

# EVENT GUIDE



## Gateshead Half Marathon and 10k

Sunday 30th April 2023



## RACE PACKS

Start Time:

9:00am



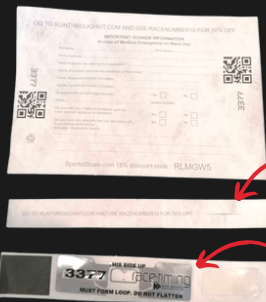
Race Pack  
Collection Time:

7:30-8:30am

**\*\*IF YOU'VE ENTERED PRIOR TO THE 14th APRIL YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST\*\***

- If you've entered after this date or your pack hasn't arrived you will be assigned a number at registration.
- 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.

[CLICK FOR ENTRY LIST](#)



Included:

Bib number

Baggage Label

Timing Chip



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!



Step 1



Step 2



Step 3



Step 4





## RACE START

We will have a warm up on the track 15 minutes prior to the start of the race.

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

## DURING THE RACE

This closed road Half Marathon and 10k will start at Gateshead International stadium, and takes in the famous landmarks of Gateshead including Gateshead Millennium Bridge, Sage Gateshead, BALTIC, Tyne Bridge, Swing Bridge and finishes in the iconic Gateshead International Stadium.

There will be distance signs, directional arrows and plenty of helpers along the course to keep you on track and encourage you all the way to the finish line.

Half Marathon runners will follow yellow mile markers 1-13, whilst 10k runners will follow green km markers 1-9.

The Half marathon follows 2 laps of the 10k course, with an additional out and back section on the 2nd loop.

Please discard all litter and bottles within the signed litter zones. There will be large bags and bins within these sections, just past the water station.



## REFRESHMENTS

There will be a water station at the 5k/3 mile point for both races, and also at 6 miles and 9 miles along the half marathon route.

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

We recommend staying hydrated in the lead up to the event.



## COURSE MAP



## CLICK FOR INTERACTIVE MAPS

## AFTER THE RACE

Please continue through the finish to collect your medal and goodies!

There will be a prize giving for the top 3 male and female finishers, by the finish line at 9:45 for the 10k and at 10:45 for the Half Marathon.





A man and a woman are running on a paved path outdoors. The man is on the left, wearing a black long-sleeved top, black shorts, and grey running shoes with orange soles. He is wearing blue-tinted sunglasses. The woman is on the right, wearing a light grey hooded jacket, black leggings, and grey running shoes with orange soles. She is wearing a black cap. The background shows green trees and a cloudy sky.

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# SPECTATORS COFFEE



Spectators are more than welcome to come along and support runners.

We will have stalls, massages and charities located inside the stadium, and food and coffee vans located outside the stadium.



## TOILETS

For this event we will be using toilets located in the stadium, please follow signs to utilise all toilets, and visit these early in anticipation of queues prior to the race start.

If you live locally we recommend using toilets at home.

## BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be a bag drop in the sports hall adjacent to the stadium.
- 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.

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# TRAVEL

**Address: Gateshead International Stadium, Neilson Road, Gateshead, NE10 0EF**

## METRO

**We advise all runners to travel by Metro to Gateshead Stadium Metro station, a short walk from Gateshead International Stadium.**

**Metro trains run a frequent service from Newcastle, Gateshead, South Tyneside, Sunderland, Newcastle Airport and North Tyneside.**

**There is a Metro Park & Ride to Gateshead Stadium Metro station from: Callerton Parkway, Regent Centre, Four Lane Ends, Northumberland Park, Heworth and Stadium of Light Metro Stations.**

## BUS

**The event is also accessible by bus, however routes will be affected by road closures for the event. It is possible to get bus services to Newcastle City Centre, Gateshead or Heworth Metro Stations then use the Metro to get to the stadium.**

## RAIL

**The nearest train station is Newcastle Central Station (East Coast Line). Travel from Newcastle Central Station to Gateshead Stadium Metro station using the Metro.**

## CAR

**There will be NO Event Parking at Gateshead Stadium (excluding Blue Badge Holders). We encourage runners to arrive by Metro or to use available public & private parking away from the venue.**

**Please also note, there will be NO parking at Bede Primary School this year and the following car parks are CLOSED by the event road closures:**

**Pipewell Gate, South Shore Road, Baltic Car Park, Close Swing Bridge.**

**The closest public car parks are:**

**Quarryfield Road (10min walk)**

**Sage Gateshead (15min walk)**

**Mecca Bingo (15min walk)**

**Gateshead Town Centre (many) (20mins walk)**

**Please also be aware that some public car parks have reserved spaces for permit holders so don't use these spaces to avoid being fined.**

**[Use Nexus to plan your journey HERE](#)**



**what3words**

**If using the app What3Words, use the words  
////name.rift.light for exact event village location**





**The Great North Children's Hospital Foundation (GNCHF), part of Newcastle Hospitals Charity, is the official charity partner for the Gateshead Half Marathon and 10K.**

GNCHF supports The Great North Children's Hospital, which is based at the Royal Victoria Infirmary, Newcastle. It works to help make hospital stays easier and more enjoyable for young patients, who travel with their families from across the country - and even the world - to benefit from the hospital's specialist services.

