

EVENT GUIDE



Quayside 5k & 10K

Wednesday 6th August 2025



YOUR RACE EXPERIENCE



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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



SOPHIE



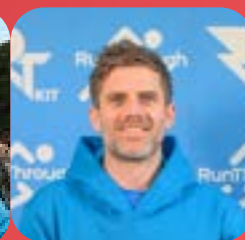
JAMES



BEATRICE



JASON



CHRIS



JACOB

TRAVEL

Address: Quayside, Newcastle upon Tyne, NE1 3DE

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.

By Public Transport:

The closest Metro Station and train station is Newcastle Central Station and there are several large public car parks in Newcastle & Gateshead within a short walk of the event. There will be NO specific Event Parking.

We encourage runners to arrive by Metro or to use available public & private parking on both sides of Newcastle – Gateshead Quayside.



what3words

[Event Village:](#)

[///basis.cloud.divide](https://basis.cloud.divide)

RACE PACK

Start Times

5k - 18:45pm
10k - 19:15pm

Race Pack Collection Times

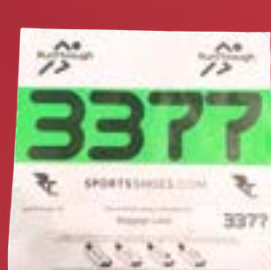
5k - 17:15- 18:15pm
10k - 17:45- 18:45pm

PLEASE NOTE THE 10K A & B RACES HAVE BEEN COMBINED INTO 1 RACE STARTING AT 19:15AM.



**FOR ENTRIES BEFORE THE 17TH JULY,
YOUR RACE PACK SHOULD ARRIVE BY POST**

- If your pack hasn't arrived or you've entered after this date, 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 (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, tear this off and slot into your shoe laces.



Included

Bib number

Baggage Label

Timing Chip

**CLICK FOR ENTRY
LIST & RESULTS**



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

Step 1



Step 2



Step 3



Step 4



EVENT VILLAGE

FACILITIES

Toilets



Refreshments



Parking nearby



**Spectators
Welcome**



BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the Event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop area.
- Collect your bag after your race.



TOILETS

There will be portable toilets located by the Pitched and Piano on Newcastle quayside.

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 and race staff.**
- **Refrain from demeaning, discriminatory or harassing behaviour and speech.**
- **Be mindful of your surroundings and your fellow participants.**

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.



WARM UP & 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.

DURING THE RACE

We will have marshals all around the course as well as distance signs and arrows.

The 5k will follow Red KM signs 1- 4

The 10k will follow Green KM signs, 1 - 9 - 2 Laps

The course take in the famous landmarks of the Newcastle Quayside passing the Swing Bridge and under High Level Bridge, Queen Elizabeth II Bridge, King Edward VII Bridge & Redheugh Bridge, before returning the same way. You will run under the world famous Tyne Bridge & finish by Gateshead Millennium Bridge.

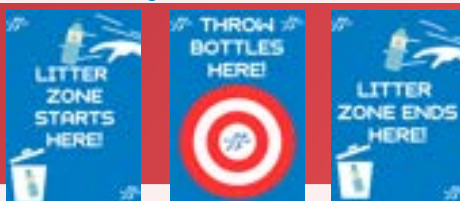
Due to the nature of a lapped course we ask that you remain to the right of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your left and ensure not only the safety but allow for the best experience throughout the race.

Please also be aware that we will have a safety bike ahead of the lead runner of each distance to prevent any collision around the laps. They will be vocal when coming towards you from behind so be sure to listen out for any additional instructions.

*Please note - This event takes place on public paths that may also be used by pedestrians. 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 drain and discard all litter and emptied bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

**LOOK OUT FOR THE
LITTER ZONE SIGNAGE!**



REFRESHMENTS

There will also be a bottle of water at the start of the second lap on the 10k. The 5k won't pass a water station.

