

EVENT GUIDE



**TOP FLIGHT BMC TRACK MEETS SUPPORTED BY
ENGLAND ATHLETICS NORTH EAST**

**in partnership with Gateshead Harriers & AC
Tartan Games**

**Juniors, Sprints, Pole Vault & 800m
Saturday 15th August 2026**

TRAVEL

Address: Monkton Stadium, Jarrow NE32 5NJ

By Public Transport

The nearest Metro stations:

Fellgate Metro: (10min walk on Sunderland - Newcastle line)

Jarrow Metro: (15min walk on South Shields - Newcastle Line)

By Car

There is free event Parking in Monkton Stadium Overflow Car Park which can be Accessed via Lukes Lane Estate.

If approaching from Pelaw, Bill Quay, Hebburn, & Jarrow (A185) you can access parking via Campbell Park Road.

If approaching from Leam Lane (A194) via A19 or A184, you will be able to access the parking via Mill Lane Roundabout, Mill Lane (B1306), Monkton Lane & Campbell Park Road.



what3words

For the exact stadium village location use the words
///edge.income.nods

RACE START TIMES

13:00pm – 15:00pm Funetics (u10/12 – school years 3,4,5 & 6)

15:00pm – 16:45pm Sprints: 100m, 200m, 400m

16:00pm – Pole Vault

16:45pm – RunThrough Junior Race 1.2km

17:00pm – Top Flight x BMC 800m

If you would like to pace or to withdraw please email the race director: chris.parr@runthrough.co.uk

800m Race Seeding

Races will be transparently seeded with an emphasis on current form and Seasons Best.

Remaining places will be assigned based on combination of:
Seasons Best over 2 years; PB; Current form in complementary events i.e. 800m, 1500m, mile, 3000m, 5k track/road.

This presents a fair and clear pathway to the higher race in future events by finishing high up in the B,C,D races.

Race Director decision is final.

[CLICK FOR ENTRY LIST](#)

WAVES WILL BE PUBLISHED HERE IN THE WEEK OF THE EVENT



Please take a couple of minutes to fill out the brief runner information form on the back of your bib.
This will help us in case of an emergency!

RACE PRIZES

AFTER THE RACE

Please head into the Top Flight area to collect water, post race snacks.

Here we will have runner interviews, and presentation.

There will be a prize giving at 18:30 for the overall top male, female & the Age-Graded winner.

PRIZE MONEY

1st Place male & female £100 (Any time)

Top Flight BMC Time-based CASH prizes

Performances under qualifying time of (for 800/1500/3k):

1m51:00 / 3m47:00 / 8m12 (Men)

2m10:00 / 4m25:00 / 9m35 (Women)

1st £150*, 2nd £100, 3rd £75, 4th £50, 5th £25

*in addition to race win = £250 total

NB. Time-Based bonuses based on published UK Top 100 Performance Targets on PowerOf10 Ranking lists 2026

Best Age-Graded Performance Bonus

The best age graded points performance will be paid a bonus of:

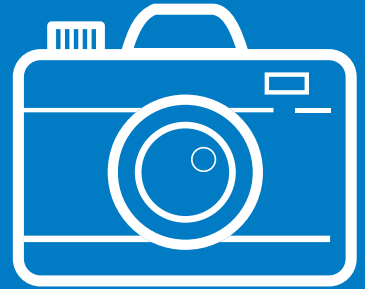
£100

This is one bonus for the combined results of all age groups combining male and female performances in all Track & Field events.



PICTURES

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 MEDIAS



To listen to all things TopFlight, RunThrough and inspiring stories, check out the TopFlight Shows!



If you #TopFlightRaces on Instagram with your race day collages, the best ones will feature on our page!

You can also watch the full livestream of the races as they are taking place here!



click the icons to visit our pages!

RESULTS AVAILABLE AT:
data.opentrack.run

SPECTATORS COFFEE



We will have a coffee van along with our RunThrough Kit stall at the 100m start.

TOILETS



For this event we will use toilets located in the stadium and clubhouse.

TF

TOP FLIGHT

By RunThrough 



SPORTSSHOES.COM