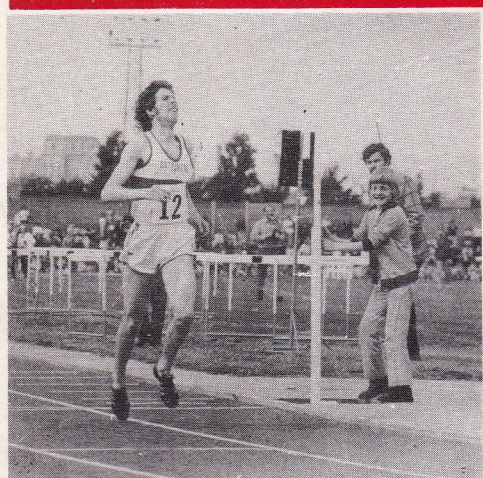


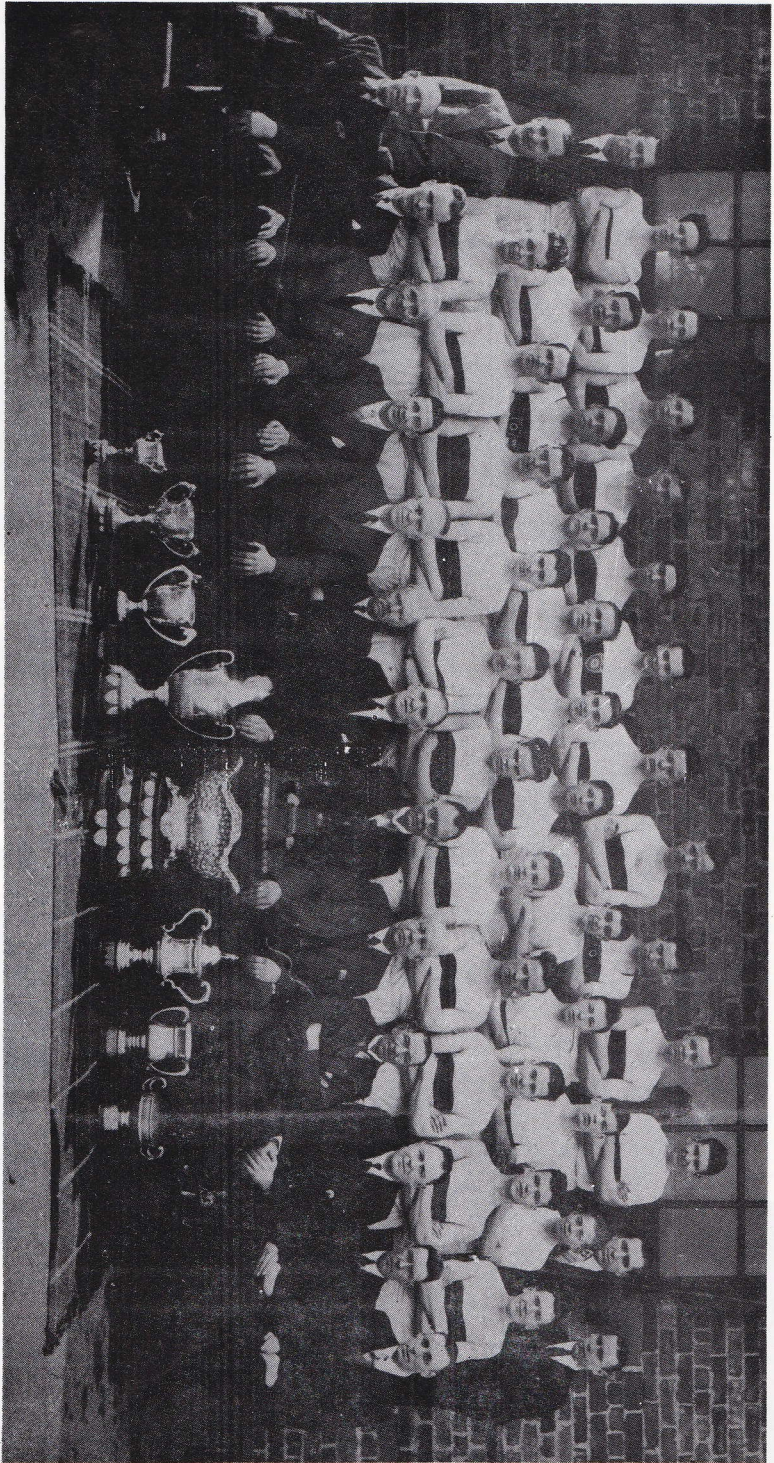
From Dirt Track - to Glory



A Story of Gateshead Harriers

by

STAN LONG and ANDREW MERRILL



The Gateshead Harrier Club photo 1936,



52 F. Smith, 50 Ron Walker, between them Stan Long
Darlington 1947



No. 10 Joe Brennan, No. 12 John Pentland
at the start of a 1938 road walk.

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Foreword

For many years Gateshead had the unenviable tag of being called the "dirty back lane leading to Newcastle". As the years rolled on, however, this tag has gradually faded into the past and now Gateshead is noted for a new kind of lane - leading away from Newcastle this time, a lane which has been trod by many an illustrious name in the athletics world. It is a lane which leads not into Newcastle but to the Gateshead Stadium now renowned as an imposing centre for international athletics - a stadium which arose through the foresight of Gateshead Council and the pioneering work in the athletics field by Gateshead Harriers whose story is the subject of these pages.

Introduction

This publication has been produced as a tribute to Gateshead Harriers, a great Athletics Club which has put the town of Gateshead and the North East firmly on the Athletics map.

We have endeavoured to give a broad picture of the make-up and the running of the club, giving many notable achievements by our athletes both past and present, and where possible with illustrations. The coverage of early days is not complete because the contents of the booklet are governed by the amount of reliable information available, which is not surprising as the club has had to survive two world wars amongst other things.

Stan Long, Gateshead's Coach, has kindly provided for us a short history of Gateshead's top athlete and personality, Brendan Foster. He has also given a selection of tips for keep fit and training purposes which are to be found in the latter part of the booklet.

While this present work only touches on a variety of topics nevertheless it provides considerable information, which both old and young, athlete and fan may find interesting. There is no pretence to any literary merit, but it is hoped that a great deal of interest will be provided in the following pages.

Nineteen Hundred and Four

To some people this year may be remembered for many things, and to others it may have no meaning at all, but for Gateshead this is the year that decided the future and destiny of some of our famous athletes.

It was at this time, that a group of young men living in and around Gateshead got together to formulate ideas on the founding of an athletics club. The leader of these men was Mr. Jack Nowell, a well known barber who ran his business from a shop in Melbourne Street.



Gateshead Harrier
Club founder Mr. Nowell with Mr. J. Gibson.

At the first meeting of the founder members it was decided to call the Club Gateshead St. Mary's Harriers and the club colours were chosen, The strip was that of white jerseys with a broad red band, white shorts with red facings. Negotiations were started with various people, concluding with the club being allocated premises from which to change in, hold their meetings and organise their runs from.

The club's bases were in Ely Street School during the winter, and they operated from the Shuttles Park, Teams in the summer. As all organised bodies need rules, the committee decided on various regulations devised to keep the club and it's members on the right path, these rules may have changed slightly over the years but here are a few of the initial rules, from an early club handbook, which may be of interest.

- (2) The objects of the club are to promote cross country, flat running and athletics in general, and that membership be strictly confined to amateurs as defined by the Amateur Athletics Association.
- (9) That no smoking be allowed in the dressing room.
- (11) All members must turn out in club runs in pack and not individual.
- (12) All runners entering a race for prizes must have taken part in at least three club runs previous to such race.
- (20) That all rules shall be strictly enforced.

With the club's policy defined, colours chosen and training grounds fixed up, Mr. Nowell and his committee and founder members set about building the club up, organising races, inter-club sports, road races, training facilities and the like.

Annual club events were arranged such as the Nowell Challenge Cup, seven miles around Chow Dene, and social nights were organised in the Hawks Assemblage a dance hall on Coatsworth Road, in aid of club funds. The club members were issued with club handbooks and subscriptions were in the region of 3/- for Seniors and 1/6d for juniors, which was paid annually. After the initial few years the club started to thrive doing very well locally until the outbreak of the 1914-1918 World War, when the club's operations were temporarily suspended.

After the war the club was re-constructed due largely to the efforts of some of the founder members, although tragically some had been lost in action. The club's official name was changed to Gateshead Harriers and Athletics Club, and it incorporated a Walking and Cycling section.

In the following years the club began to attract many famous people, who became very active members for many years. Names that spring to mind from this era include people such as Tom Smith, Tom & Bill Hewitt, George Bowman, one of the Club's top sprinters, Duggie Hand, who held the Benwell Road Relay record for several years, George Lang, the Bogie Bros., Alan Dingwall another top sprinter, Albert Langley,



George Craven



Albert Langley

a relative of Joe Langley the club's present chairman, John Pentland, Danny Cox, Micky Brennan reputed to be one of the club's comedians, Stan Richley, Albert Ridley and Gateshead's only Morpeth winner George Craven, John Smith and John Corrigan who became one of the club's secretaries.

One of the earliest members of Gateshead Harriers was Mr. Harold Walker, a much respected resident of Gosforth, on whose instigation discussions were effected on the possibility of forming an Amateur Athletics club in Gosforth, hence the beginning of Gosforth Harriers in 1927.



Alan Dingwall



Doug Hand

The Gateshead club were doing very well locally and the inter-club sports were always a big attraction, with W. Gilhespie being the first winner after the war, of the Nowell Challenge Cup in 1919-20, while F. G. Pogson took the trophy in 1920-21, and also another club championship, the Albert Buglass Trophy the same year. There was also a youths championship called the R. Miller Challenge Cup 3 miles around Joicey's Bank, with T. Carmichael beating A. Burke in 1922 -23 and A. Burke reversing the placings in 1923-24.

