



START



**QUAYSIDE 5K
JUNIOR 3K & U11 1K
WEDNESDAY 22ND APRIL 2026**

EVENT GUIDE





YOUR RACE EXPERIENCE

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AND OFFERS**



WELCOME

The RunThrough Team is excited to have you join us for your upcoming race!
Our mission is straightforward:

TO INSPIRE ACTIVE NATIONS THROUGH RUNNING.

By hosting inclusive and welcoming events for everyone, fuelled by our shared passion for running and community, we strive to create events that leave lasting memories for every participant.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. With countless race experiences, we are experts at event organising while understanding the journey of all runners.

Rest assured, whether you're chasing a PB or completing your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, safety is our top priority. Our team (pictured) will be on the ground doing everything to ensure you have the best experience at this RunThrough event.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

The RunThrough Team



BECCI

BEATRICE

CHRIS

JASON

TRAVEL

Address: Baltic Square, South Shore Road, Gateshead, NE8 3BA

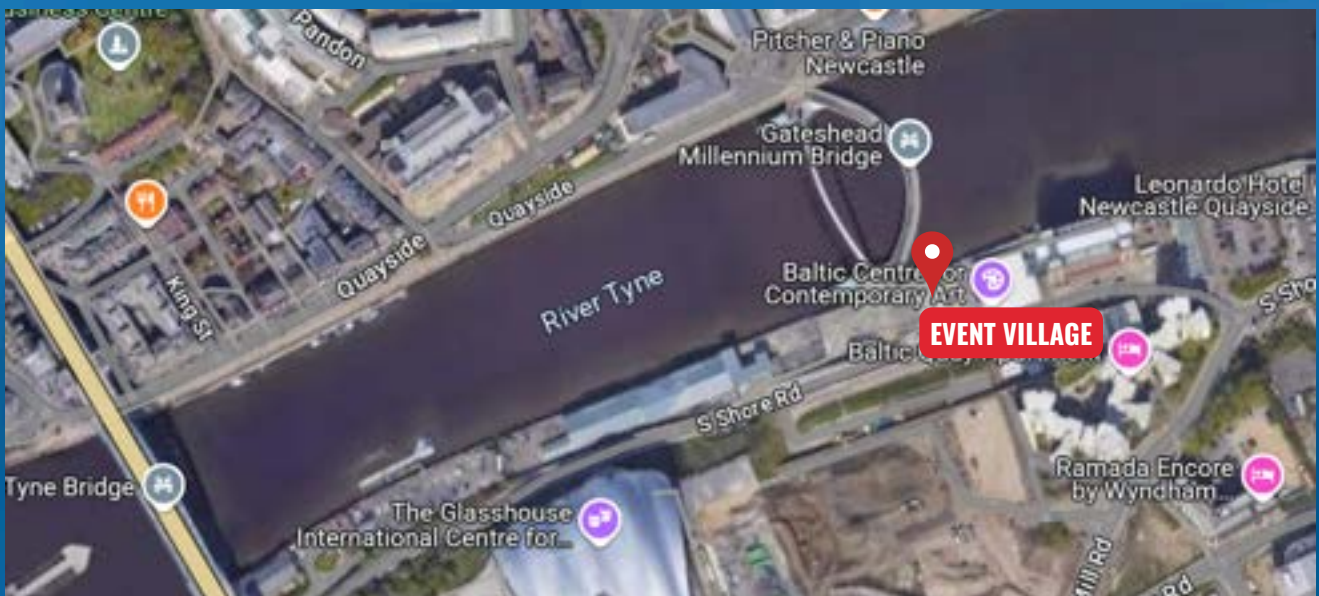
Public Transport:

We encourage runners to arrive by Metro where possible. The closest Metro Station is Gateshead and the closest train station is Newcastle Central Station.

By Car:

There will be no specific Event Parking. There are several large public car parks on the Quayside. Please use available public & private parking on both sides of Newcastle – Gateshead Quayside.