Recently, GNCHF and Newcastle Hospitals Charity have been able to support:

- ♥ A hardship fund for families with children in hospital, helping to make sure that financial worries do not impact them spending time with their child.
- ♥ A dedicated Project Officer, who helps bring fun and playtime to children with chronic conditions, delivered in partnership with NU Foundation.
- ♥ Access to games, toys, and consoles, to help brighten a hospital stay and distract patients when needed.
- ♥ A partnership with the MediCinema at the RVI, allowing for an additional cinema screening to be shown each week, bringing the magic of cinema to ill children in hospital.



### How you can help

You can still join their team to help raise funds and awareness for the Great North Children's Hospital Foundation! Sign up below for a place in the 10K or Half Marathon or – if you already have a place – sign up as an own number runner.



**SIGN UP HERE**

You can also get in touch by emailing:  
[nuth.charity@nhs.net](mailto:nuth.charity@nhs.net),  
or calling 0191 213 7235.



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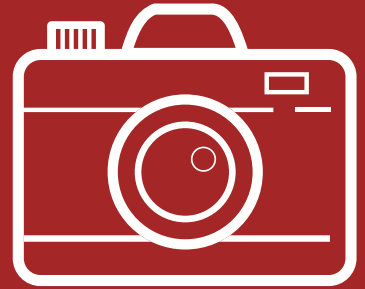
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## PICTURES

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 MEDIA

For updates leading up to the race, please check out our Twitter @runthroughuk and use the hashtag #Runthroughuk in the build-up to the race.

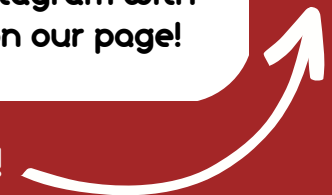


If you want to talk all things running before and after the event join our RunThrough Chat group on Facebook.

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



Click the icons to visit our pages!



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



## 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.

[PURCHASE AN EVENT T-SHIRT](#)



**Alternatively, purchase a RunThrough T-shirt or Hoody to celebrate your race with us!**

These Unisex products are comfortable, and designed with your daily workouts in mind.

These will probably be your favourite pieces of kit. Made to keep you comfortable and fresh on your run, and warm throughout spring.

Any RunThrough Tees and Hoodies purchased with your race entry or via the following links will be available to collect on the day.

[PURCHASE A T-SHIRT](#)

[PURCHASE A HOODY](#)



# F.A.Q'S

Is the event chip timed?

Yes!

What is the minimum age for this event?

15- 10k | 17- Half Marathon

(All RunThrough races follow the minimum ages of 11yrs for 5k, 15 for 10k & 17 for Half Marathons)

Is there a time restriction to complete the race?

Yes, please get in contact with us at [info@runthrough.co.uk](mailto:info@runthrough.co.uk) if you plan to take more than 3hrs to complete your race as we may need to make special arrangements around the course and event village.

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 medal, 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 medal and goodies!

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

Yes, we can happily swap the names and details associated with a booking. Please email in with your order number, and the new runners' name, email, address and date of birth. Or alternatively, visit the information desk on the morning of the race to do this.

Will there be a water station on the course?

Yes, we will have bottled water stations out on the course for you to help yourself to.

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 or event T-shirt I ordered with my entry?

This will be available to collect at the RTKit Stall on the day. Please have your email confirmation ready to show to our staff.

How should I get to the event?

We highly recommend using public transport where possible as there is no on site parking.

Where is the best place to spectate?

We advise staying within the stadium to be sure you catch the finish! You're more than welcome to spectate on the course, however if you do plan on heading out please familiarise yourself with the road closures in place to avoid getting caught out. Gateshead Baltic Square or the Swing Bridge on both Gateshead & Newcastle Quayside are great places to see runners out on the course.

Will there be a prize giving?

Yes! We will present the top 3 male and female runners with a prize on the day, this will take place on the stage at 9:45 for the 10k and 10:45 for the Half Marathon. Age group winners can expect an email reward in the week following the race.



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