From 1924 to the early 30s the athletes did well both individually and in teams, with such team successes as the North Eastern Counties Youths three miles Championship in 1925, runners up to Heaton in the Morpeth Road Race in 1925-26 and being second team home to Heaton in the Storey Cup also in 1925-26. One of the top runners at around this period was F. E. Mitchel, one would have thought he was trying to make the A. Buglass Trophy his own, for after winning it outright in 1923-24 he went on to win another four years in succession beating the same club-mate J. Laidlaw each time into second place, 1924-28. However, J. Laidlaw proved his worth by winning the North Shields Road Race in 1926-27 and also the Longfield Cup and Medal the same year. He also finished in 3rd place in the Sunderland - Shields Road Race in 1928. In 1929-30 C. Short took both the Nowell Challenge Cup and the A. Buglass Trophy, another sound achievement.

On the administration side a prominent official of this era was Mr. Joe Gibson who was to become one of the longest serving secretaries of the club and under his guidance the club thrived in the 20s and 30s becoming the North Eastern Cross Country Champions many times over.

Some of the Trainers and Coaches in these days were W. Dixon, C. Townsend. F. Pogson, J. Armstrong, T. Mitchell, J. Radcliffe, J. Scott, J. Smith, G. Bowman, J. Bainbridge and B. White

Mr. Gibson was backed up in these days by many officials all doing their part for the smooth running of the club. Such people as Mr. E. Lambert the club President for many years; the Vice-Chairman Mr. G. Turner, who became the club's first life member; Mr. Wm. Young, who was the donor of the Charles Young Challenge Bowl (Walking section); Mr. I. Millen who had a memorial race named after him and was one of the Vice Presidents; Mr. A. Buglass, the donor of the Albert Buglass Cup; D. Burns, T.W. Binks, Mrs. G. Turner one of the few ladies associated with the club at this time; and many more all with their own particular and equally important job to do, all cogs in a great wheel which was beginning to revolve ever faster.

The Walking Section

The club was going well now and the walking section was beginning to gain momentum. They immediately made their marks in many competitive events, both locally and with the inter-club events. The club had great in-depth talent in this section, with a good youth policy and were prominent in the walking section for many years with members such as J. Miller, A.E. Park, H. Smith, T. Dolman, J. Smith, C. Paul, D. Cox, G. Valentine, N. Harrison, D. Bogie, W. Harrison, L. Fisher, J. McGloughlin and many more.

One of the walking sections annual club events was the Charles Young Challenge Bowl, a seven mile test of stamina around Chow Dene. Perhaps it should have been re-named the Charles Young/Tom Dolman Challenge Bowl for Tom Dolman won the trophy a record eight times in succession from 1926-34 and his times were within two minutes of each other every year.

Other successes gained by the club members were many and varied L. Fisher winning a two mile walking championship of Northumberland and Durham in 1924; H. Smith winning a Congers seven mile walk two years in a row 1924-26; the club also won the team race both times; H. Smith again coming home first in a 35 Mile Newcastle Exchange Walk in 1924-25, G. Valentine winning a two mile walk at a Durham County Police Sports meeting from another Gateshead man J. Smith, in a fast time of 13 mins. 58 2.5 secs; W. Harris winning the Northumberland and Durham two miles championship from N. Harrison and Tom Dolman in 1926-27 and Tom Dolman reversing positions with him in 1928, 1929, 1930. The club were also winners of the North Eastern Counties 10 Mile Junior Walking Championships in 1924-25.

In 1927-28, the club took part in a 20 mile team walk in aid of a Cancer Campaign, the team was placed first, with Tom Dolman being first Gateshead man home in third place. One of the last walking championships held was for the Charles Young Challenge Bowl this was won by the club's present coach, Stan Long, who was the last holder of this trophy. Stan Long was at one time the Northumberland and Durham two mile walking champion. Although not all are mentioned, there were many more successes over the years, which is not surprising with walkers, indeed athletes, for that is what these men were.

There was also a cycling section incorporated in the club at this time with such as G. Williams, W. Tulip and J.W. Gregory well to the fore in the local meetings. All sections of the club were doing well at this time and around 1925, the club gained one of its many successes in the Northumberland and Durham Paperchase finishing runners-up to Heaton. They also won the Northumberland and Durham Paperchase League in 1928, plus many other successes over the years.

The Thirties

The '20's were good, but the '30's were fantastic. The all out efforts that went into the races were a credit to everyone. There was once again great interest and rivalry in the inter-club sports throughout the '30's, but in the year 1936 the club really hit the headlines. The club champion then was George Wimley and together with the likes of Doug Hand, George Craven and W. Hewitt, the club started out by winning the South Shields road race; the North Shields road race; the Gateshead Congers Senior road race with D. Hewitt home first. The Gateshead Congers Youth's Road Race with D. Hand home first. They also won the Morpeth team road race with G. Craven finishing in second place. In fact the list is endless as the Gateshead teams also including such prominent figures as Joe Brennan, William Bonds, Albert Langley, Cecil Ward, Jack Carr, T. Hewitt and one of the club's mainstays, George Bowman, went on to win no fewer than nine very competitive team events in the 1936-37 season.



Gateshead Harriers 1937 Team

*Fifth from Left: Doug Hand
Sixth from Left: Albert Langley
Third from Left: Alan Dingwall*

The 1937-38 season got off to a bright start also, and the year looked like equalling the record breaking 1936-37 season. The teams which included the majority of members already mentioned either won or were placed in approximately 14 major events. The team finished second in the 'Morpeth' with George Wimley in 4th place and once again took the honours in both the Gateshead Congers Seniors and Juniors road races, with such as A.



Gateshead Harriers 1938 Team

Left to Right: George Wimley, Joe Brennan, Tommy Smith, George Craven, Tommy Hewitt, William Bonds, Albert Langley, Cecil Ward, George Bowman, Jack Carr.

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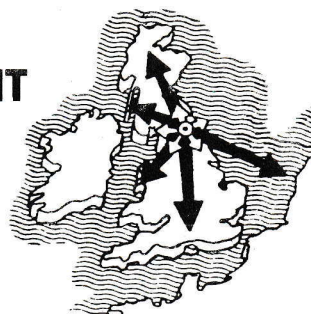
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Turner and D. Hand among the counters. The Gateshead club took the Gateshead Congers road race (Seniors) in 1938-39 for the third time and included in the many successes this season were the 'North Mail' Morpeth road race won by G. Craven in a new course record, and team relay races at Benwell, and also at Elswick with many athletes contributing to yet another successful season. Near the end of the year, R.S. Littlefield took one of the few field trophies for the Gateshead club by winning the Northumberland and Durham long jump championship.

The War

Then, as we all know, disaster struck in that fateful year of 1939 with the outbreak of the Second World War. The club was torn apart as some members began leaving to fight for their country. Sadly, many of the members were either killed or missing in action, and what with families having to move away, and little or no competitive racing the thoughts of athletics faded into the background.

After the war, although the club was not officially disbanded, the affairs and records were in somewhat disarray, so the job then began of getting the club back on its feet. Members were contacted and Gateshead Harriers started to function again as a unit. However, things in those days were very difficult for obvious reasons, and money was scarce with the country trying to pick itself up after the disasters of war. Many athletes could not afford proper training equipment, kit or even their travelling expenses.

As Mr Dougie Hand recalls: "I well remember a time when the officials of the club met in a room above a pub in Prince Consort Road, which at the time was the only place we could get for the headquarters. They had a whip round for postage money to contact former club members to get the club going again." Mr Hand adds: "I'm sure the only runners who owned tracksuits in those days were Jack Potts, a Saltwell Harriers athlete, and Elswick's Alex Burns; both Olympic runners and the only reason they had tracksuits was because they had 'England' printed on the back of them."

There were, however, a lot of good times and to finish this section I would like to relate a piece remembered by Mr Monaghan, an old Elswick Harrier. The 1938 team of Gateshead Harriers, competing one Boxing Day in a Gateshead Congers road race, were changing in a different place to the other clubs. This nearly proved their undoing, for when they came out to start they found the race had already begun and there was not a competitor in sight. They set off down Prince Consort Road a very sad and lonely looking team, but they buckled down to the job and actually came through the field to win the team race. This must surely epitomise not only the skill but the sheer courage and determination that has, and still does, run through the club of Gateshead Harriers.

On To The Sixties

Following the fortunes of the club from the end of the 1940's and through to the beginning of the '60's, we realise that the foundations laid many years ago by Mr Nowell and Co., were holding strong and true, supporting the achievements and traditions that had sprung up over the years. Training was still going strong from Ely Street School and also from the Shuttles, and runs were now being held every Tuesday and Thursday. The club now began to grow and expand as never before, with the increase in membership and the interest and enthusiasm being shown by the younger generation. An extremely good youth policy was developed thus guaranteeing a strong back-up squad to take over from the senior members as the youths reached their prime.

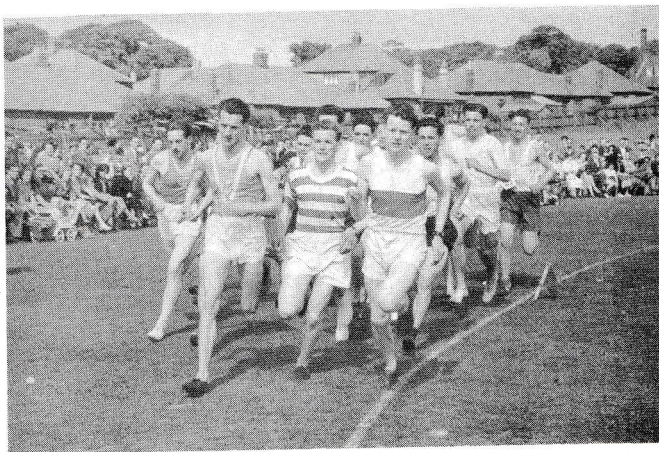
It is interesting to note, however, that in these days there was a train of thought throughout the country which considered that anyone under sixteen years of age was too young to take up athletics, especially cross country running, as this was thought to be arduous and that at the other end of the scale, 35 to 40 was considered too old for most athletic sports, a far cry from today's ideas.