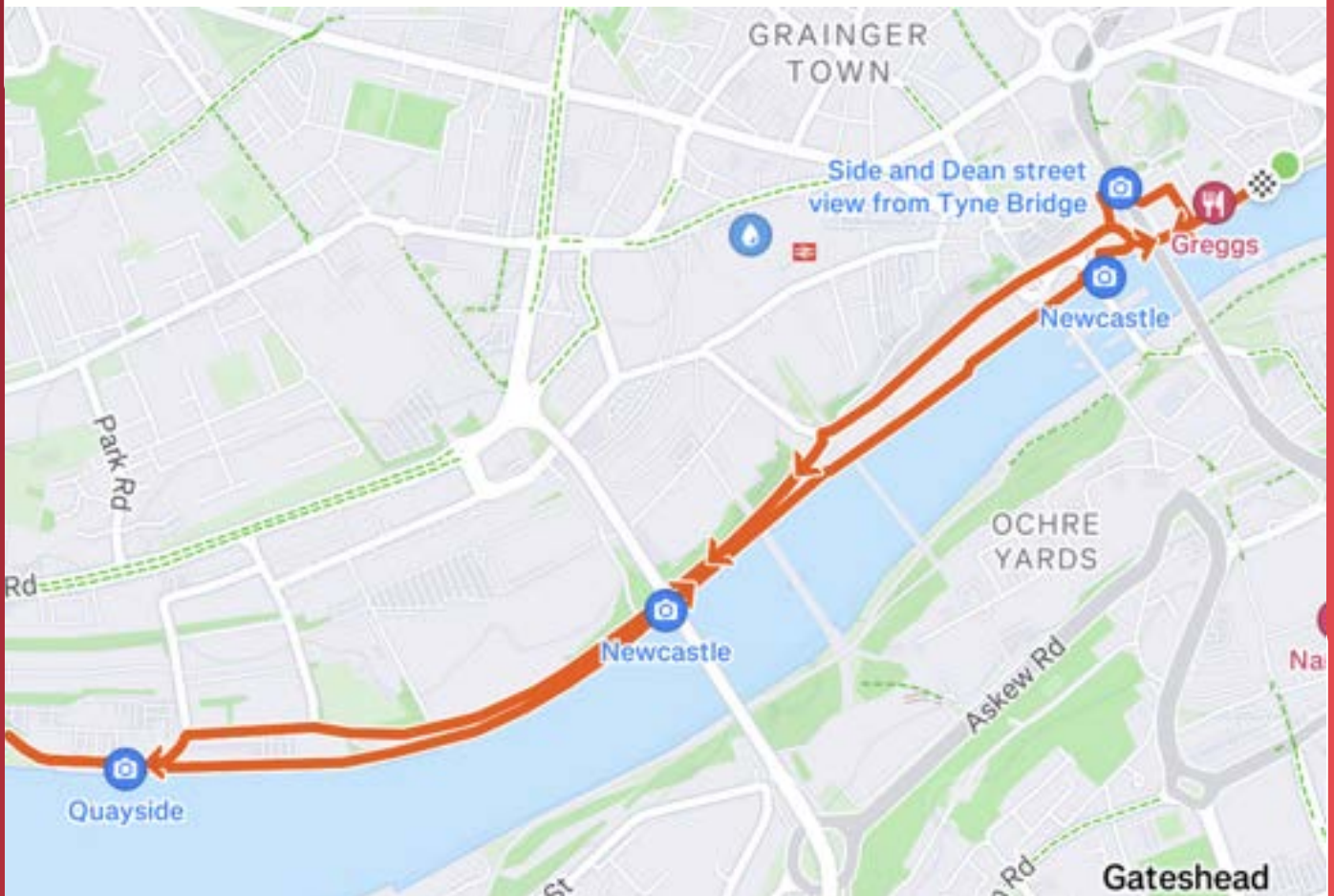
There will be water provided at the finish line.

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

COURSE MAPS



5K - 1 Lap
10k - 2 Laps



[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.



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



TOP FLIGHT RACES



**Series Prize
Pot
£60,000**

UPCOMING RACES

CHESHIRE HALF

14th September 2025

JARROW 10K

19th October 2025

FULHAM 10k

16th November 2025

RIBBLE VALLEY

28th December

What is the Top Flight Race Series?

Top Flight by RunThrough is a 12-race series across the UK, designed to support elite-level athletics by offering high-quality competition opportunities and rewarding top performances. Each race features an elite prize structure, with additional rewards for the overall series standings.

Scoring System

Points are awarded as follows:

- 1st – 25 points**
- 2nd – 18 points**
- 3rd – 15 points**
- 4th – 12 points**
- 5th – 10 points**
- 6th – 8 points**
- 7th – 6 points**
- 8th – 4 points**
- 9th – 2 points**
- 10th – 1 point**

Each athlete's best three scores count towards their final series total.