We recommend using [Parkopedia.com](https://www.parkopedia.com) to find a suitable parking spot, should you wish to arrive by car.



what3words

Event Village:

///recent.awake.glory

RACE PACK

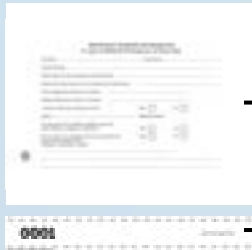
START TIMES

U11s 1k - 6:15pm
Junior 3k - 6:30pm
Terry O'Gara 5k A-Race - 7pm
5k B-Race - 7:30pm

RACE PACK COLLECTION TIMES

U11s 1k: 4:45-5:45pm
3k: 5:00-6:00pm
5k A: 5:30-6:30pm
5k B: 6:00-7:00pm

- On arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Attach your number to the front of your shirt or shorts (we recommend safety pins or magnets).
- Please ensure your bib is on display at all times.
- Your timing chip will be attached to the back of your race bib, please do not tamper with or try to remove this.



INCLUDED:

— BIB NUMBER
& TIMING CHIP

— BAGGAGE LABEL



Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib.

This will help us in case of an emergency!

[CLICK FOR FORM](#)

[CLICK FOR ENTRY LIST & RESULTS](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING



SPECTATORS
WELCOME



TOILETS

There will be portable toilets within the event village along with the toilets located in the Baltic.

BAG DROP

- PLEASE ONLY BRING 1 SMALL BAG WITH YOU.
- There will be an informal bag drop within the Baltic where you can leave 1 bag. YOUR BAG IS LEFT AT YOUR OWN RISK.
- Please pack accordingly, and leave any excess bags/coats with spectators where possible.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our bag drop room.
- Collect your bag after your race.

RACE DAY ETIQUETTE

At RunThrough we are massive advocates that running truly is for anyone. Whatever your ability, gender, age or ethnicity, we're here to support you.

Whilst at a RunThrough event, we hope you feel safe, encouraged and included. In order to achieve this, we have a few simple rules we'd like our runners to follow:

- **Be considerate and respectful to other runners, race staff & members of the public.**
- **Refrain from demeaning, discriminatory or harassing behaviour and speech.**
- **Be mindful of your surroundings and your fellow participants.**
- **Help us keep the course pleasant for everyone by refraining from pushing, spitting and littering.**

If you see or experience anything that challenges these or makes you feel uncomfortable, please don't hesitate to visit our Information tent or speak to a member of our team. (We can be found in Blue High-vis jackets!) Or if you prefer you can email us at info@runthrough.co.uk.

We're always available to deal with any issues, offer support or simply just have a chat! We're on hand to ensure everyone has the best race day experience possible and feels supported throughout the day.

RACE START

We will gather runners in the event village 10 minutes before each race start time.

From here, we will call out estimated finish times to get all runners lined up and ready to run.

Please listen out for and follow our MC and marshal instructions ahead of your race.

DURING THE RACE

There will be marshals all around the course as well as km signs and arrows.

The 5k will follow Green KM signs 1,2,3,4,Finish

The 3k will follow Green KM signs, 1,4,Finish

The U11 route is approximately 1k so won't pass any distance signs.

The course starts on the north side of the River Tyne and follows a flat and fast out and back route along the Quayside, ending with a sprint finish over the Millennium Bridge to finish in the Event Village.

Please be aware that we will have a bike ahead of the lead runner of each distance to clear the route ahead of the lead runners.

*Please note - This event takes place on public paths that may also be used by pedestrians and cyclists. While every effort is made to manage shared use areas and ensure runner safety, including signage and marshal presence, we kindly ask all participants to remain aware of their surroundings throughout the race.

Please be aware this is an evening race, we highly recommend bringing bright high-viz clothing and lights where possible as it will be dark towards the end of the event.

REFRESHMENTS

There will be a bottle of water waiting for you at the finish line.

We recommend bringing your own water to stay hydrated in the lead up to the event.