The club now boasted such names as Tom Robson, Norman Potts, Norman Carnaghan, Silvester Pearson, George McTaggart and Jim Colpitts to add to the impressive list of pre-war members. Mr. Joe Gibson was the club's President after the war, and G. Turner was joined by C. Townsend, J. T. Mitchell, J. Radcliffe, Mrs. M. Millen and S. V. Dingwall as life members.

One thing to note about the club's athletes was the fact that many of them actually took on administrative jobs as well as competing in races, and training, and some of the top men assisted with the coaching side of things and also the handicapping and timekeeping and even the auditing.

In the club's first season after the war it was left mainly to the youths to uphold the traditions of the club and they competed very honourably and with fair success locally. G. McTaggart was one of the outstanding youths at this time gaining many individual victories and ably backing up his team mates to give the club some measure of success in many team events. Boxing Day 1946 saw the restart of the Gateshead Congers road races where Gateshead Harriers had always done reasonably well especially with their senior squads. This time, however, the youths managed to finish as third team with G. McTaggart coming home in first place. The youths also came home as first team in North Eastern Cross Country Championship held in Gosforth Park with G. McTaggart again winning in a fast time. Add to this the team's third placings in such as the Blyth Harriers road race, Elswick Harriers road race with W. Convery 2nd, and the Northumberland and Durham Paperchase League and things did not look too bad for the future. The walkers were also going strong with D. Cox winning the Northumberland and Durham Championships.

From about the middle of 1948 to mid-way through 1950 the youths and boys carried on the good work with some sound achievements: first team home in the Gateshead Congers road race with G. McTaggart again winning for the second year in a row; first team in the Northumberland and Durham



1950 Cowgate Sports with Ted Joynson on the inside in the lead.

Harrier League in 1947-48 and 2nd team in 1948-49; and D. Cox and J. Bishop were keeping the walking section 'padding along' to coin a phrase.

As the younger members of the club were doing us proud at this time perhaps it is worth a mention about someone even younger, for in January 1948 there was a happening in Hebburn that was to have far reaching effects for the town of Gateshead, the birth of Brendan Foster. Obviously no one could have foreseen what the future held for this baby boy but now, as we all know, Brendan Foster is indeed Big Bren and he has made Gateshead Harriers and the town of Gateshead big also.

It was near the end of 1948 that saw the emergence of Jim Colpitts competing in boys and youths races for the club and his string of victories and near misses did much to back up the clubs policy of "Bringing the young ones along". Jim Colpitts over the next few years did very well individually and helped the teams to some sound triumphs. Some of his individual victories were such as his wins in the North Shields Polytechnic road race for youths, 1948-49; the Congers road race for boys the same year; various seconds and thirds in some good class events; and some victories in the inter-club sports. As one now comes to expect, new names began to spring into the limelight, B. Applegarth, W. Anderson, and T. Robson were just three of a host of promising athletes the club were proud to be associated with. From around 1950 to 1954 these young men had some rare battles in the sporting arenas. Here are just a few of their successes, in the 1950-51 season B. Applegarth won the Faldon Trophy Race for boys which was held in Blaydon and also enabled the club team to be first home. The combined forces of the club enabled them to score a great victory in the Festival of Britain Trophy for the Championship of Gateshead in May 1951. The youths were also first team in the Northumberland and Durham Harrier League in the same year. T. Robson also won the Northumberland and Durham Half-Mile Championship and finished second in the mile.

In the 1951-52 season the boys team chalked up three good victories in the Heaton, North Shields, and Congers road races, with W. Anderson second each time, and the club again won the Festival of Britain Trophy.

In 1951 Joe Brennan, one of the stalwarts of the club competed in the Morpeth road race for the 15th time unbroken, except for the war, a record unequalled. Joe Brennan in fact since his early days had been a very versatile athlete, winning prizes from 100 yds. to four miles, and also at jumping and walking.

E. Joynson was one of the clubs top runners at the beginning of the 50s taking up athletics when he left the army. The emergence of E. Joynson in local events around this time was to mark the beginning of an era for one man, Ted, as he is known to his friends became club champion in 1953, and scored many good local victories, not least the course record of 33 mins 58 secs. for the six and a half mile race around Chow Dene and believe it or not he is still competing now in the Veterans stage and doing even better; of which there will be more mentioned later in the book.

As we all know the club had various trophy races and new ones were also being introduced, such as the Calow Memorial trophy which started around the late 40s and was kindly given by Mrs. E. Calow, a Vice-President for many years. This was a youths championship held around Joicey Bank. Some of the winners were such as Jim Colpitts, J. Langley, B. Applegarth, W. Anderson, J. Rutherford and J. Thompson. The Woodeson Memorial Trophy was a boys championship with B. Applegarth being the first winner and setting a course record to boot.

With the likes of D. Hand, N. Dodds, S. Wilkie, T. Joynson, G. Craven, M. Robson, J. Langley, S. Nisbett and many others all doing very well in the various other club events we turn our attention back to the walkers for a while. Mention walking around the beginning of the 50s and the name Stan Long springs to mind. It may not be common knowledge these days but Stan Long was originally a Saltwell Harriers runner and the Gateshead club received a real boost when Stan decided to take up walking and joined Gateshead Harriers around the beginning of the 50s. One of Stan Long's first victories was in a Northumberland and Durham two mile championship. Stan competed until near the beginning of the 60s gaining many victories both locally and in club events.

In the following year the club gained five good successes in local events with B. Applegarth setting a new course record in the Congers road race. The 1953-54 season started brightly with the youths winning the North Eastern Cross Country championship and W. Anderson winning the Northumberland and Durham Junior 880 yds. championship. This year saw Gateshead Harriers win their first Sherman Cup, the first of many successes in this race. To win a race of this nature, is a remarkable achievement for it tests the all-round strength of a club including boys two miles, youths three miles, and senior seven miles.



Club Photo of Gateshead Harriers 1950

*Left to Right (Back Row): J. Corrigan, P. Brown, A. Robinson,
T. Joynton, M. Robson, L. Wilkie.*

Front Row: J. J. Langley, J. Colpitts, G. Lorraine, S. Nesbitt.

In 1954-55 the Gateshead club took yet another Festival of Britain trophy and we saw the re-emergence of the seniors, with J. Jarvis winning the Northumberland and Durham 880 yds. and the club being first team home in a three mile track race at Consett. With seniors such as Matt Frazer, Norman Dodds, Pete Brown, Tom Robson, Sid Robson, Norman Smailham ably supported by the likes of Matt Robson, Cliff Holmes and Stuart Wilkie they began to take a strong hold on local events. They won their first senior North Eastern Cross Country championships in 1956, and followed this up with another Sherman Cup victory and a victory in the annual Congers road race. The team also won a two mile track race at Brough Park. Add to this the success of another up and coming youth J. Jarvis in the 100 and 220 yds. in the Northumberland and Durham championships and things were looking pretty good. The club's trophy room was beginning to become quite full but the 'Pots' were still coming in, and dare I say it, there was yet another victory in the Festival of Britain trophy.

In 1956 the club moved to Gateshead Stadium for their summer training but continued to train at Ely Street School in the winter. The stadium in 1956 was an excellent piece of work and was a credit to Gateshead, but at around that time it suffered something of a sporting stigma. The trouble was that athletes competing at the stadium knew that if they were able to break any records, the chances were that they would not receive official recognition. The reason was that in spite of the excellence of the ground facilities, ratification was out, as the Stadium did not enjoy a grading certificate from the Amateur Athletics Association. The certificate was refused until certain alterations were made. These included the moving of the finishing line, the javelin run was found to have an incline of 1/15th of an inch and was levelled, the hammer throwing circle was adjusted and other minor works were carried out. After these alterations had been carried out the certificate was granted from the Amateur Athletics Association, all credit to Gateshead Council.



Gateshead Harriers Club sports at the Shuttles Park 1950,
with the present Club Chairman, J.J. Langley on the end of the front row.

The 1956-57 season started out well with the senior squad taking their second successive North Eastern Cross Country championship and also finishing as champions in the Northumberland and Durham Harrier League. This season saw the club start to gain some real measure of success in the field events with J. Cockburn becoming the youth Shot Put champion in the Northumberland and Durham championships.

The next year the Northumberland and Durham championships were held again, and the field successes started rolling in, with J.G. Cockburn being placed third in the Junior Discus and the same placing in the Junior Shot Put, while J. Metcalf was second in the youths Long Jump. P. Forster gained third place in the All England Schools championships. High Jump, and J. Metcalf won the 110 yds. Hurdles. While the seniors were having tough luck by being either second or third in a variety of track events, e.g. second team in the Northumberland and Durham Harrier League, third in the Heaton, North Shields, Congers and Gosforth road races to name but a few. In the winter of 1959 the seniors won yet another North Eastern Cross Country championship and both the senior and the boy squads became Northumberland and Durham Harrier League champions.

Near the end of the 1950s one of the club's best known athletes began his distinguished career, Andy Leitch gained one of his first successes in the Gateshead Congers road race for boys when he came home in first place with a new course record under his belt, in the winter of 1958. He also scored good victories in the Heaton road race and Elswick's boys road race that year.

In the summer of 1959 some more field successes came the club's way with the victories for J.G. Cockburn in the Northumberland and Durham Junior Discus championships and J.L. Metcalf finishing all-round third in the Amateur Athletics Association Junior championships and winning the All England Schools 120 yds. Hurdles. Throughout these last few years the athletes had performed with great credit bringing honour and distinction upon the club, but would their success have been as great without the capabilities of the unsung heroes on the administration side "The Backroom Boys" who knows?

