

EVENT GUIDE



NEWCASTLE 10K

Saturday 20th January 2024

TF
TOP FLIGHT
By RunThrough 

Your Race Experience

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Join us Again!



Welcome

The entire RunThrough Team is happy to extend a warm welcome to you, joining us for your upcoming race.

Our goal is simple: to inspire an active nation through running, through the provision of inclusive and welcoming events for everyone. Our collective passion for running and community has led us to create events that we hope will be memorable experiences for all participants.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. Collectively, we've participated in countless races, which has not only honed our event organising skills but also deepened our understanding of the journeys of all runners.

So, rest assured, whether you're chasing a PB or aiming to complete your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, know that your safety is our top priority. Our team (pictured) will be on the ground doing everything possible 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

TOM



JAMES



HANNAH



CHRIS



BECCI



TRAVEL

Quayside, Newcastle upon Tyne, NE1 3DE

The closest Metro Station and train station 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. Please note there will be a metro replacement bus service between Airport and South Gosforth due to maintainance. See <https://www.nexus.org.uk/metro/> For more information.

We recommend using Parkopedia.com to find a suitable parking spot, should you wish to arrive by car. Please be aware of the road closures in place for the race route [HERE](#), as some car parks will be blocked off by the race.

Should you be looking to arrive the day before, we recommend staying at the Copthorne hotel Newcastle, Travelodge Newcastle Quayside, INNSiDE by Melia Newcastle, Premier Inn Newcastle Quayside and The Vermont Aparthotel which are all situated on the race route.



what3words

If using the app What3Words, use the words [///motor.glee.movies](https://www.what3words.com/#!/motor.glee.movies) for exact event village location

Race Pack Collection

Start Times:

A race – sub 40 minute runners: 9am

B race – 40 min+ runners: 9.25am



Race Pack Collection Times:

A - 7:30-8:30am

B - 7:55-8:55am

****IF YOU'VE ENTERED PRIOR TO THE 8TH JANUARY YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE 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.
- If you have received your pack, simply turn up and run, you don't need to check in.

Included:

- Bib number
- Baggage Label
- Timing Chip

[CLICK FOR ENTRY LIST](#)

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: Insert chip into lace.

Step 2: Pull lace through chip.

Step 3: Tighten lace.

Step 4: Final position.

Incorrect methods (marked with X):

- Chip not fully inserted.
- Chip not secured by lace.

GET RACE READY

15% OFF

at

SPORTSSHOES.COM

Use code:

RT2402

The UK'S NO.1 Online Retailer for RUN.GYM.HIKE

#NoFunStandingStill

Terms & Conditions apply. See website for details.

Code valid until 21.01.24

SPECTATORS ✓

COFFEE ✓

DOGS ✗

There are a selection of cafe's and refreshment points around the event village, including Olive Coffee Co on the quayside and our Event Village hosts-The Urban Garden who will be offering 20% off Espresso based Drinks (Hot or Iced) to runners- simply show your race bib to claim this!

Dogs are not permitted on the course. You're more than welcome to spectate with dogs, however, these must be kept on leads at all times.

BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be a bag drop within the event village for those who need it.
- 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.

TOILETS

For this event, we will use portable toilets located in the event village.



Places available now for:
Peak District Trails Camp: 14th- 16th June 2024
Morzine: 30th June - 6th July 2024

RUNNER RETREATS

[Find out more >](#)

Retreats, Camps & Workshops for runners of all abilities

Let our UK leading coaching team re-energise your running at our unforgettable and inspirational running venues.



WARM UP & RACE START

We will have a warm up in the event village 15 minutes prior to the start of each race.

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

DURING THE RACE

There will be marshals all around the course as well as green KM signs and arrows. The course is 2 laps.

The courses 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

This is an extremely fast, flat course that boasts real PB potential, whilst being accessible to beginners to kick start the year!

Please also be aware that we will have a safety bike ahead of the lead runner 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 discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass just after the water station.

