



QUAYSIDE 5K & 10K INC TOP FLIGHT

WEDNESDAY 5TH AUGUST 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



SARAH

CHRIS

TIM

JASON

TRAVEL

Address: Quayside, Newcastle upon Tyne, NE1 3DE

Parking:

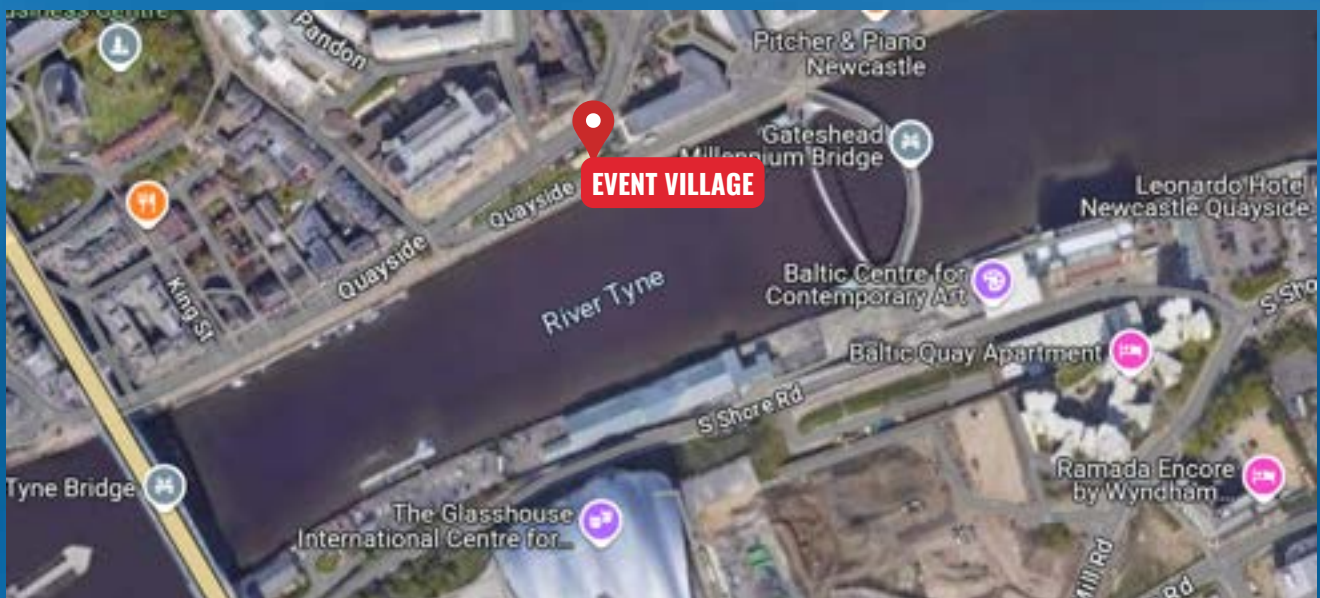
There will be no specific Event Parking.
There are several large public car parks on the Quayside.
Please use available public & private parking on both sides of Newcastle – Gateshead Quayside.

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

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://www.basis.cloud/divide)

RACE PACK

START TIMES

5K 18:45

10K 19:15

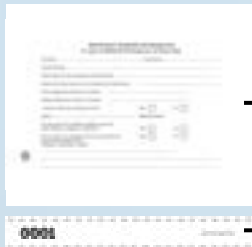
RACE PACK COLLECTION TIMES

5K 17:15-18:15

10K 17:45-18:45

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

- 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 NEARBY



**SPECTATORS
WELCOME**



TOILETS

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

BAG DROP

- PLEASE ONLY BRING 1 SMALL BAG WITH YOU.
- There will be an informal bag drop within the Event Village 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 area.
- 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

From the event village runners will be walked to the start line.

There will be a mass warm up held at the bandstand before calling runners to line up in pace order.

Due to the nature of this course we will be calling all runners to the warm up area ahead of the 5k race to ensure the running route is clear and safe.

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

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 bottles within the signed litter zone, which will be shortly after the 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.

Please note, there is a 90min Cut off on the 10k race, due to road closures in place. If you think you'll take longer than this time, please email in to info@runthrough.co.uk to discuss your options.

WATER STATIONS

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

There will be water provided at the finish line.

