



David Fairlamb THE FIT FACTOR

GREAT NORTH RUN FACTS AND FIGURES

- Course record 58:56 set by Martin Mathathi in 2011.
- Finisher's packs weigh 60 tonnes and are delivered on 185 pallets.
- The Ashes were on the start line in 2005 thanks to England cricketer Paul Collingwood.
- Runners will take approximately 128,000,000 steps between them to cover the 13.1 mile course.
- The event magazines sent to all runners pre event weigh 8.2 tonnes.
- This year is the 38th staging of the Great North Run.
- If all the barriers used on event day were laid end to end they'd stretch for more than six miles.
- It takes 38 buses to transport all runners' bags to the finish.

Don't miss David's tips every Saturday in your Journal

UNLESS you have been living on a different planet you will know that the 38th Great North Run takes place tomorrow. There will be around 57,000 participants making the 13.1-mile journey from Newcastle to South Shields sea front.

If you are running here is my advice before, during and after the run:

■ If you don't feel well on the day or have recently had flu and still not 100% do not run. You can defer your entry until next year.

■ Stick to the pace that is right for you and be sensible especially at the start. If you feel good aim to pick things up in the latter part of the run.

Saturday

■ Preparation is the key - make sure you have all your things ready the night before such as:

■ Your number/safety pins, Vaseline and appropriate clothing to keep warm at the start.

■ Make sure you have worn all your kit before and it is comfortable. Do not wear new gear on the day, you may well end up with blisters, rubbing rashes etc which could make things

very uncomfortable.

■ Know what time you need to leave in the morning and how you are getting to the start line and away at the finish

■ Have an easy relaxing day if possible

Sunday pre-run

■ Eat your usual pre-run breakfast, avoid suddenly changing it because you have read that you should be eating something which your not used to.

■ Aim to arrive at the start in plenty of time and make sure you are in the correct zone.

■ Drink a sensible amount of water up to an hour before the start. Avoid over drinking too much if you are not used to it.

During the run

■ Make sure you start off at a sensible speed. There are so many other runners it is very difficult to keep the same pace as you are constantly dodging and changing position, this may fatigue your legs and upset your rhythm. Also this will hopefully stop you suffering over the last few miles.

■ There are a number of water stations on route, take a sensi-

ble amount on board. If you are not used to sports drinks remember they can upset your stomach so be aware.

■ Try to stay relaxed throughout the run, if you are struggling with your breathing take some deep breaths through your nose and out your mouth, slow your pace down and refocus.

■ Remember when you go down the steep hill to the sea front in South Shields there is still 1.5 miles to the finish, therefore avoid breaking into a sprint thinking you are near the end.

After the run

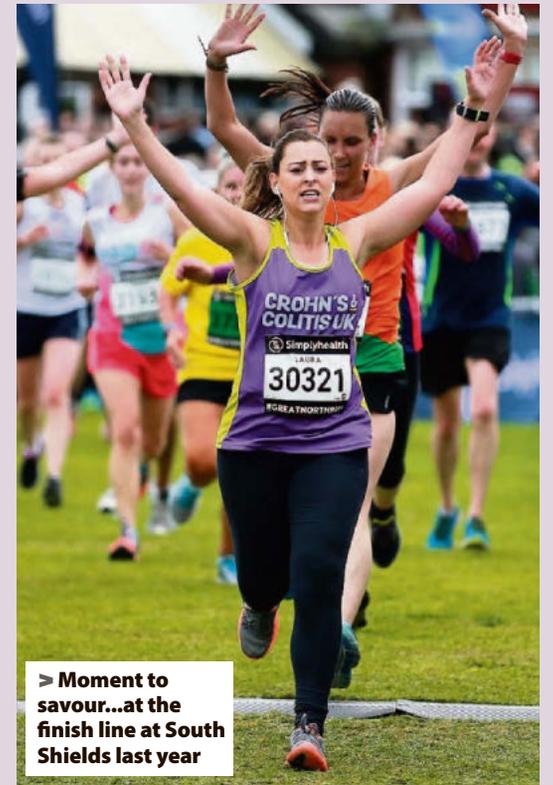
■ Drink plenty of fluids and keep as warm as possible. Your body will cool quickly, therefore use the items in your finishing pack, designed to keep you warm.

■ Try to eat within 40 minutes of finishing. A combination of carbohydrate and protein foods will help bring your body back to normal and hopefully save any energy slumps over the next few hours.

■ The day after try to go for an easy walk, this will help loosen your legs. Remember fresh healthy food and plenty of water over the next few days will also promote your recovery.

Good luck to you all and stay positive throughout the run.

*When your legs
can't run any
more, run with
your heart*



> Moment to savour...at the finish line at South Shields last year

DON'T GET LOST, DON'T GET STUCK IN TRAFFIC - AND DON'T BE LATE!

With around 57,000 runners set to congregate in Newcastle from all corners of the country, accompanied by families and friends, the weekend of the Great North Run requires military precision to navigate successfully, from finding a parking space in Newcastle to picking a spot to cheer your loved ones on along the route.

The Great North Run 2018 starting time for the elite men and public runners is 10.40am tomorrow.

You need to be in your starting pen by 10.30am at the latest, otherwise you'll have to join the half marathon at

the back - or not at all, if you arrive too late. Once you're in Newcastle, it's recommended that you use one of the city centre car parks and then walk to the start line on the central motorway.

There are several multi storey car parks and off-street car parks, most of which cost around £3 all day on Sundays and are free after 6pm on Saturdays if you're arriving then, but many of the multi storey car parks are not open overnight.

There will be a number of road closures on or around the route, many of which will be for the whole of tomorrow. They include the North

West Radial (Jedburgh Road A167) and associated slip roads between Grandstand Road and the Great North Road, in Newcastle, North Terrace Between Claremont Road and Town Moor, the Central Motorway East (A167) (M) and associated slip roads, the Tyne Bridge, Claremont Road between Grandstand Road and Queen Victoria Road, Hunters Road between Sheraton Street and Claremont Road, Jesmond Dene Road at its junction with Great North Road, Great North Road (Northbound) at its junction with Grandstand Road, Great North Road (Southbound) at its junction

with Grandstand Road.

In addition, temporary waiting restrictions will be in place between 7am and 11am on Ponteland Road - on its south side, from the access road to Wingrove House rear car park to its eastern junction with A167 Jedburgh Road.

Roads affected in Gateshead affected include A167 Central Motorway including Tyne Bridge Interchange to A184 Park Lane from 8.45am to 5pm on the day and A184 Park Lane and the A184 Felling By-Pass to White Mare Pool Interchange (Leam Lane A194) from 9am

until 5pm). There will also be closures all day on The Quayside, Sandhill, the Swing Bridge, Bottle Bank, Pipewellgate, Hillgate and South Shore Road.

Roads in Newcastle and Gateshead should reopen later in the day.

In South Shields road closures will include the Coast Road, Mill Lane, Leam Lane, John Reid Road, Prince Edward Road and Redwell Lane.

Spectators watching out for a participant are advised to choose a viewing point and stick to it - or else they risk getting lost in the crowds and missing their loved ones entirely.