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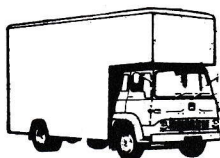
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Some of the club's officials of this era were such as J.R. Gibson who after serving the club so well for many years eventually became president and when succeeded by the likes of C.F. Ward and J. Smith he became a Life Member.

Some of the Vice-Presidents throughout this time were S. Millen, A. Langley, W. Anderson, J. Pentland and F.E. Mitchell with J. Corrigan serving as secretary from about 1951 to 1957 when he was succeeded by W. Dixon. Some of the club's Captains at various levels throughout this time were G. Lorraine, W. Anderson, J. Semple, P. White, E. Joynson, A. Brown, K. Bond and many more, all doing their utmost for the club, The Chairman in 1956-57 was J.E. Hurst and he served till the beginning of the 60s, and of course Stan Long joined the administration side around 1957-58, and became the club's coach in 1961.

One of Gateshead's luckiest moments arrived when Mr. Dan Shaw joined the club in the late 50s. Dan Shaw was an ex-Regimental Sergeant Major, a non-smoker and a teetotter but one of the best secretaries any club could have wished for. Dan Shaw and Stan Long and the club's committee organised the club as it had never been organised before, and the benefits were felt by everyone. In fact you could say that was the Long and the Shaw(t) of the club then.

What better way to finish the 50s than the way they started with the athletes in winning ways. The seniors won the Consett road race in the winter of 1959 and the youths their equivalent. The youths also won the North Eastern Cross Country Championships and Andy Leitch won the youths Carlisle road race, a sound finish to the fifties and a good basis for the following years.

The Sixties

The beginning of the 60s was the jumping off point as it were for the fantastic 70s as far as Gateshead Harriers were concerned. Many of Gateshead's youngsters came of age in the 60s, with the boys and youths starting the club off on the right foot.

Andy Leitch was carrying on the good work and together with Peter Parker they dominated the boys and youths races. Ken Bond, Peter Collins, Bob Cleminson helped the club to carry all before them in team races at local levels.

With the start of competitive events in 1960-61 the younger element of the club were straight away in the limelight winning the Northumberland and Durham Harrier League and also the youths road race at North Shields. The boys scored a good victory in the Congers road race, and set up two new course records in winning the Gosforth road race and the Benwell road race in the winter of 1961, with Andy Leitch winning the youths road races at Consett and also North Shields.

The summer of 1961 saw one of the first victories for another up and coming boy of the Gateshead club, Lyn Robson, winning the 880 yds. in the Northumberland and Durham championships. Lyn Robson became the North Eastern Cross Country boys champion at the beginning of the next season, with Andy Leitch taking the equivalent at junior level. With other youngsters such as John Caine, Barry Foster, Derek Prudham, John Stephenson and Steve Mikell joining the club around this time, Gateshead gained a reputation as a producer of top class young athletes.

With the start of the winter 1961-62 season the seniors became Northumberland and Durham Harrier League champions once again, and the club scored another sound Sherman Cup victory with good all-round performances from the boys, youths and seniors. With such as Andy Leitch and Lyn Robson well to the fore, the boys and youths were putting in some remarkable performances locally in their team events, such as the road races which the club won at Carlisle, Elswick, Gosforth, Benwell and Gateshead. In the summer of 1962 there were more field successes, with P. Forster taking both the senior and junior high jumps at the Northumberland and Durham championships and R. Snell winning the youths long jump. At the beginning of the 1962-63 season the Gateshead Club carried on with their monopoly of local events, winning yet another Sherman Cup, another Northumberland and Durham Harrier league and various road races. There was yet another up-and-coming young star in 14 year old John Trainor winning the boys Northern Cross Country championship over a very icy course at Blackburn. Many other promising lads joined the club this season including John Foley and Brendan Foster. Towards the end of this season John Caine won many youths races and John Trainor also did very well for the boys. Brendan Foster was the fastest youth home in the Royal Signals relay race.

The following year 1964, the boys team of Brendan Foster (2nd), John Trainor (4th), Howard Deighton (8th) and John Foley (10th) won the North Eastern boys Cross Country title for the first time. The youths also won their championship with John Caine being first individually, and the juniors took second placing with S. Mikell among the counters. This was the year that saw John Caine win the English Schools title at the 2,000 metres steeplechase, and became the first junior to break six minutes for this event. His time was 5 mins. 54.0. secs.

Other young men in the club around this time were, such as M. McKenna, H. Coyle, P. Parker, B. Richardson and many more all being led along the right lines by some of the club's more experienced members who were still going strong, J. Corrigan, T. Robson, J. Langley, S. Long, J. Smith and B. Anderson. With stalwarts like these leading this brilliant band of young men through the 60s it seemed as though the sky was the limit and anything could be achieved. In fact time was to prove that most things could be achieved.

For all there were such prominent athletes in the club around this time, the next few years really belonged to John Caine. He became Gateshead's first international cross country runner by being selected for the English

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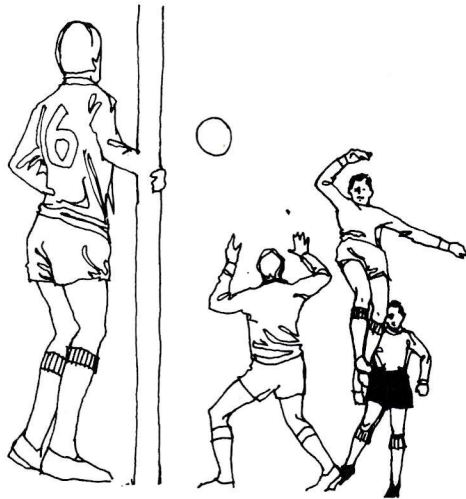


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junior team in Ostend in 1965 and also in Rabbat in 1966. Another honour came John Caine's way when he became Gateshead's first track international by being selected for the 10,000 metres in the Britain versus Czechoslovakia International in Bratislava in 1969. John did well in this race finishing in second place. Also in 1969 John Caine scored a resounding 10,000 metres victory in an international match against France, in London. The same year he finished second in a match against Germany in Hamburg in the 10,000 metres. John also became Gateshead's first full senior cross country international with his selection for the championships at Vichy.



Cross section of Gateshead Harriers pose for Club photograph 1963.

1965 saw the club's field competitors emerging with good placings in a variety of events. P. Rutherford finishing second in the Northumberland and Durham shot championship and the same placing in the discus; W. Richardson winning the triple jump for juniors; J. McKenna finishing second in the boys shot putt and J. Bewick gaining the same placing in the discus. Gateshead Harriers were also Tyneside Track League winners and winners of the 21 Club Trophy the same season. The next season, 1966 was sadly marred by the death of Dan Shaw and the club indeed suffered a tragic loss.

Although J. Caine, J. Trainor, Andy Leitch and company were carrying all before them both locally and nationally, people were beginning to talk about this new boy Brendan Foster, becoming another brilliant Geordie athlete, and they were right. Stan Long by now was not only Brendan's coach but also a close friend as well and he steered him along the right lines to success. Brendan, together with another close friend Lindsay Dunn were backing up the rest of the club's big names with some sound performances.

The summer of 1966 saw Brendan Foster winning a junior mile race and finishing second in an 880 yds. race in the Northumberland and Durham Championships, while Lindsay Dunn took first place in another Northumberland and Durham mile race. Also this year Brendan Foster finished 10th in the National Youths cross country championships, and the club also became winners of the Sherman Cup for the sixth year.

The 1967-68 season saw the rise of David Lowes, being first junior home in the English Schools 880 yds., while S. Douglas won the competition's junior hammer throwing contest. Lindsay Dunn was showing good form now and finished runner up in the Northern one mile championship. Shortly

after he ran a very good sixth in a very competitive inter-counties mile race. He also scored a good win in a Northumberland and Durham one mile championship. The same Northumberland and Durham championships saw John Caine finish second in a three mile race against tough competition, and Brendan Foster ran a good third in a one mile race, while David Lowes finished second in the 880 yds. and third in the 440 yds.

The club then went on to win the Sherman Cup for the seventh year, and also became Tyneside Track League champions. This season saw the usual variety of local road races being more or less dominated by the Gateshead athletes with the seniors winning at Heaton and Gateshead Congers, being third in the Morpeth and also winning the North Eastern trophy at Morpeth.

The boys team, in which David Lowes starred with some remarkable performances won the Congers road race with David Lowes second. They won the Jarrow and the Elswick road races with David Lowes being first individually in both.

The boys team were also second in the Winlaton road race with another up and coming youngster being placed first individually in Brian Baggaley. In the summer of 1968 the club's athletes gained a variety of good placings in various events in the Northumberland and Durham championships, included in which were two good performances from P. Rutherford in the field events. He finished second in the shot putt and third in the discus.

In the winter of 1968, the start of another season the club set up a record by becoming Sherman Cup winners for the eighth successive year, truly a remarkable achievement. With the spate of local road races held throughout the winter the youths carried all before them, being victors no fewer than ten times at the various local venues, with R. Sterling winning on two occasions and B. Baggaley also being amongst the counters. The youths team also won the North Eastern Harrier League, add to this the successes by David Lowes and the boys teams and the younger members were doing the club proud.

However the seniors were not to be outdone. With Lindsay Dunn winning at the Morpeth road race and John Caine winning at the Gateshead Congers meeting and also at Jarrow where the senior squad took the team honours as well it had become quite a successful winter.

In the summer of 1969, the club started out by becoming Tyneside Track League champions, and also the Club 21 trophy match winners. In the Northern youths championships David Lowes put up his best performance that summer with a sparkling 880 metres victory. S. Douglas also produced a personal best with a victory in the hammer throwing, also at the same venue.