REFRESHMENTS

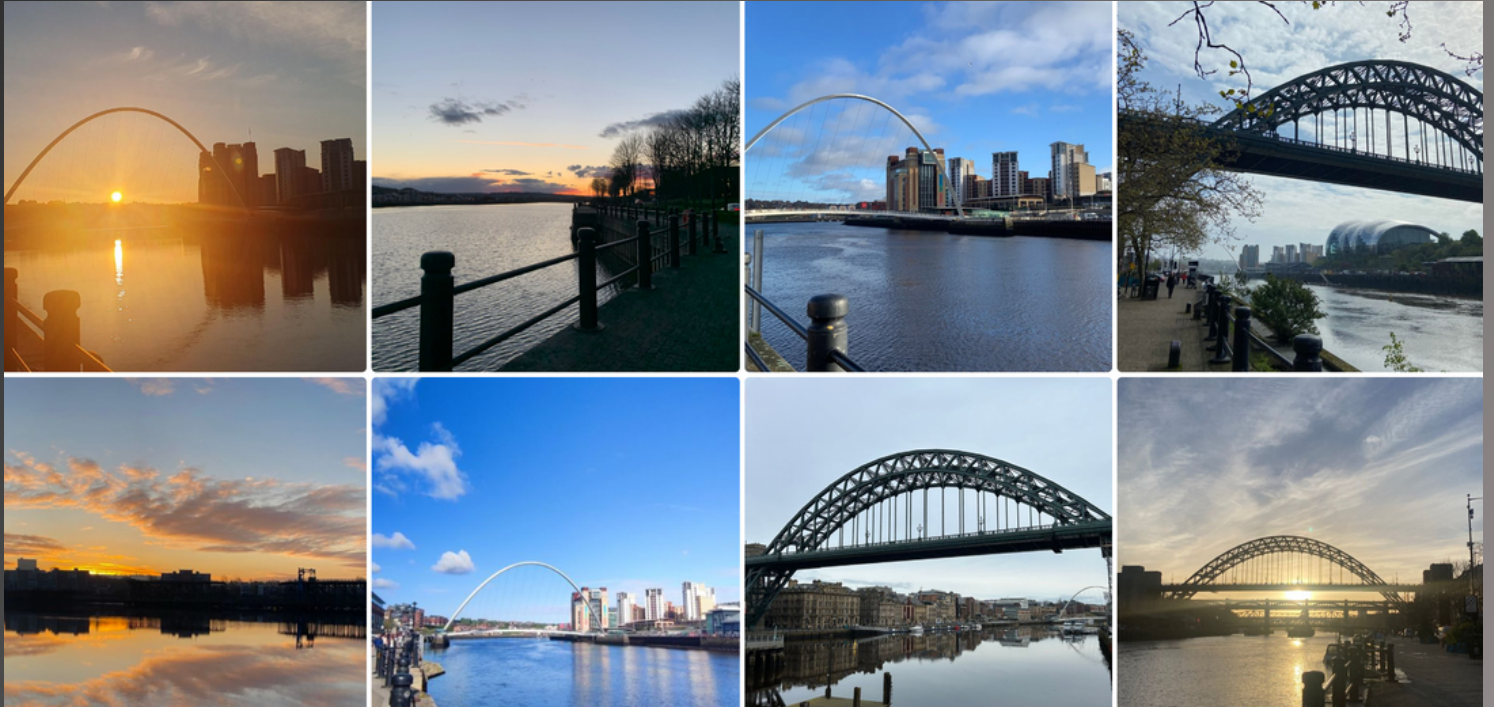
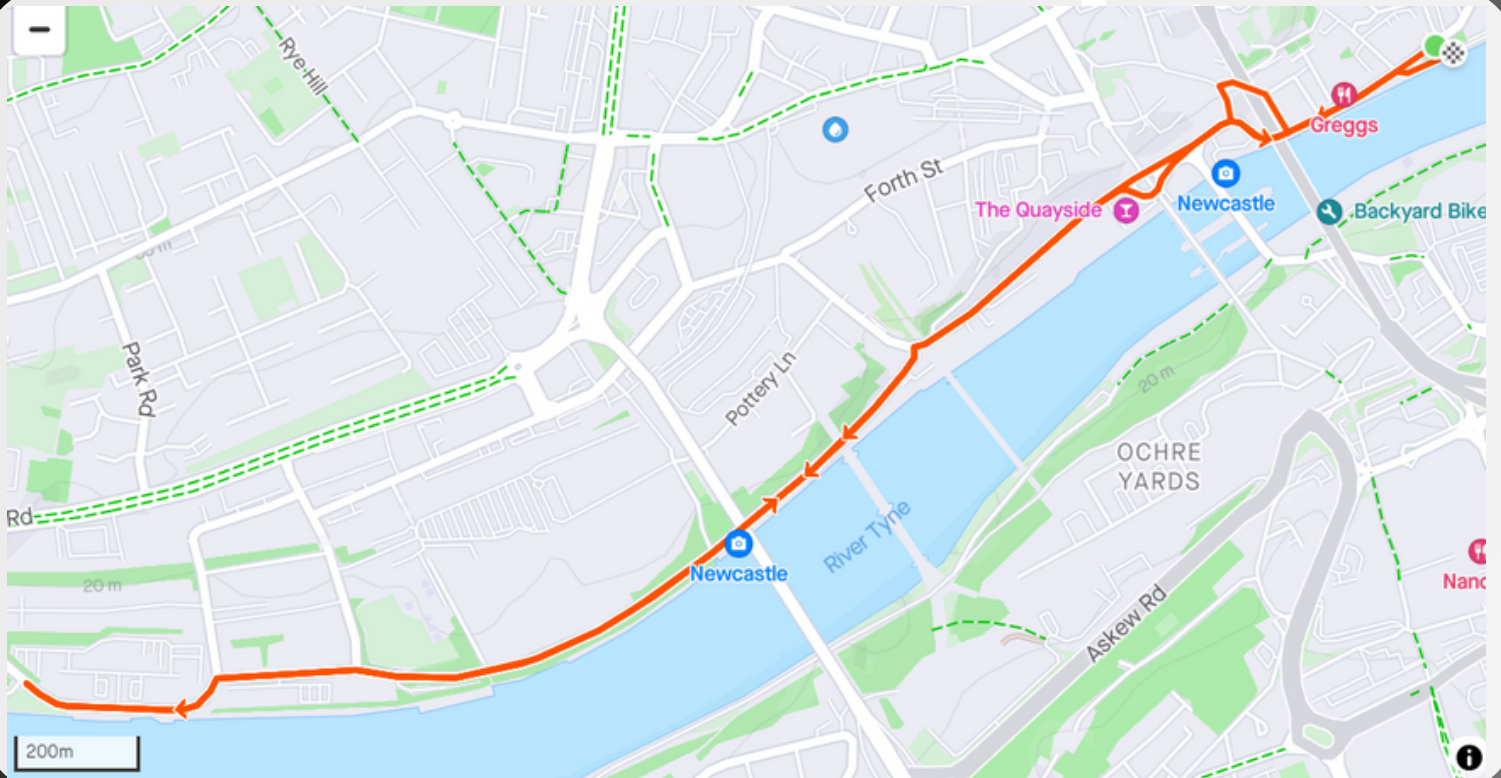
There will be a water station at approximately 5k.