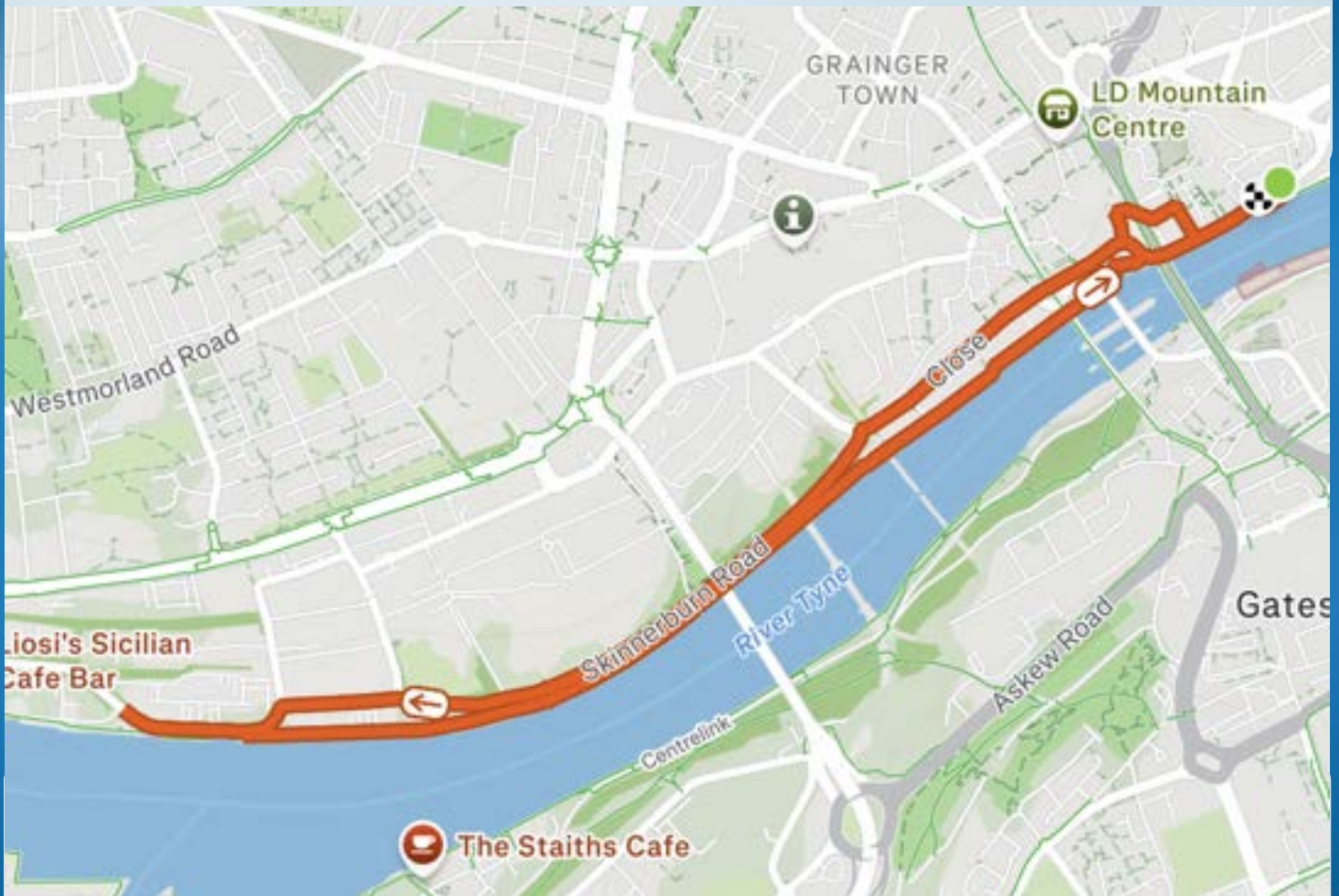
We recommend bringing your own water to stay hydrated in the lead up to the event.

COURSE MAP

1 lap of the course

10K - 2 LAPS

5K - 1 LAP



[CLICK FOR 5K INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)



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!**





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



TOP FLIGHT RACES

BATTERSEA PARK CHASE THE SUN 5K



**Series Prize
Pot
£60,000**

UPCOMING RACES:
SEPTEMBER- ALTRINCHAM 10K
OCTOBER- MBNA CHESTER
MARATHON
OCTOBER - JARROW 10K
NOVEMBER - FULHAM 10K

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 each scoring race.

Men's Leading Entries

Kevin Campbell	13:50
Joe Firth	14:18
Chris Coulson	14:21
Joseph Niven	15:09
Marc Brown	14:28
David Green	14:34
James Bowness	14:36
Lewis Timmins	14:40
Jack Douglas	15:11
William Ewens	15:32
James Anderson	15:35
Andrew Brown	15:45



Click to watch our pre race show & the Livestream!

Here, you can find out more about the series and all the athletes in the race, along with watch the race live on race day!

