



NEWCASTLE HALF MARATHON & 10K SUNDAY 12TH JULY 2026

EVENT GUIDE





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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



JAMES

CHRIS

JASON

TRAVEL

Address: Kingston Park Stadium, Brunton Rd, Kenton Bank Foot, Newcastle upon Tyne NE13 8AF

By Car:

As the race route crosses the on-site parking exit, the car park will close for entry at 8:00am and will reopen for exit at 12noon.

If you would like to stay on site in the Event Village or are expecting to run the Half Marathon in 2hrs or over, then this would be a good place to park.

If you are running the 10k or are expecting a quicker finish time for the Half Marathon then you may choose to park in the large public car parks at Kingston Park.

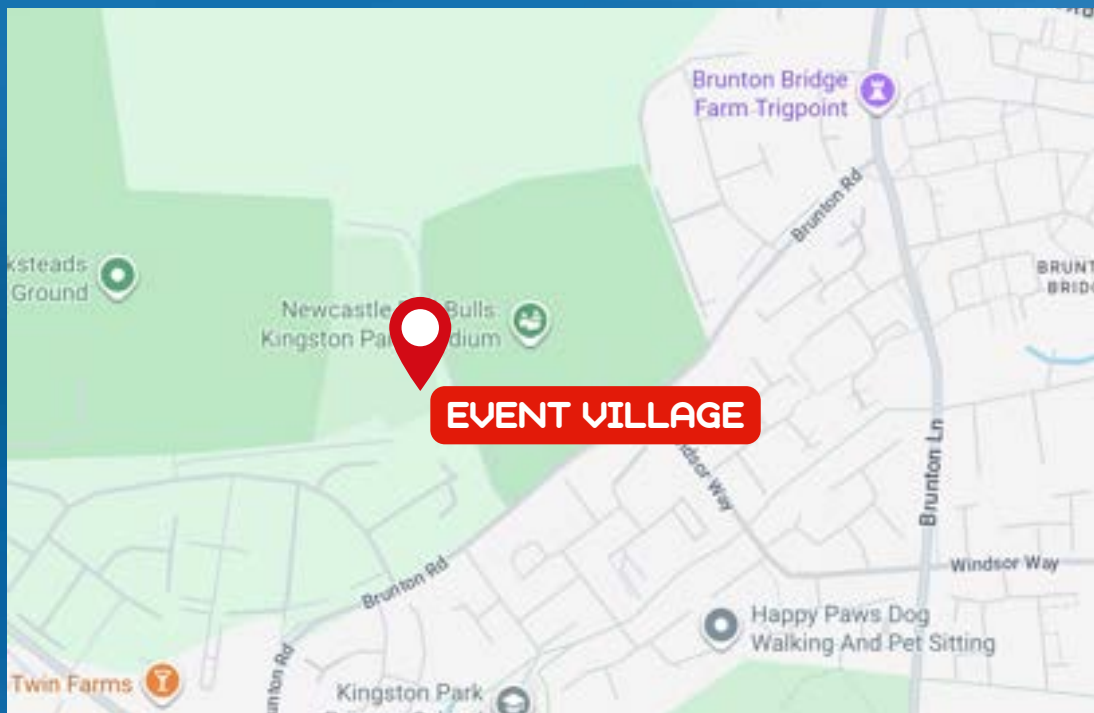
Please note that some of these car parks have a 3hr maximum stay – please read the signage.

If utilising on-street parking, please respect residents access.

By Public Transport:

We advise travelling to and from the event by Metro. The closest metro stations are Kingston Park & Bankfoot which are both within a 5-minute walk from the event venue.

There is a Park & Ride at Callerton Park Metro Station and others on the metro network.



what3words

Event Village:

[///crisis.dangerously.carbon](#)

RACE PACK

START TIME

9:00am

RACE PACK COLLECTION TIMES

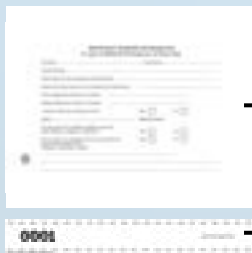
7:30-8:30am



FOR ENTRIES ON OR BEFORE THE 24TH JUNE YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 8th July please email us at info@runthrough.co.uk and we'll make sure you have a replacement to collect on the day.

- If you've entered after the 24th June, 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 are toilets on-site in the West Stand of the Stadium.

If you live locally we recommend using toilets at home.

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 marquee.
- 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.

WARM UP & RACE START

We will have a warm-up in the event village 15 minutes before the start.
From here, we will call out estimated finish times to get all runners lined up and ready to run.
BOTH RACES WILL START TOGETHER.