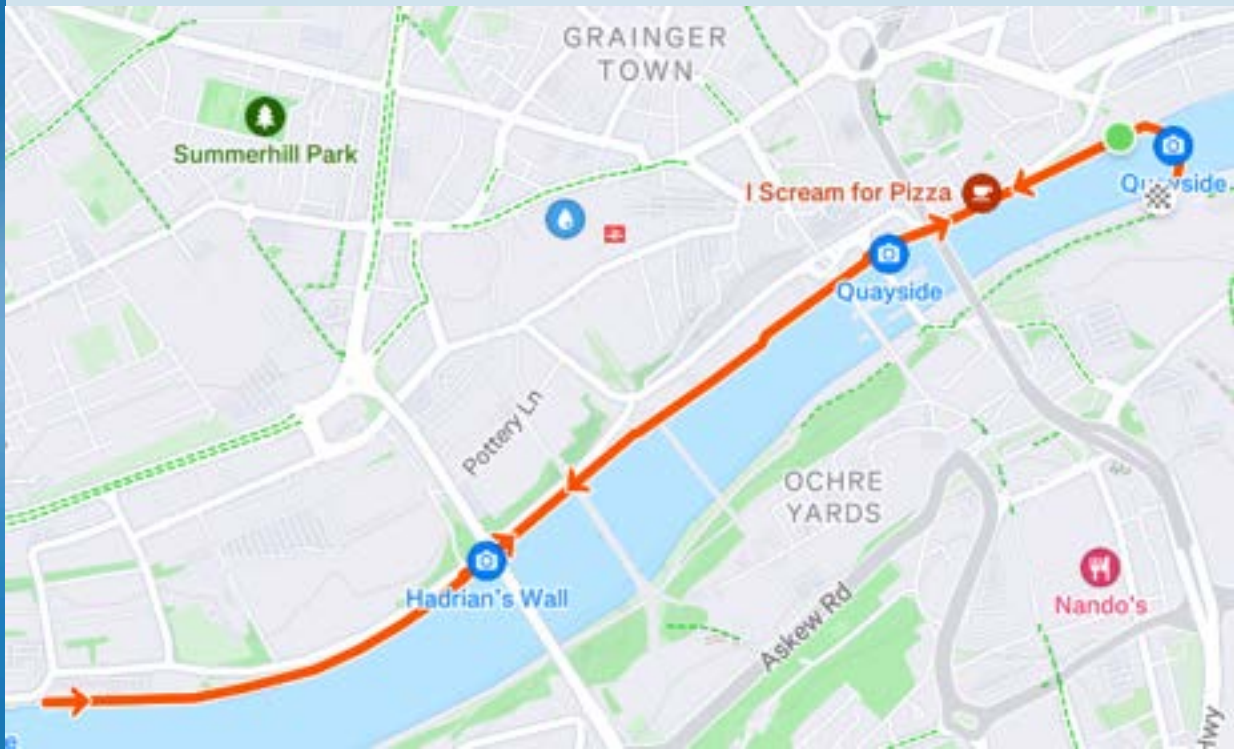
Please note, there won't be a water station on the course.



Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

COURSE MAPS

5K



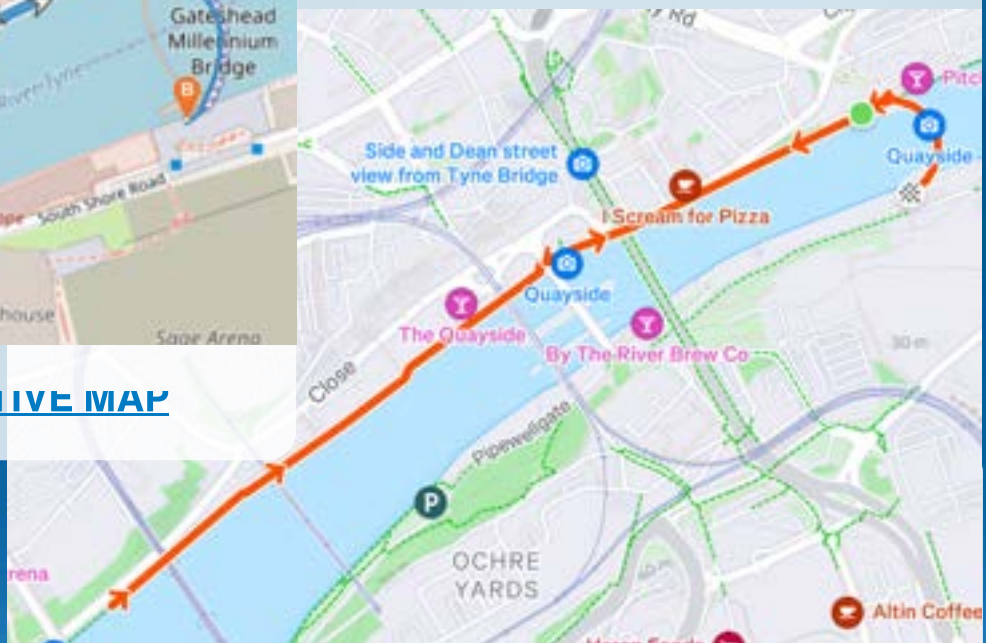
[CLICK FOR INTERACTIVE MAP](#)

