RACE 2019 t-shirt and goody bag containing, Beer, Geordie grub, water and many will receive spot prizes. The Mayor of Gateshead will be there to greet you.

PRESENTATION

The presentations will start at around 8.45pm (in Blaydon Youth Club) with as many trophy winners as possible and the top eight lads and the top eight 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.

BLAYDON RACE RESULTS

You will receive your time at the end of the race by SMS text message if you requested this. For full results go to blaydon-race.co.uk OR resultsbase.net

METRO RADIO CASH FOR KIDS - 2019 OFFICIAL RACE CHARITY

Metro Radio Cash for Kids offer a helping hand to those who need it most, making a difference to young people across the North East. They support children who are vulnerable, come from disadvantaged backgrounds, or are living with an illness or disability.

Cash for Kids also provides a lifeline to many smaller charities and community groups, funding much needed service and life-saving equipment. Find out more at metroradio.co.uk/cashforkids.