Women's Leading Entries

Emily Haggard Kearney	15:14
Alexandra Bell	15:24
Fiona Everard	15:30
Steph Pennycook	15:43
Jemima Elgood	15:45
Megan Stenhouse	16:20
Lydia Turner	16:21
Sarah Potter	16:26
Charlotte Van Zelst	16:48
Anna Pigford	17:49
Alexis Dodd	17:59





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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

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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**

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Medal.



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summer!

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IN RUNNING**



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BROOKS

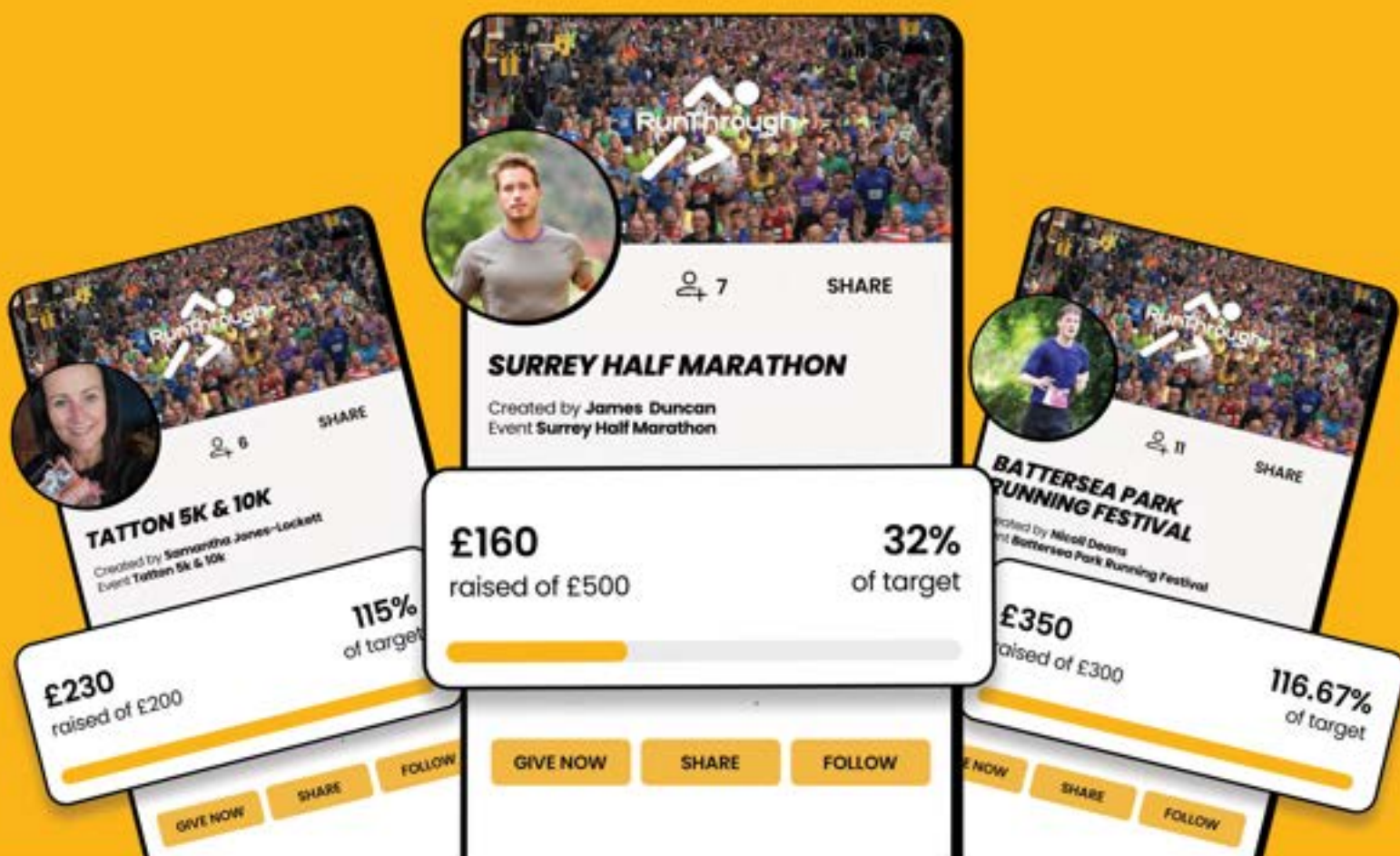


OFFICIAL PARTNER

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*vs non-medicated gel.

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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.



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Improve technique & performance
Supportive environment for all abilities

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RUNNER
RETREATS & TOURS

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ZURICH NOVOO ZURICH

AMSTERDAM

MARATHON & HALF MARATHON
TOUR

16 - 19 OCTOBER 2026

SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

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Interested in supporting an event?

Email: partners@runthrough.co.uk