UTIS 1K



[CLICK FOR INTERACTIVE MAP](#)

3K



[CLICK FOR INTERACTIVE MAP](#)



THE FINISH LINE

Please continue walking through the finish funnel to collect your medal and all your post-race goodies!

These will consist of a bottle of water and snacks from our sponsors.

PRIZE GIVING

There is a £1000 total CASH prize fund for the Top 5 Men and Women in the A 5k, split as:

1st-£150, 2nd-£100, 3rd-£75, 4th-£50, 5th-£25 + Course Record £100

Men's CR – Ben Connor, Derby: 13m43secs (2025)

Women's CR – Lily Partridge, Birchfield: 15min42secs (2024)

The £20 Cash for the first U13/U15/U17 Male & Female in the 3k race also includes the NECAA Championships with medals for the top 3 eligible Male & Females in each age group.

EVENT T-SHIRTS

If you have purchased an event T-shirt with your race entry, please head to the RT Kit stall on the day of your race, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered a T-shirt, but would like to purchase one, these are available below.

(Please note: Kit purchased within 4 days of the race may not be ready to collect. Any kit not ready for collection will then be posted out.)



[PURCHASE AN EVENT T-SHIRT](#)



JUNIOR 3K & 1K

AGE CATEGORIES

Please check your child is entered into the correct distance race for their age.

From 1st April 2026 onwards the age groups for UKA races have changed to match school year groups- the Quayside races will follow this same new format listed below.

Kids 1km

U10: years 3 and 4

U12: years 5 and 6

Junior Quayside 3k

U14: years 7 and 8

U16: years 9 and 10

If you're not sure or believe to be entered into the wrong race, please email our team at info@runthrough.co.uk

Collect your race pack from registration on arrival.

Your race pack will include your race number, timing chip, and a tear-off wristband. The wristband is to be worn by the parent/ guardian throughout the event (U11 race only).

Meet by the info tent 15mins prior to the start time.

We'll have a group warm and briefing up 10mins prior to the race and walk to the start together.

The U11 race will start at 6:15 and will follow a 1km out and back course. There will be a lead bike and marshals along the course.

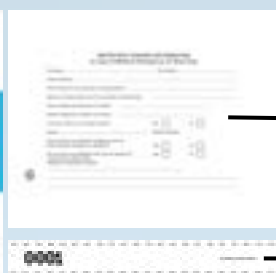
You will finish at the same finish as the other races and be kept in the funnel for parents to collect from here.

Parents/ guardians are welcome to join in, or meet back up at the end.

We will have staff members checking every adult's wristband before letting your child leave the finish funnel. Please have this accessible and visible on collecting your child.

The junior 3k will start at 6.30pm. Any parents are welcome to spectate from the end of the start and finish funnel, but won't be permitted to come all the way in.

When in doubt, keep an eye out for our big blue flag!



INCLUDED:

BIB NUMBER AND
ATTACHED TIMING CHIP

ADULT WRISTBAND

Please note, there will be event photography during the event both within the event village and out on the course. If you do not wish for your child to be photographed or for photos to be published online following the event please inform the team at the information desk when you arrive at the event.

RESULTS & PHOTOS

PHOTOS

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.

Click the camera to visit the page!



SOCIAL MEDIA

Q runthroughuk



Click the icons to visit our pages!