With the beginning of the final season in the 60s there was plenty to warm the public's heart in a winter of cold and ice.

In the Northern Cross Country Championships the youths were the victorious winners, with David Lowes being third home individually. While in the North Eastern Cross Country Championships the youths team finished in first and

third places, with the seniors finishing in third place in their championships and John Caine being placed third individually. The boys also gained a place in their championships, finishing second, with B. Old being second individually. Of course, the combined teams then went on to win the Sherman Cup for the ninth year in a row with a record low of 45 pts. in fact, this competition was beginning to look like an inter-club event instead of a major open competition, with the club winning so often.

In the Morpeth road races, the youths were first team home with C. Spedding winning individually. The boys also won their race with B. Old being home in third place amongst the counters. Some of the individual wins were such as John Caine's victory in the Heaton seniors road race, and Lindsay Dunn's win in the Gateshead seniors road race.

In the Boxing Day road races the youths and boys both finished in winning positions with C. Spedding beating team mate R. Sterling to gain individual first and second for the club in the youths event. At the South Shields road races the youths were again home as first and second teams with R. Sterling and D. Lisgo winning and being third home. One of the last victories scored before the end of this season was at the Jarrow road races with the youths finishing as first team and the seniors being second in their event and highlighted by a resounding victory from Brendan Foster. Of course, as was mentioned earlier, this season was highlighted by John Caine representing England.



1st Gateshead Harriers N. Youths Championship Winners 1970

Left to Right: C. Spedding, D. Lisgo, D. Alderson, S. Long, B. Baggaley, S. Winters

In front: R. Sterling, D. Lowes.



1972 at the Stadium before the tartan track was laid



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STAN LONG holds the National Cross-Country Trophy aloft



y Internationals, C.Spedding 14, B.Foster 4.
rendan Foster, Nick Rose, Ray Smedley.

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One of Gateshead's
International
athletic guests at
one of their meetings



aloft surrounded by his successful Harriers' team. Brendan Foster is on the left.

The Seventies

In the summer of 1970 things were as normal with the Gateshead Harriers athletes, that is to say, there was no shortage of success from the Gateshead lads. In the Amateur Athletics Association Junior Championships David Lowes was third in the 1,500 metres and then improved on that run to win the Northern Junior 1,500 metres and he also had a fine win in the Northumberland and Durham 1,500 metres championships. Also at the Northern junior championships S. Douglas gained a good second placing in the hammer throwing competition.

Towards the end of the summer season there were sound performances from a variety of athletes such as in the Northumberland and Durham championships, J. Trainor second 5,000 metres, B. Baggaley second 3,000 metres steeplechase, P. Parker second 10,000 metres, C. Spedding third 1,500 metres. In spite of all the top names and sound performances for the club there was one man who really hit the headlines in the seventies. That man was Brendan Foster.

The 1970s saw Brendan Foster take off as a world super sports star. with his characteristic front-running he made the Commonwealth Games team in the 1,500 metres, and to most people's amazement he gained Bronze Medal. A short profile about Brendan is further on in the book. John Caine was also selected for the Commonwealth Games for the 10,000 metres, in which he finished a good fifth.

Fresh youngsters were still pouring into the club with lads like Chris Hallimond, David Lisgo and Stephen Winters and together with the established lads like David Lowes, Charles Spedding, Brian Baggaley, Derek Alderson and Ray Sterling they were carrying all before them in team races. 1970 saw Gateshead Harriers win their first Northern team title with the youth team of David Lowes second, Charles Spedding eighth, Brian Baggaley ninth and Derek Alderson twenty-third. The youths were second team in the English National cross country at Blackpool.

1971 saw John Caine bring more honour to himself and Gateshead by being chosen to run in the senior cross country International at San Sebastian.

The next year the club won the Northern junior championships at Gateshead with Charles Spedding, Brian Baggaley, David Lisgo and Stephen Winters. Brendan was now going great guns on the track but he still found time to turn out for the club at Parliament Hill Fields, London, when they won the National cross country championships over nine muddy miles. This was the first time any club from the North-East had ever won this coveted title. The counters on that momentous occasion were Bill Robinson seventh, Brendan Foster 12th, John Caine 34, Charles Spedding 36, Lindsay Dunn 105 and John Trainor 106. David Lowes was sixth in the junior event at this meeting and was selected for England, a boost for the club's youth policy.

In 1973 once again a new crop of youngsters had moved through the club, and in the Northern cross country championships of that year they set a fantastic record with placings of Neil Lawson second, Chris Knight third, George Maddison fourth, Steve Farr fifth and Gordon Lisgo tenth, to trounce the opposition thoroughly and come home worthy team champions. The one black spot was the unfortunate withdrawal of Alan Clifton, the North Eastern champion, because of illness. At local level, Gateshead Harriers completely dominated the scene in boys, youths and senior levels.

At the North Shields road races Gateshead athletes won all four team events, colts, boys, youths and seniors with individual wins in three of them. In this period more than thirty team wins were achieved with some remarkable performances. Club officials in the early seventies were President Mr. Mikell, Chairman, J. Langley Jun., Secretary, W. Anderson and club coach Stan Long, other members to figure prominently were J. Corrigan and T. Robson.

In 1974 the club suffered the loss of one of their most hard working officials, John Smith, the only consolation being that John was able to see the club's success in his later years. In the past few years Gateshead Harriers have added to their National successes with wins by their youths in the 1975 cross country championships and John Mills becoming Gateshead's first individual champion over cross country by winning the individual title. The seniors completed a double in 1975 by retaining their National Cross Country title. Also in 1975 the club won their first twelve man road relay title.

1976 saw Gateshead's seniors winning the National Cross Country and Road relay titles again. 1976 was also Olympic year and on the track the club shone as never before with four representatives in the Montreal Olympics team. Brendan Foster in the 5,000 metres and 10,000 metres, David Jenkins in the 400 metres and 4 x 400 metres relay, Dennis Coates in the 3,000 metres steeplechase, and the club coach Stan Long as coach to the 5,000 and 10,000 metres runners and also the marathon and walkers.



Winning 12 man Relay Team Morpeth 1973

The first time a team from the North-East had won the Northern 12-man Relay 1973.

Left to Right: B.Old, J.Caine, S.Winters, J.Trainor, D.Lowes, S.Long, W.Robinson, L.Dunn, B.Baggaley, P.Parker (Captain), B.Foster, W.Anderson, C.Spedding, D.Prudham, A.Leitch.

All the Gateshead athletes covered themselves with distinction in the games, with Brendan Foster obtaining Britain's only medal in athletics with his bronze medal in the 10,000 metres. Brendan was fifth in the 5,000 metres. David Jenkins, seventh, in the 400 metres final and Dennis Coates was eighth in the 3,000 metres steeplechase final, but establishing a new British record in the process.

Gateshead Harriers have 3 times represented England in the European Championships, with 3rd position in 1976 being their best placing. Brendan was the individual winner in 1976

In 1977 the club carried on where they left off and once more completed the senior cross country and road relay titles double. The junior team of John Mills, Steve Parr, Barry Leddicot, David Carr, Gordon Lisgo, Alan Clifton, Chris Knight and George Maddison were very unlucky to be beaten in the National junior championships, by a composite Birmingham University team. 1977 also saw Brendan Foster win his first national Cross Country title. In November 1977 Gateshead won the Sherman Cup for the thirteenth time in the last fifteen years, being defeated only twice, once in 1972 when an addition was made to this competition by the counting of the colts sections in this race thus completely testing all four male sections of the clubs. Also in November 1977 the Gateshead club failed in their bid to record their ninth successive North Eastern cross country senior championship at Stockton, even though Dennis Coates won from Charles Spedding with Barry Leddicot third. However the colts and junior teams won their teams awards thus ensuring that these wins by the Gateshead teams upheld a remarkable record for Gateshead Harriers, that has seen them win at least one North Eastern title every year for the last twenty five years.

Some of the good Gateshead youths, colts and boys around this time now include such as P. Bradley, T. Watson, D. Glendinning, M. Murphy, G. Nagle, M. Wright, G. Bracken, W. Johnson, A. Martin, G. Turnbull, G. O'Connor, K. Brown and many more all with their sights set on future.

The club now boasts many senior internationals including Brendan Foster, John Caine, David Jenkins, Dave Cannon, Dennis Coates, John Myat, Charles Spedding, David Lowes, Chris. Garfoth, Bill Robinson, and schools international Adrian Martin, but what pleases the club's officials most is the number of youngsters who have come through all the way.

The Club has promoted many open events in the last few years. The most spectacular being the Floodlit Sports Meetings. Many large firms have sponsored the Harriers events, including Greenhams Plant Hire, Manitou Bell's Whisky, Scottish and Newcastle Breweries, and Rock Engineering from Washington. The Club has organised and promoted these events from their own ranks, with the great help of the area officials, and people like Brendan Foster, Peter Parker, George Sivell, Frank Macklin and Stan Long have played a large part, with the rest of a hard working committee.

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When one thinks that people like Olympic Medalists, John Walker, New Zealand, Rod Dixon New Zealand and Karel Lismon, Belgium have run at Gateshead Harriers sports meetings, not to mention such famous athletes as Geoff Capes, Alan Pascoe, Dave Jenkins, Sebastian Coe, Steve Ovett, Sharon Colyear, Donna Hartley, Verona Elder, Larry Jesse U.S.A. Brian Hooper, not forgetting our own Brendan Foster and Dennis Coates. These meetings have attracted an average of almost 10,000 people to the Stadium, and have been a source of income to the Club which has helped to finance various ventures, such as trips to Belgium and France, with over 80 youngsters taking part each time in their events against Continental rivals.