DURING THE RACE

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

10K will follow Green km signs 1-9.
HM will follow Yellow mile signs 1-13.

Starting and finishing at the Newcastle Red Bulls home ground – Kingston Park, these road closed courses take in the beautiful countryside lanes around Newcastle Airport and Dinnington.

Please drain and discard all litter and bottles within the signed litter zone, shortly after each water station. There are no road sweepers, our event team picks up all litter by hand, so please help them to keep the course litter free for other runners and the local community.

A limited number of SiS gels will also be provided at the 2nd Half Marathon water station. If you choose to take a gel or provide your own, please retain the packets and tear off tops on your person, or discard within the bins provided. With respect for the marshals, venue and environment, littering of any kind won't be tolerated.

Due to road closures in place, please contact us at info@runthrough.co.uk if you plan to take more than 3hrs as we may need to make special arrangements on the course and in the event village.

WATER STATIONS

The Half Marathon will pass 3 water stations, at approximately 5k, 11k and 16k. The 10k will pass 1 water station at 5k. Please help yourself to these as you pass.

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

We recommend bringing your own water and nutrition/gels to help you stay hydrated and fuelled before and during the event.

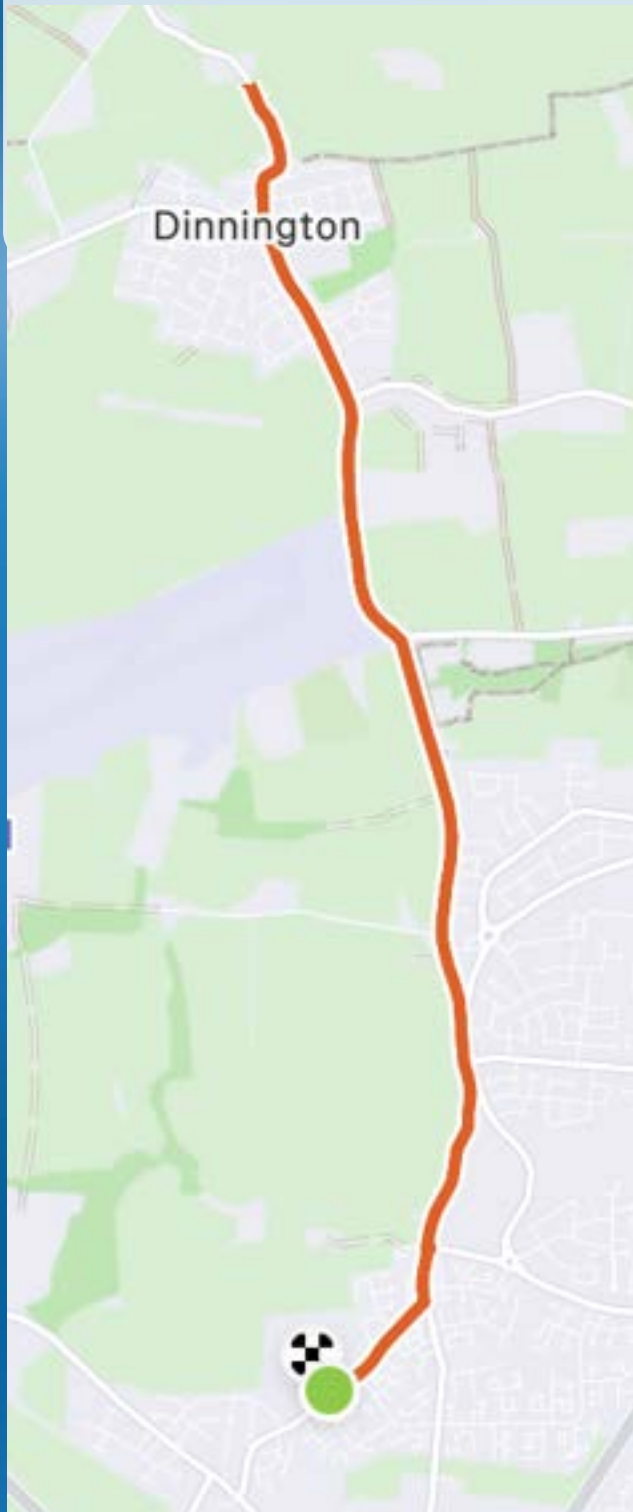


Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

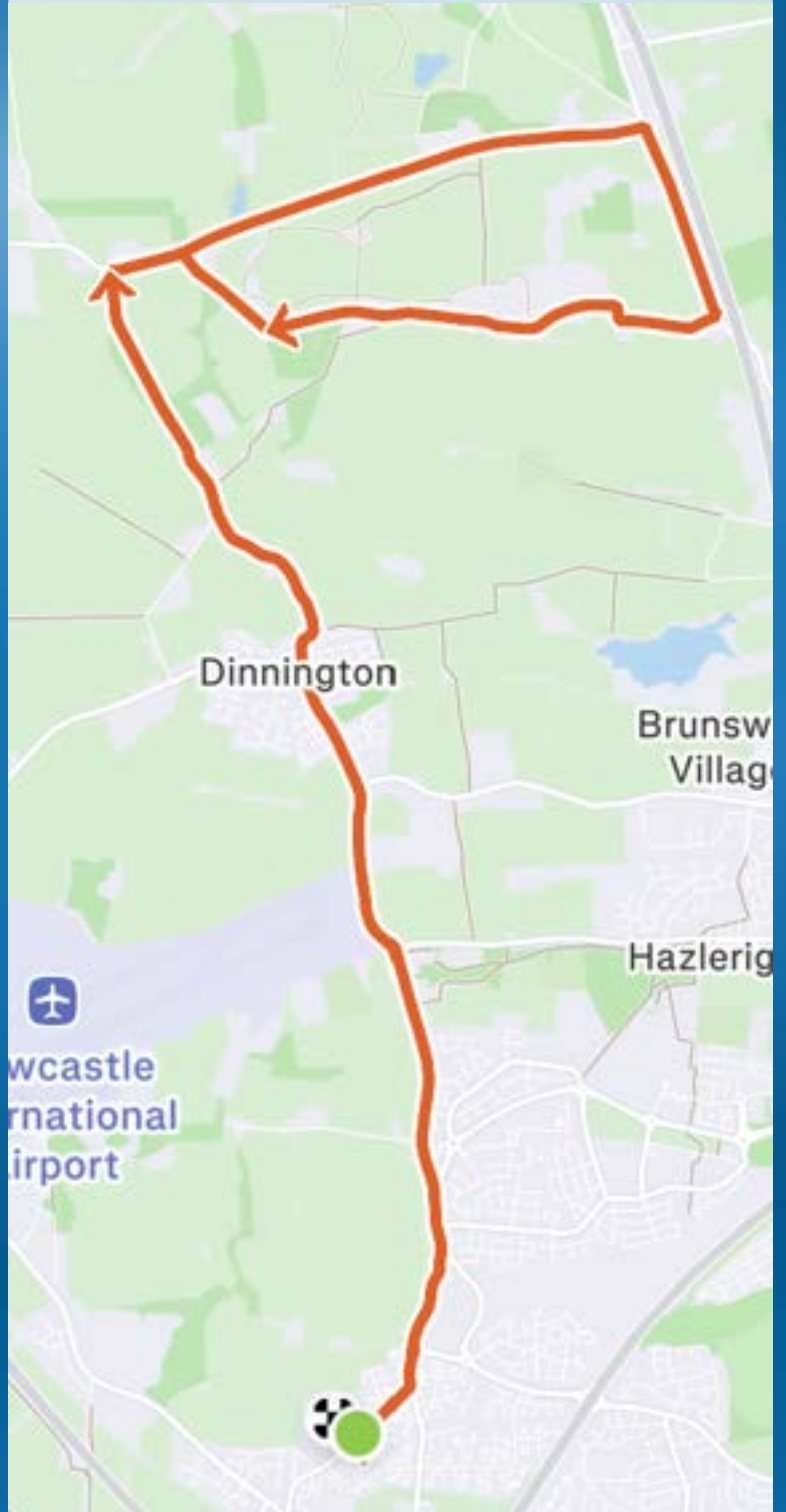
LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAP



[CLICK FOR TOK INTERACTIVE
MAP](#)



[CLICK FOR TOK 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.



THE MEDAL



EVENT MERCH

If you have purchased an event T-shirt or hoodie 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 kit, but would like to purchase some, 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 HERE



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!



Click to see our FAQ's or chat to our AI assistant for instant answers, or request to speak with a member of our team if you need further support.

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

RUNTHROUGH RANKINGS

Find your times, follow your progress and watch the small wins add up across the RunThrough community at www.RunThroughRankings.com



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15% off for RunThrough runners
Use code: RTEVENTS15

SHOP THE FULL RANGE

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 like-minded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER



SUMMER TRIPLE SERIES

THREE MONTHS, THREE EVENTS, ONE EPIC ACHIEVEMENT.



JUNE

Run any eligible
RunThrough
event

JULY

Run any eligible
RunThrough
event

AUGUST

Run any eligible
RunThrough
event

RUN ONE EVENT IN **JUNE**
ONE IN **JULY**
ONE IN **AUGUST**

EARN YOUR SUMMER TRIPLE SERIES MEDAL!