Tie-Break Criteria

In the event of a tie on points:

1. Head-to-head result at the series finale (Ribble Valley 10k) determines placing.
2. If still tied, individual head-to-head record and best time over the same distance are considered.
3. If records remain identical, prize money for that position is split.

Series Eligibility

To qualify for the overall series prize money, athletes must :

1. Compete in and finish at least three races.
2. Score in at least one race.
3. Achieve a Top Flight entry standard in at least one race.

Series Standings

Men's

	POINTS
OMAR AHMED	68
SAMUEL GEBRESELASSIE	65
BEN CONNOR	43
CAMERON ALLAN	25
PHIL SESEMANN	25
TOM HOOGEBOOM	24
FINN BRODIE	19
JONATHAN CORNISH	18
BLAKE MOORE	18
LOGAN REES	18

Series Prize Money

1st - £1,000
2nd - £700
3rd - £600
4th - £500
5th - £400
6th - £300
7th - £250
8th - £200
9th - £150
10th - £100



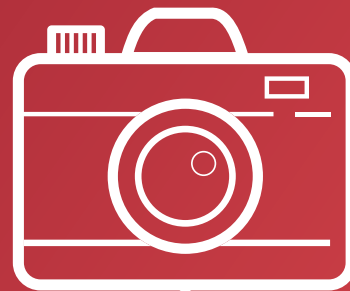
Women's

POINTS

ALEXANDRA BELL	50
CAMILLA MCKNESPIEY	25
JESS GIBBON	25
ISABEL CLARK	25
ELI-ANNE DVERSGAL	25
NATASHA PHILLIPS	25
MOLLIE WILLIAMS	18
LAUREN HALL	18
MEGAN HUGHES-HALLET	18
SOPHIE TOOLEY	18

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!



Please check out our X account @runthroughuk and use the hashtag #Runthroughuk in the build-up to the race.



If you want to talk all things running before and after the event join our RunThrough NorthEast Facebook Page.



To listen to all things running, RunThrough and inspiring stories, check out the Gone Running Podcast!



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

click the icons to visit our pages!

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

Click the QR to fill out the form with your event day shoutout requests!



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

GET INVOLVED!

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

PACERS & FINISH LINE FRIENDS

- FREE RACE ENTRY
- £10 RTKIT VOUCHER

VOLUNTEERS

- £10 RTKIT VOUCHER
- £65 RACE CREDIT



WWW.RUNTHROUGH.CO.UK/VOLUNTEER

F.A.QS

How will my results show?

Results will be listed in Gun Time order (time from the start of the race, to you finishing). You will also be able to see your Chip time (the exact time from when you cross the start line to your finish). The difference between times may be due to it taking a few minutes to get everyone over the start line.

Your category is determined by your age, anyone under 35 is classed as a senior, 35+ will be listed as Vets in 5yr increments. This will further be categorised as Female, Male or Open (All non-binary, or those who prefer not to say).

What is the minimum age for this event?

10k- 15 | 5k - 11

I can no longer make the event, can I get a refund?

We are sadly unable to refund or transfer your entry within 14 days of the race as your race pack and everything associated with your entry fee including your timing chip, and post race goodies have already been paid for by this time. We'd love for you to run virtually and we can post out your goodies!

Can I transfer my entry to a friend or swap distance?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed.

Am I allowed to wear headphones?

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.

When will I get the add on RTKit I ordered with my entry?

This will be available to collect at the T-shirt collection desk on the day. Please have your email confirmation ready to show to our staff.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! You're more than welcome to walk around the quayside, however if you're following the race route, we ask spectators to be respectful of other runners on the paths.

Will there be a prize giving?

There will be a prize giving for both races. There will also be prize money for the 5k inline with the top flight series which can be seen [HERE](#).

1st in each age group can expect an email reward in the week following the race. There will also be prize money (£200- 1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times:

10k - Men's Sub 30:30 mins & Women's Sub 34 mins

Please note, there won't be a prize giving for the 10k on the day.

Check out our podium and photo wall to get your celebratory pictures!



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*vs non-medicated gel.