Gateshead Harriers winning team in the 1973 National Cross Country Championships, the first time a team from the North East had won this coveted title. *Left to Right: W.Robinson, P.Parker, B.Foster, L.Dunn, S.Long. Front Row: W.Anderson, J.Trainor, C.Spedding, J.Caine.*

The Fun Runs

There were also the Fun Runs. These are a new innovation from Gateshead's ideas men, that of spectator participation sports. The first Fun Run was held on Saturday 29th October 1977 and was a huge success. This run consisted of a two mile road run around the outside of Gateshead Stadium and there were more than 600 competitors of all ages, size and fitness. This run which was sponsored by S & N Breweries saw about 500 people complete the course in the limit time of 18 mins., and they were all awarded a certificate to mark the occasion, signed by Brendan Foster. One of the major successes of this race was Mr. David Richardson from Wrekenton, Gateshead. This ex-Saltwell Harriers athlete who is unbelievably 72 years of age ran fast enough to gain a certificate, while many younger people struggled behind him.

The Ladies of Gateshead Harriers

Initially there were few ladies associated with the club; one of Gateshead's 'first' ladies as far as can be traced was Mrs. G. Turner the wife of one of the club's officials during the 1930s, Mrs. Turner herself became a Vice-President. Other ladies of note, to figure prominently in official capacities from the early days are such as Mrs. J.T. Mitchell, Mrs. M.A. Millen, Mrs. E. Calow, Miss E.R. Telford and Miss V. Finnegan.

Around the 1940s Mrs. M. Millen became the club's first lady Life Member, also in about 1946 there became another club championship called The Calow Memorial Trophy, kindly donated by Mrs. E. Calow. For all the involvement of these ladies with Gateshead Harriers there were no thoughts of women athletes for a good many years to come.

Athletics was first considered for the ladies at the beginning of the 1950s, with the forming of a Ladies Amateur Athletics section of Gateshead Harriers in 1951. Although the membership of the ladies section was not as large as other sections of the club, there was great interest in another new venture for Gateshead. Ladies athletics were just beginning to catch on in the North and the Gateshead ladies competed with distinction and always gave of their best, gaining some measure of success locally.

The secretary in 1952-3 was Miss Rita Smith, and she did much to promote this section of the club, another official at this time was Mrs. Fraser, herself a former secretary. This season 52/53 saw the Gateshead ladies score one of their first successes with A. White coming home a close third in a one mile race in the Northumberland and Durham championships. In fact Audrey White was one of the top Gateshead Harriers ladies athletes this year, and she gained a good victory this season in a mile race at Stockton where she beat Sally Varty by 30 secs. with Joan Allport third.

Despite great efforts by some of the lady members this section sadly folded up before the start of the 60s due mainly to lack of support and interest. It was approximately another twelve years before the ladies section started up again, but with the second time around things looked a lot more promising than before.

Around 1971/2 the likes of Mrs. Pilkington and Mrs. Joan Piggford were instrumental in setting the wheels in motion to get the ladies on the track again. These ladies along with others acted in official capacities such as secretaries, treasurers, etc. and they were involved in organising track events inter-club races and assisting with coaching and timekeeping and the like. One of the few men involved with the ladies athletics at Gateshead at this time was Mr. Jimmy Derek, who was coach to most ladies teams. The athletes performed with courage and honour, sadly they did not move any mountains as it were, but the foundations were laid for the coming years.

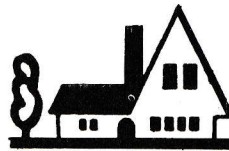
Some of the lady runners were quite often relatives of other club members and officials, for instance Sue Pilkington was very prominent for the ladies these days and Mrs. J. Piggford had three daughters in Gateshead's ladies section, they were Angela and Dennise who are twins and also their sister Teresa Piggford.

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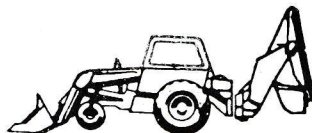
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Around 1976 and 1977 the ladies started to take some of the limelight from the mens sections at various local venues with the likes of J. Schusler, L. Taylor, G. Merrick, S. Glass, S. Pilkington, C. Sexton, A. Bean, L. Thornton and many more all striving to introduce more success for Gateshead Harriers. Some of the recent good runs by these girls are such as the tenth and eleventh placings by Sue Pilkington and Sheila Glass in a two mile race at Gateshead's own sponsored road race meeting in November 1977, the likes of C. Sexton, A. Bean and L. Thornton also showed up well in this race.

In fact 1977 has been quite a good season for the ladies especially in relay races, the junior ladies relay squads have done particularly well, their successes include first team in the NECWAA 4 x 100 metre championships where they set a new record time for this event. Also first team in the 4 x 100 metre relay at the Cleveland Games, first at Barnsley's Jubilee meeting again in the 4 x 100 relay. On several occasions this season the ladies B teams have finished as runners up to their A. team mates. 1977 also saw Gateshead ladies win their section of the Tyneside Track League, when as champions they also gained a new trophy called the 'Anzon' trophy awarded to the Tyneside Track League winners.

Other relay successes included in this season were the first place at the Octavian 4 x 200 metres at Meadowbank and second place in the Octavian 4 x 100 metres relay where the time was the same as the winners. Not all the successes are mentioned or indeed all of the ladies but with such a good basis to build on as their last season, I feel sure we will be hearing a lot more about Gateshead Harriers ladies section in the future.

Gateshead Harriers Ladies sprinters under the guidance of Terry Maguire have achieved wonders this last season. The climax has been the selection of Angela Piggford to run for England in the International Catholic match at Leeds. Angela was second in the 200 and a member of the winning relay teams. Gateshead Ladies sprinters include A. Piggford, D. Piggford, T. Piggford, J. Dunn, J. Connors.

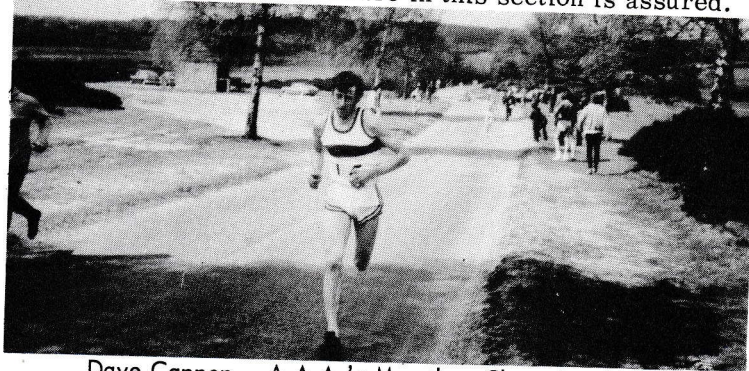


Gateshead Harriers' Ladies' Section – first ever winning team after their victory at Blaydon 1978. Left to Right: G. Merrit, J. Schusler, L. Taylor

The Vets

The Veterans section of Gateshead Harriers has certainly kept pace with the other sections of the Club. The star athlete as far as veterans go must be 55 year old Ted Joynson. Ted has many titles to his credit, and has run with distinction in the World Masters Championships in Gothenburg, Sweden and Toronto, Canada. Ted is his age groups record holder in the 1500 and 5000m National Championships.

Gateshead's veterans are not a one man band however, with such stalwarts as Tom Robson, Sid Robson, Tony (Happy) Watson, Ron Potts, Cliff Holmes, Eric Blackburn. With Gateshead's promising youths of a decade ago moving into the veterans' class the Club's future in this section is assured.



Dave Cannon - A.A.A.'s Marathon Champion 1977

What of the future, let us hope we have more top class athletes to watch, both from the North's own club and all over the world, and more Fun Run's to enjoy. Eventually a new breed of administrators will be needed as the club continues to expand, people in the mould of Frank Macklin, Ron Potts, Archie Hughes, Ray Scott, Bob Cowell. Coaches like John Stevenson, Sid Robson, Jim Derreck, Terry Maguire plus old faithfuls like Bill Anderson, George Sivell, Peter Mikell, Joe Langley Jun., Tom Robson, Matt Robson, Frank and Jessie Baggaley, John Corrigan, Joan and Stan Long, but most of all there must be the enthusiasm and enjoyment which have been the hallmark of the club's philosophy over the years.

Many fine athletes may not have had a mention by name, but as long as they are a member of Gateshead Harriers they have been a part of history, national as well as local. They have managed in their own way to give the Geordies something to boast about, to be proud of and to hold their heads high in the future whenever athletics are spoken of.

I have a feeling that Jack Nowell, John Smith, Joe Gibson, Dan Shaw and all the other people behind the scenes of long ago will be having a quiet smile at the present fortunes of the club. They have come a long way from six-and-a-half laps to the mile at Shuttles Park, to four laps to the mile at Gateshead Stadium, from a dirt track to a tartan track with world records and Glory for the Geordies.

Club Personalities

Dennis Coates: age 24. Refrigeration Engineer.

Dennis has been a member for three years and in that time has won Gold Medals in both National cross country and road relay events. Dennis is more famous as a steeplechaser and holds the British record for 3,000 metres steeplechase at 8.19 sec. Dennis was ninth in the final of the Olympic steeplechase in Montreal.

Charles Spedding: age 25. Pharmacist.

Charles joined the club at fifteen years of age and has made continual progress in the sport, Charles has been an ever present on our three times winning relay team and has been three times a counter on the winning cross country team. Charles has run for Great Britain in both track and cross country and has run 8.26.9 for two miles.

John Caine. age 31. Stadium Manager.

John joined the club at fifteen years old and he was Gateshead Harriers first Great Britain International, winning his vest on both track and cross country. John ran three times in the International cross country championships but his best performance was fifth place in the 10,000 metres in the Commonwealth Games of 1970 at Edinburgh. John has won medals in both cross country and road relay.

Dave Cannon. age 26. Linesman.

Dave has been a member of Gateshead Harriers since 1974 and has also been a member of our road relay and national cross country winning teams. David is the Amateur Athletics Association Marathon champion of 1977 and is a Great Britain International at the Marathon.