Shoutout your friends, celebrate your achievements and share your story with us! We love to hear from you!



FOR FAQ'S
CLICK HERE

RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK



Any pre-ordered kit can be collected at the RTKit stall, please have your order confirmation ready to show our team.

Check out the RTKit Stall located in the event village.

www.RunThroughKit.com

STRUCTURE

INSPIRATION

SUPPORT

GUIDANCE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.





GET INVOLVED!

VOLUNTEERS

RACE ENTRY CREDITS VALUED AT:

- £40 - 5K/10K
 - £65 - HALF MARATHON
 - £100 - MARATHON/ULTRA
- RT KIT REWARDS ON MULTIPLE EVENTS ATTENDED**



Here at RunThrough we are always looking for likeminded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER

THE FUTURE IS HERE



in the new

GLYCERIN FLEX

The future of running is here, where human movement and tech become one. Feel the freedom of Glycerin Flex, made to move with you so that you can take control of your run. Now you can choose from even more options in the Glycerin for however you want to experience the run.

[Learn more](#)

BROOKS

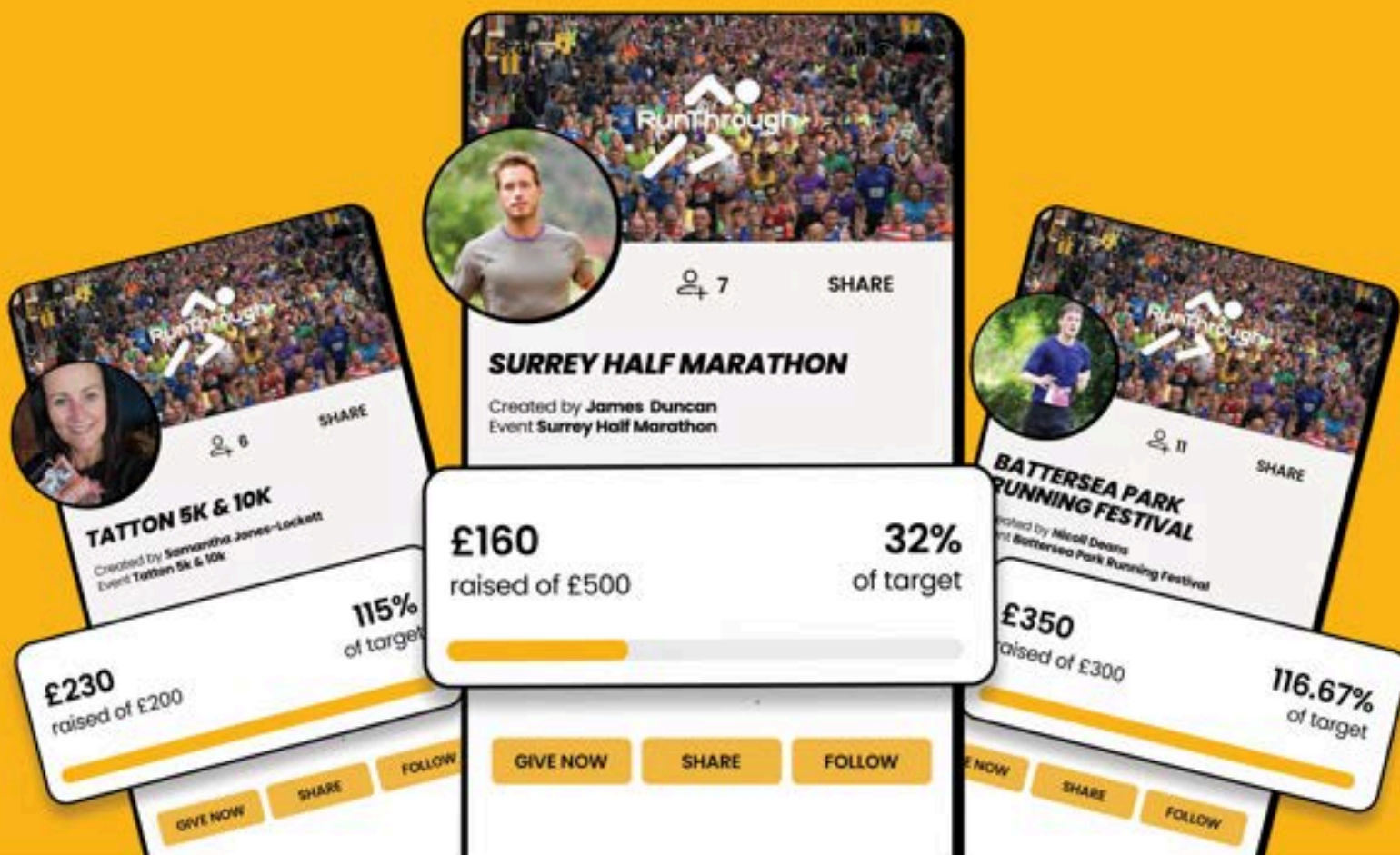


OFFICIAL PARTNER

THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



The image shows three smartphone screens displaying fundraising event pages for Runthrough. The central screen is the most prominent, showing the 'SURREY HALF MARATHON' event. It features a profile picture of James Duncan, 7 participants, and a progress bar showing £160 raised of £500 (32% of target). Below the progress bar are buttons for 'GIVE NOW', 'SHARE', and 'FOLLOW'. To the left, a screen shows the 'TATTON 5K & 10K' event, created by Samantha Jones-Lockett, with £230 raised of £200 (115% of target). To the right, a screen shows the 'BATTERSEA PARK RUNNING FESTIVAL' event, created by Nicolai Deans, with £350 raised of £300 (116.67% of target). All screens feature a 'Runthrough' logo and a 'SHARE' button.



OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



**22G
CARBOHYDRATES**



**ISOTONIC
FORMULA**



**INFORMED SPORT
APPROVED**



**AIM FOR 60G OF
CARBOHYDRATES
PER HOUR**





MAXIMUM STRENGTH PAIN RELIEF FOR SPRAINS, STRAINS AND RUNNING INJURIES



Always read the label



UP TO 12 HOURS OF TARGETED ANTI-INFLAMMATORY



POWERFUL ANTI-INFLAMMATORY TARGETS THE SOURCE OF PAIN



WORKS DEEP IN THE MUSCLE TISSUE FOR A **FASTER RECOVERY***
*vs non-medicated gel.

THE OFFICIAL PAIN RELIEF PARTNER OF RUNTHROUGH

WELCOME TO THE
HOUSE *of* SPORTSSHOES

THE FLAGSHIP RUNNING STORE
IN SHOREDITCH, EAST LONDON.

More than a place to shop - House of SportsShoes is a space to learn, connect and train. Get advanced gait analysis in the in-store Running Lab, experience performance-led events and shop curated collections from world-leading running brands.

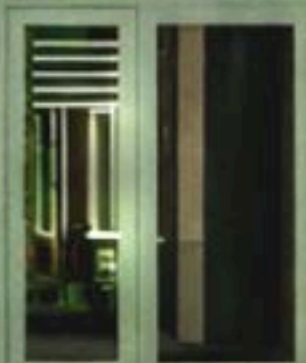
VISIT HOUSE OF SPORTSSHOES AT
133 SHOREDITCH HIGH STREET, LONDON,
E1 6JE.

[Find Out More](#)

HOUSE *of* SPORTSSHOES

133

932 15322



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**OFFICIAL SNACK BAR &
PROTEIN BAR PARTNER**

FOR THE LATEST
INFO ON TREK



FOLLOW US ON
INSTAGRAM
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RUNNING WORKSHOPS

TAKE YOUR RUNNING TO NEW LEVELS

Expert coaching workshops for smarter training
Improve technique & performance
Supportive environment for all abilities

[FIND OUT MORE](#)

**RUNNER
RETREATS**

MORZINE RUNNING RETREAT

21ST-27TH JUNE 2026

YOUR DREAM RUNNING HOLIDAY AWAITS

[FIND OUT MORE](#)



Supported by...



BROOKS



SPORTSSHOES.COM

Interested in supporting an event?

Email: partners@runthrough.co.uk