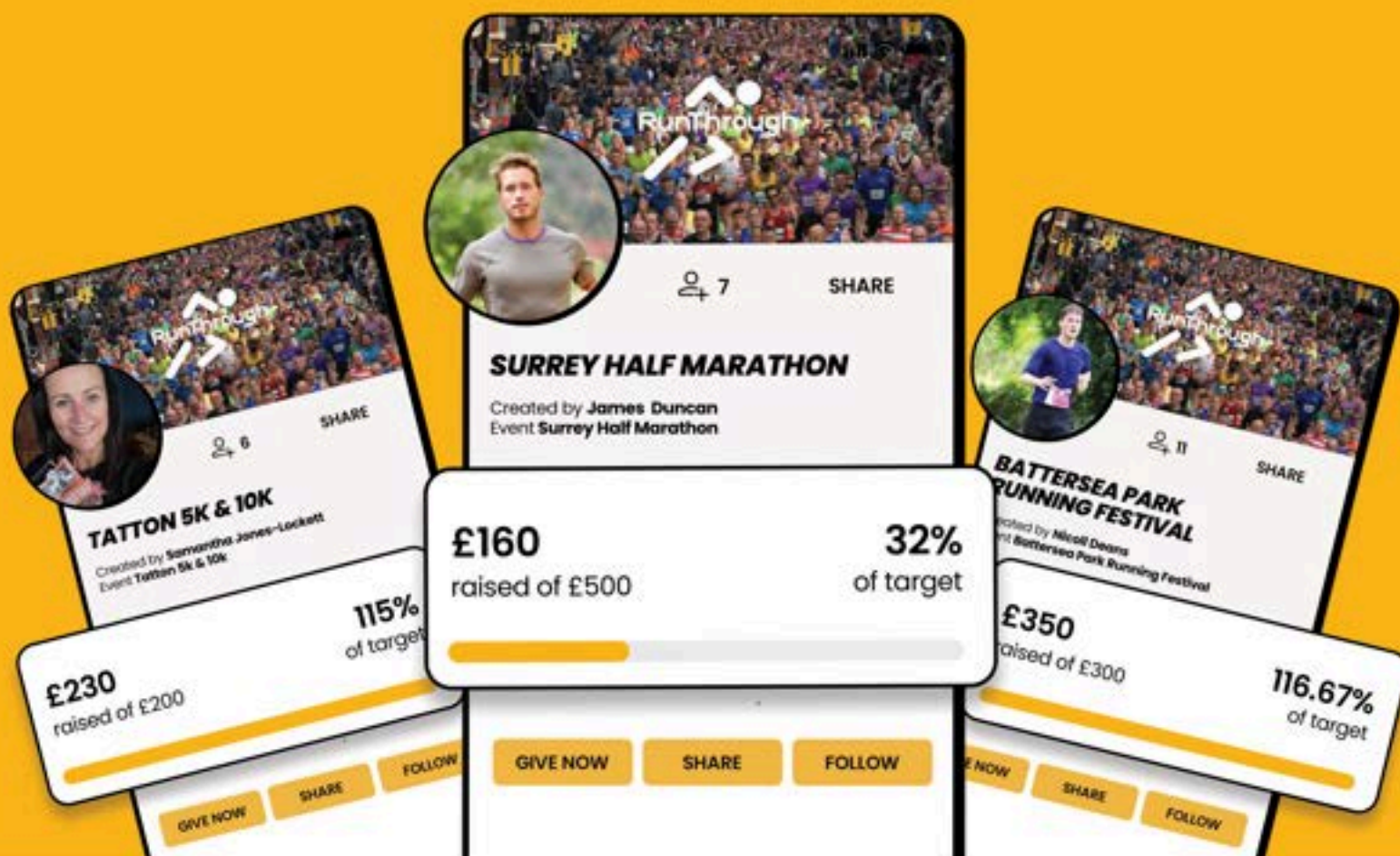
THE **OFFICIAL PAIN RELIEF** **PARTNER** OF RUNTHROUGH



THEY'RE MAKING A DIFFERENCE, ARE YOU?

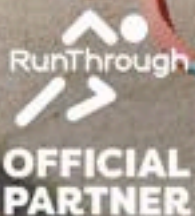
Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



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Bose Ultra
Open Earbuds

* Testing conducted by Bose with audio playback at a loudness of 75 dBA. Battery life varies based on settings and usage.