John Mills: age 20 Printer.

John was Gateshead's first individual winner of a National Cross country title when he won the Youths at Leicester in 1975. John has been a member of all our winning road relay teams, the first time when he was only seventeen years of age.

Brian Baggaley: age 25. Civil Servant.

Although not an international Brian has been a prolific medal winner with Gateshead Harriers being a member of the road relay team and three times a counter in the cross country team.

Chris. Garforth. age 26. Agricultural Statistician,

Chris Garforth moved into the area in 1975 and immediately joined the club, Chris is an International in both track and country and has been in our road relay and cross country winning teams. Chris and his family have moved to Botswana for a two year contract and his very cheerful pleasant personality will be missed by the club,

Dave Jenkins, age 25.

This 6ft. 4 inch 400 metre runner is the best Great Britain has produced. Winner of six Amateur Athletics Association 400 metres titles David won the European title in 1971 and was a member of Britain's Silver medal winning squad in 1972 at Munich and seventh in the final at Montreal.



David Jenkins

Brendan Foster: age 30. Gateshead's Sports & Recreation Manager.

Brendan Foster was born in Hebburn, Co. Durham in January 1948. He was the eldest of six children and was educated at St. Joseph School, Hebburn. Brendan showed an interest in athletics at school and represented Durham Schools in the 440 yards at the National Schools Championships. In 1963 Brendan joined Gateshead Harriers with other schoolmates after being persuaded to do so by Club Coach, Stan Long. Brendan was a promising member of a good boys team which won many races including the North Eastern Cross Country Championships. Brendan made normal progression but there were no signs to mark him out as a future world beater.

In 1966 Brendan finished 10th in the National Youths Cross Country Championships. Brendan attended Sussex University in the September of that year and his ability to work hard soon became evident in his athletics. He ran in the University Championships, finished 9th and was selected for the triangular match between Imperial Services, the English Cross Country Union and the University. He astounded everyone by winning the 5 mile race and defeated many international athletes in the bargain.

In 1969 Brendan received his degree and began a years' Teachers Training Course at Carnegie College, Leeds. Brendan shared a flat with his long time friend, Lindsay Dunn. His training took on a new meaning as he trained twice a day with the coming track season the main objective. He ran very well and was on the verge of international selection with 4min 5 sec for a mile.

Brendan made his break through on the track in the 1970 season with 3rd place in the Inter Counties mile. He was selected for the trials for the Commonwealth Games, Brendan ran his best race to date to finish in 2nd position and he was selected for the games at Edinburgh. Two weeks before the games Brendan ran against Kip Keino of Kenya and a host of top class middle distance runners in a 2 mile race at the Crystal Palace London. Kip Keino won the race but Foster was a revelation in 2nd place in 8.30 sec., only .5 of a second outside the British record, In the games Brendan ran his best race to date for 3rd position behind Keino and Dick Quax of New Zealand.

In 1971 Brendan ran many fine races and was selected for the European Championships in Helsinki, Finland at 1500 metres. He once again rose to the occasion and finished in 3rd position. 1972 was Olympic year and he made the British team for the 1500m. Even though he broke the British record he could only manage 5th, still a wonderful performance.

In March 1973 Brendan ran for his Club, Gateshead Harriers, in the National Cross Country Championships at Parliament Hill Fields, London. Gateshead Harriers won by six points and were the new Cross Country Champions, the first club from the North East to win the coveted trophy. 1973 was also the year Brendan moved up to 5000m and easily won the Amateur Athletic Association title in 13.23sec beating Ian Stewart and Dave Black in the process. In August of the same year he broke the World Record for 2 miles with a time of 8 min. 13.8 sec. at the Crystal Palace, London.

1974 was a very important year with the Commonwealth Games in Christchurch New Zealand in January and the European Championships in Rome in September. The 5000 metres was an epic race with Jipcho of Kenya just beating Brendan in the fast time of 13.14.6. Brendan ran in the 1500 metres and although he only finished 8th he again lowered the British record to 3.37.6. In July '74 Gateshead Stadium opened its tartan track and Brendan ran in the 3000 metres in front of a partison crowd of 13,000 in beautiful sunny weather. Brendan broke the World Record by an incredible 2 secs with 7 mins. 35.2 sec.

Brendan travelled to Rome, one of the favourites for the 5000 metres and he did not disappoint his millions of followers on television with a 100 metre victory in 13.17.

In 1975 Brendan made his debut over 10,000 metres and a sensational debut it was with the fastest time in the world for 1975 of 27 min.45 sec.

1976 was Olympic Year and Brendan prepared for this with trips to South Africa for altitude training. Although he was willed on by millions of British supporters both at the games and on the television Brendan finished 3rd in the 10,000 metres and 5th in the 5,000 metres behind that great Finnish athlete, Lasse Viren. Brendan was Britain's only track medal winner at the games.

Brendan Foster is the Sports and Recreation Manager at Gateshead and has put Gateshead on the map by leading a team of sports experts into various endeavours such as joggalongs, many varied courses and general stimulation of sports and recreation amongst the people of Gateshead.



BRENDAN FOSTER breaking World Record for 3,000m , 3rd August, 1974
(Time 7m.35.2s) Gateshead Stadium.

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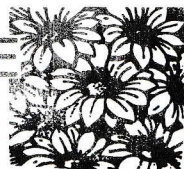


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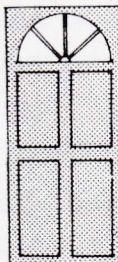
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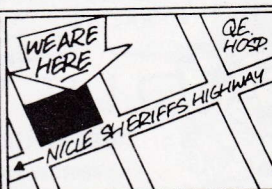
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A Diary of a Race

In April 1977 Gateshead Harriers became National 12 Man Relay Champions for the 3rd consecutive year. This coupled with their three victories in National Cross Country Championships make a unique double of treble victories. Stan Long, the team's coach presents for us an on the spot insight into how the race was ran.

The team travelled down to Birmingham on Friday and the magnificent group of supporters travelled down early on Saturday morning. This particular relay takes over 4 hours and is held in Sutton Park. The first man for Gateshead was Lindsay Dunn, who is an ever present in the Gateshead Relay Team and he had always ran this first stage for the club. Lindsay came back in 13th position but only 1 min. 13 secs. behind the leaders, Nottingham.

19 year old Barry Leddicot ran next for Gateshead and although this was his first National Road Relay he ran very well, moving the team into 9th position, only 55 secs. behind the leaders. Marathon man Dave Cannon was next and he ran a 6 mile stage, he simply tore through the field to finish in 3rd position, only 13 secs. behind the new leaders Thames Valley Harriers John Trainor moved quickly into 2nd position on his stage but still 19 secs. behind the leader Thames Valley. Charles Spedding, who had been in South Africa for three weeks training at altitude, closed the gap on the leader after only one mile and simply raced away, to such a good effect that at the end of his 6 mile stint he was 1 min. 12 secs. in the lead.

18 year old Steve Parr was next for Gateshead and this was a nerve racking experience for a young lad, but Steve ran like a veteran and finished with the fastest time of the stage, to bring Gateshead back in first position 1 min. 22 secs. in front of Invicta. Another of Gateshead's talented teenagers, 19 year old John Mills ran the next 6 mile stage for the Club and he held onto his position although English International John Wigley running for Invicta had cut the lead down to 26 secs. but Gateshead Harriers had planned their race well as the next man for the club was Brendan Foster. The race was virtually settled then as Brendan came back with a 1 min. 59 secs. lead.

Chris Garforth ran the next 6 mile stage and although out on his own he stretched Gateshead's lead to an incredible 2 min. 19 secs. Phil Dunn ran the 10th stage and still held the lead 1 min. 45 secs. in front. Olympic steeplechaser Dennis Coates ran the last 6 mile stage and stretched the lead to 2 mins. 26 secs.

Max Coleby ran last for Gateshead and although holding a huge lead still managed to run the fastest on his stage and so bring the Club back 2 mins. 41 secs. in the lead and once again National Champions. The Club has now won 8 National Titles in 5 years and with their fantastic wealth of young talent, surely more titles will be collected by the Club. The Club would like to thank their supporters and are proud to represent the town on these important occasions.

Gateshead Times

L. DUNN	26.57	C. SPEDDING	25.26	C. GARFORTH	26.14
B. LEDDICOAT	14.45	S. PARR	14.30	P. DUNN	14.45
D. CANNON	25.59	J. MILLS	26.46	D. COATES	26.28
J. TRAINOR	14.51	B. FOSTER	13.48	M. COLEBY	14.31

Training Schemes For Runners

They are generally accepted as:

- (a) Long distance running
- (b) Repitition running
- (c) Interval tr aining
- (d) Speed running
- (e) Strength running - hills, sand etc.
- (f) Fartlek

LONG DISTANCE RUNNING

Long distance running in my opinion is the base of the pyramid from which all results in middle and long distance running stem.

The distance work should be a slow build-up over a long period of time (most of the top runners have a history of years of hard work, and mile after mile of build-up). I am of the opinion that the speed at which the miles are run are very important, and it takes a great deal of experiment before the correct speed is achieved. That is, if the pace is too slow or too fast, progress can be retarded. Top runners like Ron Clark, Bren Foster and Dave Bedford do their long runs at a good pace. Bren Foster does 5-5.30 mins miles when he does 10 or 20 miles, while another athlete may do 5.30 - 6.00 min miles in his long run, but if that is the correct speed for him it will do him the same amount of good as a better athlete running faster.

When one considers 75% of the the training by athletes like Foster is long runs, it should be taken into account how they can be made easier. Very long runs, such as the Sunday '20' should be social, and in a group for at least part of the way. Also, running on country paths, woods, etc. make it slightly more bearable. Various routes should be used to alleviate boredom.