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

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



COURSE MAP



[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.



[**PURCHASE AN EVENT T-SHIRT**](#)

CRUNCHY CORN "OFF THE COB"

♥ **50% LESS FAT***
*In comparison to potato crisps

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

FUEL YOUR RUN

PERFECT CRUNCH

GREAT FLAVOUR

SIMPLE
INGREDIENTS



WILL YOU WIN THE GOLDEN TICKET?

1. Re-fuel and grab a LOVE CORN pack after your race
2. Check your LOVE CORN pack for a golden 'winner' sticker
3. If you're lucky enough to pick up the winning pack, take it to the RunThrough information desk to claim your prize!



Get CORN-petitive with our corn hole game in the event village! Make sure you record your score by scanning the QR code at events to be in with a chance of winning race entries, LOVE CORN merch and more!

TRY OUR FLAVOURS



20% OFF

your next order amazon

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn

RUNTHROUGH TRAINING PLANS

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REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

✓ STRUCTURE

✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

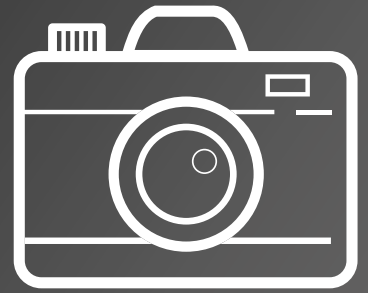
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

START TRAINING TODAY



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 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 Chat group on Facebook.



If you #RunThroughUK & #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**



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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**It's never too late to start fundraising
for a charity of your choice!**

Create your GoFundMe fundraising page today
to raise money whilst going that extra mile.
Successful fundraising is at your fingertips.

Share updates, thank donors, and get
automatic transfers to your charity with
GoFundMe's powerful fundraising tools.

Start a GoFundMe



VOLUNTEER WITH RUNTHROUGH!

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

We always value an extra pair of hands and would love for you to come along and help us!

To show our gratitude, we will be offering you 2 free entries to any of our awesome events and a £10 RunThrough Kit Voucher!

SIGN UP HERE!

FIND OUT MORE!



F.A.QS

Is the event chip timed?

Yes!

What is the minimum age for this event?

10k- 15

Is there a time restriction to complete the race?

Yes, due to road closures in place, please get in contact with us at north@runthrough.co.uk if you plan to take more than 90mins 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?

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.

Will there be a water station on the course?

Yes, we will have a bottled water station which you will pass at 5km.

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 RTKit 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 course, however if you're following the race route, we ask spectators to be respectful of other runners.

Will there be a prize giving?

There will be a prize giving on the day for the top 3 male and female participants in the A race. B race top 3 male and female along with 1st in each age group can expect an email reward in the week following the race. There will also be prize money aligned with our Top Flight structure which can be seen [HERE](#).

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



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NE1

Get into

Newcastle



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