⁺nuun

HYDRATION

Hydration starts here



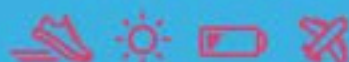
SPORT



Fuel your work out with electrolytes. Before, during and after exercise.



ULTRA



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Hydrate your journey, embrace the challenge and make every step count!

Good Luck Runners!
You've got this with Nuun Hydration!



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Carbohydrate-electrolyte solution enhances the absorption of water during physical exercise.

RUNTHROUGH TRAINING PLANS

POWERED BY

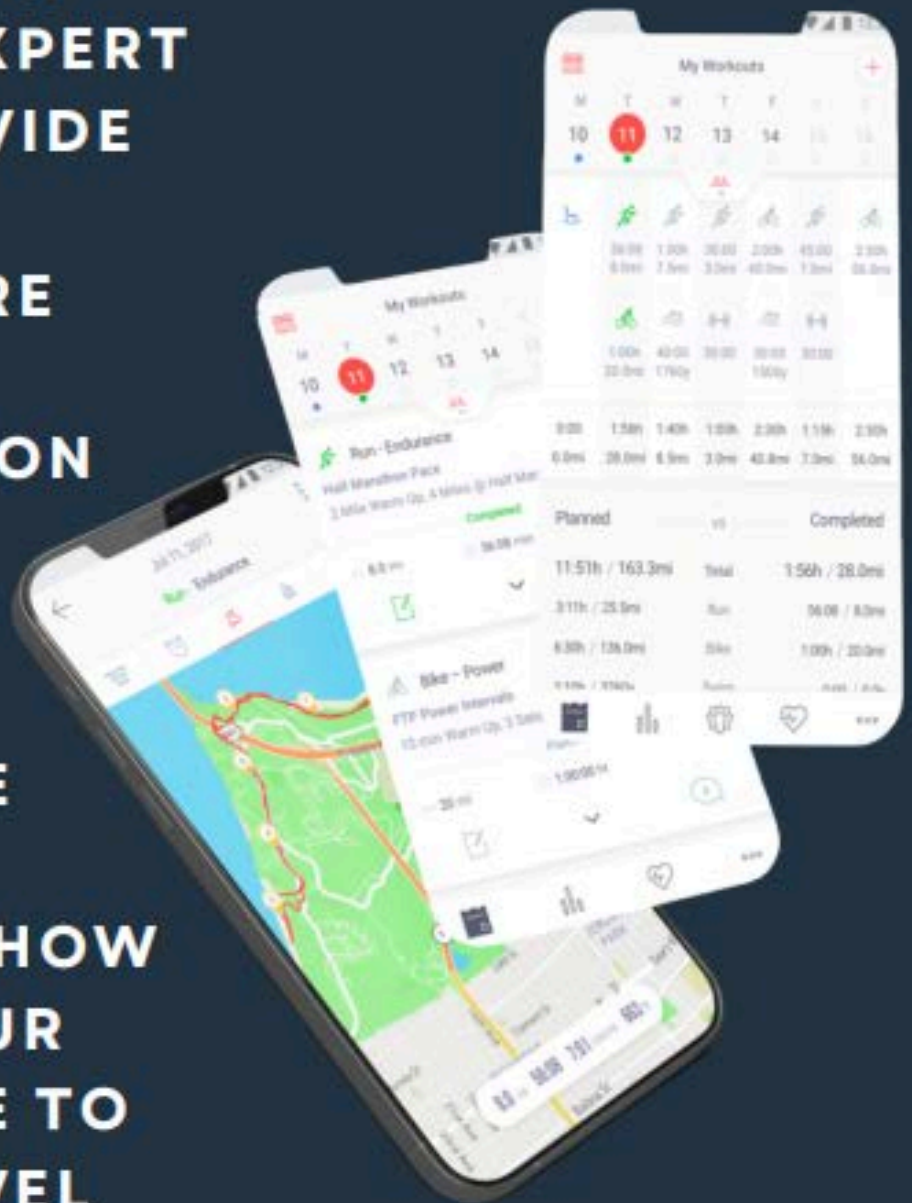


REAL COACHES FOR
REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

- ✓ STRUCTURE
- ✓ INSPIRATION
- ✓ SUPPORT
- ✓ GUIDANCE

SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

START TRAINING TODAY





**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

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