SIGN UP FREE

Get a 10% discount code to use on any eligible June, July or August event.



COMPLETE ALL THREE

and earn your exclusive Summer Triple Series Medal.



NO ADDITIONAL COST

Just run and get your extra medal at the end of summer!



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Vitamin B12 contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.



Find your gold

Food supplement for adults. Do not exceed the daily recommended dose. Do not use as a substitute of a varied & balanced diet, and a healthy lifestyle. For directions for use, refer to product label.

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.

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[Find Out More](#)

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BROOKS

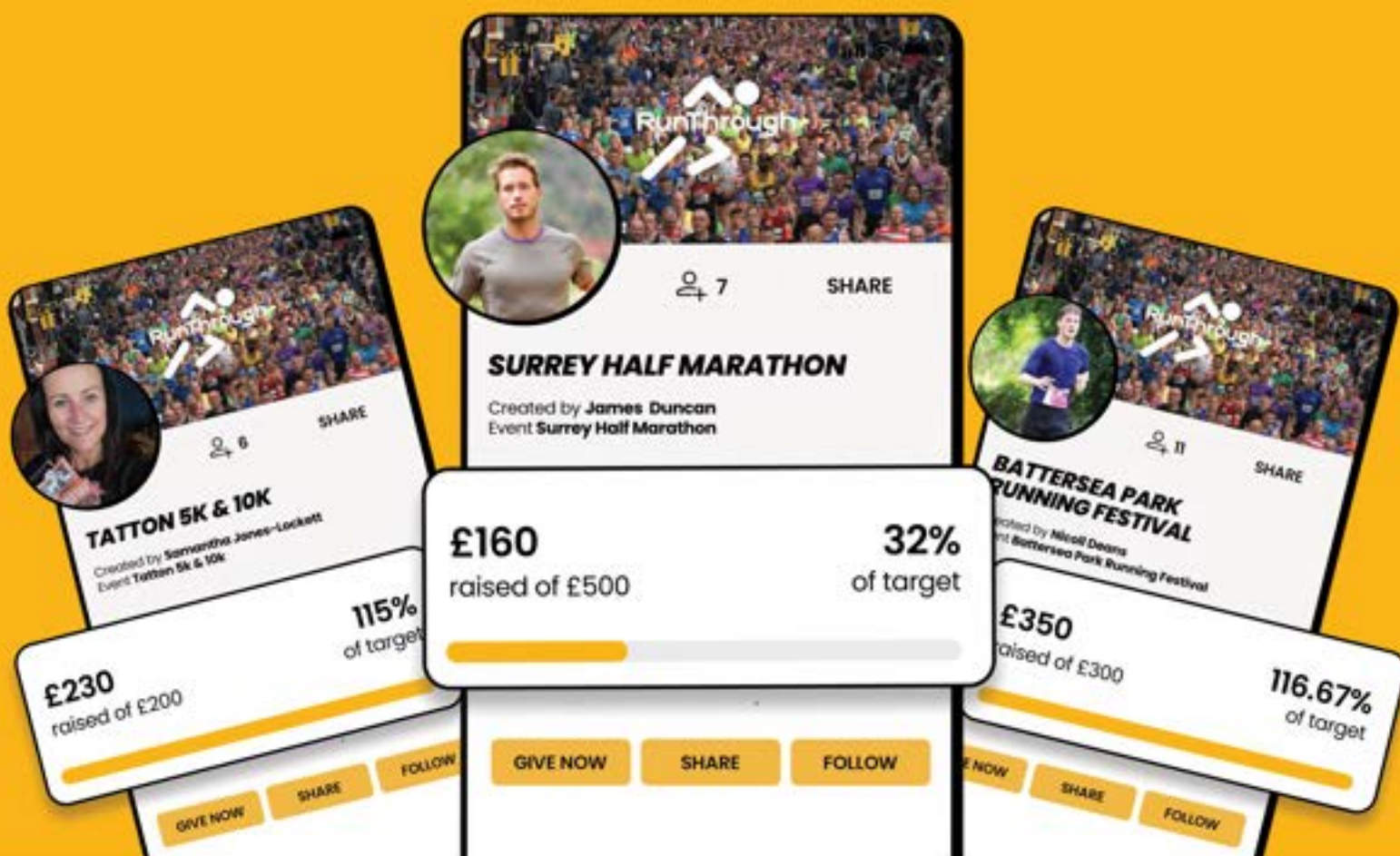


OFFICIAL PARTNER

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





MAXIMUM STRENGTH PAIN RELIEF FOR SPRAINS, STRAINS AND RUNNING INJURIES



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ANTI-INFLAMMATORY



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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



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