Brendan has a theory that if your schedule demands a 10 mile run on a certain day, instead of running 2 x 5 miles, doing it in one run is harder, but more beneficial. For young athletes, however, I think that the easiest way mileage can be achieved, the better it is. We have a very social run on a Sunday, doing as much as 15 miles, but we start by talking about the match etc. until the pace picks up, then the talking stops. Another way to stop distance work becoming boring, is to have your group doing surges at

various distances, then coming back to the group. Another way is to stride a mile, jog a mile, especially when you are younger, as this is good experience as races are very rarely evenly paced.

(b) Repetition Running

This is a type of speed work in which the athlete runs fast with complete recovery in between his fast runs. A 1500 metre runner would be expected to do a session of 4-6 x 800 in approximately 2 mins. if he is a 4 mins. miler, or 3-4 x 1000 metres at similar speeds. This was a very popular type of training pre-war, and was done with very low mileage training, but good results were achieved with athletes like Rudolf Harbig. In my opinion these sessions are very similar to time trials.



Two of Gateshead's promising youngsters – Steve Parr and Gerard O'Connor



A Junior Boys' race – always a feature of the big meetings.

(c) Interval Training.

This is probably the most used of all quality sessions, and a lot of controversy has been caused by physiologists disagreeing about what is the best distance to train over. The 200 metres distance was stated by Gerchler and Reindell as the most effective, with speeds of 32 seconds with 45-90 seconds recovery. Astrand of Sweden, however, states that the longer period of stress, say 3 mins. will cause a better progress in endurance developments.

My own experience is that both systems have their place in an athletes schedule. Brendan Foster in August 1974 ran 2 x 10 x 200 in an average of 28.6 secs. with 35 secs. recovery and 5 mins. between sets. Seven days previously he ran 6 x 800 with 2.30 secs. recovery, and the week before 4 x 1,000 and went on to win the European 5000 metres. When training for 1500, mainly 200 and 400 metres are used, a session of 10 in inside 60 secs. with 90 secs. recovery was achieved by Brendan a week before he broke the World 5000 metres record at Gateshead. As in all types of training as much variation as possible is used, and with young athletes a very good type of interval training is shuttle relays, with only 4 members on each team. This coats the pill of interval work, with the sugar of team competition, and is much less boring, also pursuits with little recovery over various distances.

(d) Speed Running.

This is usually used in the last month of an athlete's preparation for a big race. The usual distances are 200-400 metres with approximately 8 x 200 and 6 x 400, so maximum effort can be achieved. I find in this session best results are achieved with 2-3 mile warm up, and the same cool down.

(e) Strength Running (hills, sand etc.)

Many coaches and countries have different ideas on strength running. Probably the most famous are Lyddiard's 6 weeks period of hill running, and Ceruity's course at Portsea, where his athletes ran up very severe sandhills, and in Scandinavian countries their athletes ran in deep snow. There is also Zatopek's and Bedford's running in boots, although in Zatopek's case it is said that the only reason he did this was to break the boots in, as he was in the Czech Army.

Lyddiard's athletes did a long period of distance, a hundred miles per week, then 6-8 miles of hills. Most of the athletes that I coach do hills, we do approximately 8 weeks from November to December. Starting at 12 and building up to 20. I find variation is very important, and we use 4 or 5 different hills varying in length, gradient, grass or road. Hill sessions should be hard up the hill, with a slow jog recovery. Lyddiard had his athletes sometimes bounding down the hills.

Ceruit's sand running sessions were over various circuits in loose, dry sand, and over very tough terrain. In the late fifties and early sixties the sand dunes around our coast were littered with exhausted athletes and their coaches. The fact that emerges is that when most of the athletes reach the state when they think and plan their own schedules, hills do not play a very large part in them. Brendan Foster had not done hill sessions as such since he was 18 years old and had trouble with his hip. But in his long runs he surges up hills as he becomes fitter. The Kenyans do a great deal of repetition hill running on forest paths, and it played a large part in their final preparation for Munich and Christchurch.

(f) Fartlek (speed play)

This was devised by the Swedish coach Gosta Hommer, although types of training of this nature have been done for years. It consists of a run in natural surroundings, such as forest paths, open country, pine woods etc. The famous Swedish pair of middle distance runners, Hagge and Anderson, did a great deal of this Fartlek training in the early 1940's to such a good effect that they both held the World Record for 1500 metres and 1 mile, at one time or another,

Fartlek training consists of a long run, anything from 1-2 hours with periods of fast running, depending on how the athletes feel. The distances can vary from 200 metres to 1 mile, and the beauty of this type of training is the athlete can do the hard work or the rest periods as hard or easy as he feels. Fartlek can be abused by doing it too hard or too easy, and depends on an athlete's temperament whether it is useful or not.

Group Training.

This, in my opinion, is the most important and neglected form of training there is. All the different types of training can, and should be done in a group, especially in the younger age group, 11 years to 18 years. Quite considerable work loads can be endured when it is done in a group. It is more psychological than anything, but young athletes thrive on competition training, as long as it is done on an organised basis. Team races are also good for young athletes, because they can finish down the field and still feel important, as they could be counters for their team. This is very important, as many young athletes get discouraged and if they can be kept interested could be late developers, as many of them are.



1st Team Northern Boys

C.C.C. Halifax

Left to Right: G.Maddison 4th;
C.Knight 3rd; N.Lawson 2nd;
G.Lisgo 10th; S.Parr 5th;
A.Clifton;



The trip to Belgium 1976



Gateshead's winning team in the National Youths Cross Country Championships 1975 at Luton.

Left to right:

W. Ledger, A. Lawson,
J. Mills, A. Clifton, C. Knight,

The trophies are:- Senior,
Youths, 1st Northern Club and
'Best all round Club'.

Summary.

In middle and long distance running there is probably more scope for the coach than any other athletic activity, because there are hundreds of permutations of the different kinds of training. I believe a lot of success or failure of a particular training system depends on the personality of the coach, as it has to be put over so that the athlete wants to do it. I enjoy the system of alternative hard and easy sessions, with organised training depending on the time of the season. I always explain to my athletes what we are going to do in the months ahead, and we always have a goal. Be it the Northern or National Cross Country Championships, or the Northumberland and Durham, and English Schools Track Championships. A typical October week's training for the 14-18 year olds would be :-

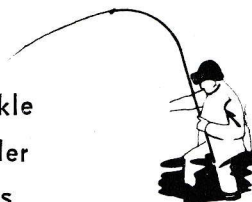
Sunday:	12 mile run over various courses, with hills in the latter stages, and surges of about 1 mile, depending upon who is feeling good or whether there has been a hard race the day before.
Monday :	2 mile jog, then 3 x 1 mile hard with 1 mile jog between, finishing with 1 mile jog.
Tuesday:	8 mile easy run in group.
Wednesday :	Rest
Thursday:	2 mile jog, then pursuits and shuttle relay, finish with jog. Total distance 8 miles.
Friday:	9 mile easy run, talking etc. Rest if hard race next day.
Saturday:	Rest or race.
MILEAGE	45 miles.

A typical week's training in June would be:-

Sunday:	Easy run, approximately 10 miles
Monday :	6 x 800 strides, with 800 jogs between.
Tuesday :	12 x 200 in 2 x 6 200s, or 8 x 400. The time and interval between fast runs depends on the athlete.
Wednesday:	Rest.
Thursday :	1 hour run on track with 2 mins. hard run, 3 mins. jog. Various members of the group take their turns in the 2 mins. hard sessions so a great deal of variety is ensured.
Friday :	8 mile easy run.
Saturday:	Rest or race.
MILEAGE:	Approximately 40 miles.

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Gateshead Harriers Senior Team in Loughnea, Eire 1977

Left to Right: Dunn, Martin, Garforth, Long, Foster, Trainor, Spedding



The successful Gateshead Team before their first win in the A.A.A. 12-man Relay 1975. *Left to Right:* D.Lowes, P.Parker, L.Dunn, D.Cannon, G.Surtees, J. Myat, D.Coates, S.Long, C.Spedding, J.Mills, C.Garforth, S.Ridley



Some of Gateshead's supporters at the National Road Relay 1976



Gateshead is continuing its policy of family units with the Pilkingtons Chris, Sue and Paul.



Successful trip to France for Gateshead Harriers in January 1977

Photo taken on ferry returning from France

Acknowledgments

The authors would like to express their sincere thanks to all the people who have assisted in this publication especially to the many athletes for their quotations and information.

Thanks are also due to the Newcastle Evening Chronicle and the Gateshead Post for the use of photographs. We also extend our thanks to Guinness & Rawson for the printing and publishing; and to the advertisers for supporting this project.

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*If you think you're beaten, you are,
If you think you dare not, you don't,
If you'd like to win, but you think you can't,
It's fifty to one you won't
If you think you'll lose, you've lost,
For, out in the world, you'll find
Success begins with a fellow's will,
It's all in the state of mind.*

*Full many a race is lost
Ere ever the race is run,
And many a coward fails
Ere ever his work's begun;
Think big and your deeds will grow;
Think small and you'll fall behind.
Think that you can, and you will,
It's all in the state of the mind.*

*If you think you're outclassed, you are,
You've got to think big to rise.
You've got to be sure of yourself,
Before you can grasp the prize.
Life's battles don't always go
To the stronger or faster man,
But, sooner, or later, the man who wins
Is the fellow who thinks he can.*

An extract from Gateshead Harriers Handbooks.

Front Cover Photographs:

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|---------------|---|
| Top left: | Club Founder Mr. Nowell with Mr. J. Gibson |
| Top right: | Gateshead Harriers winning team in the 1973 National Cross Country Championships (see p.35) |
| Bottom left: | Brendan Foster breaking world record (see p. 44) |
| Bottom right: | Gateshead's winning team in the National Youths' Cross Country Championships 1975 (see P. 51) |