

# Applause to ring out at run's start for beloved star

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**T**HOUSANDS of runners are set to honour Geordie legend Mike Neville with a minute's applause at the Great North Run.

The popular broadcaster, who became a household name through the BBC's Look North as well as ITV Tyne Tees news programmes, died on Wednesday at the age of 80.

Scores of former colleagues and fans from across the region have since paid tribute to the newsman, describing him as the face and voice of the North East for more than 40 years.

Now it has been announced that a minute's applause will be held in his memory before tomorrow's half-marathon.

It will take place on Newcastle's Central Motorway, where around 57,000 people are expected to gather for the start of the race.

Neville was chosen to start the first Great North Run in 1981, when

12,000 runners made their way to South Shields.

This time Brendan Foster, who founded the event, will fire the starting pistol.

He said: "I am very happy. It is a reflection on Mike Neville, who was the first ever starter of the Great North Run, and I will be thinking about Mike and his family on Sunday."

Tyne Tees Television was launched in 1959 and Neville was there almost from the beginning as a continuity announcer and then a newsreader.

He later moved to the BBC and fronted Look North for 32 years,

*Mike Neville was the first ever starter of the Run, and I will be thinking about him and his family*

**Brendan Foster**

before returning to Tyne Tees in 1996. He went on to have his own show - North East Tonight With Mike Neville.

He decided to retire in 2006 and spent his last years at his home in Whickham.

Ant and Dec are among the people who have paid tribute to him.

They wrote on Twitter: "Sad to hear of the passing of North East legend Mike Neville. He was part of the family to so many. A broadcasting giant. RIP"

Broadcaster Lauren Laverne wrote: "Sad to hear that NE news legend Mike Neville has passed away. He interviewed me many years ago. He was fab and I was utterly star-struck."

Jim Moir - best known by his stage name Vic Reeves - and his comedy partner Bob Mortimer also left messages. Moir wrote: "Our Look North hero," while Mortimer tweeted: "RIP Mike Neville. Superb innovative broadcaster. Dad to the NorthEast."



► Mike Neville, who died this week, with his wife Pam

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## DAVID FAIRLAMB THE FIT FACTOR

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**T**HE Great North Run is upon us again. Tomorrow 57,000 runners will take part in the 13.1 mile run from Newcastle, finishing on the beautiful South Shields coastline.

Over 37 years the superb Great Run Company has transformed the run into one of the most well-known and iconic in the world. An amazing achievement by them and a huge boost, in so many ways, for the North East. Yet again the run features top-class athletes and of course many celebrities who return year after year to sample the unique atmosphere that accompanies them all the way round.

Here are a few of my tips to help you before, during and after the run:

### Medical advice

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

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

### Today

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.

- Kit - make sure you have worn it before and it is comfortable. Do not wear new gear on the day, you may well end up with blisters, rubbing rashes etc and this can make things very uncomfortable.

- Know what time you need to leave in the morning and

how you are getting to the start. Check where your bus is situated if you need kit transported to the finish. Also how you are getting home at the end.

- Have an easy relaxing day if possible and read through all the information that has been supplied about the run day.

### Sunday pre-run

- Eat your usual pre-run breakfast, don't suddenly change it because it's race day and you have read that you should eat something alien to you.

- Get to the start in plenty of time, making sure you are in the correct zone.

- Drink a sensible amount of water up to one hour before the start. Avoid over drinking if you are not used to it.

### During the run

- Please 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 will fatigue your legs and upset your rhythm. You can also get caught up in the atmosphere at the start; your

**Motivational quote of the day**

*The Great North Run will help you discover strengths you never knew you had*



**NUTRITION CORNER**

Avoid eating a huge breakfast just because it's GNR day and you have read you should eat two bowls of porridge. Eat what your body is used to, keep to routine, you should know what is best for you. It's important you feel comfortable at the start line.



adrenaline kicks in and you set off too quickly, so be aware. The last thing you want is to suffer badly in the last few miles.

- There are a number of water stations on route, so take a sensible amount on board.
- If you are not used to sports drinks they can upset your stomach, therefore take them in moderation.
- Try to stay relaxed throughout the run. If you are struggling with your breathing take some deep breaths - in through your nose and out through your mouth - slow your pace and re focus.
- Remember when you go down the steep hill to the sea front at South Shields there is still 1.5 miles to the finish. Avoid sprinting thinking you are near the end!

**After the run**

- Drink plenty of fluids and keep as warm as possible. Your body will cool quickly, so use the items in your finishing pack that are 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 an easy walk as this will help to loosen your legs. Remember - fresh healthy food and plenty of water over the next few days will also promote your recovery.

Good luck, and stay positive throughout the run.

**FITNESS TIP**

Try to mentally break the run down into small sections. For example, think of it as a five-mile run followed by two four-mile runs, or even better, focus on one or two miles at a time. It's all about finding ways to keep your mind positive throughout.



Picture: Phil Pounder Photography

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