

EVENT GUIDE



nuun
HYDRATION



**Newcastle- Gateshead
10k, Half Marathon, Marathon & Juniors
Sunday 5th May 2024
Presented by Nuun**

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

BECCI



TOM



CALLUM



CHRIS



GRAHAM



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.



what3words

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

nuun
HYDRATION



Hydration starts here

GOOD LUCK

all the Newcastle-Gateshead Marathon,
Half Marathon and 10k Runners!

SPORT



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



ULTRA



Don't let dehydration slow
you down. Optimized
electrolyte and
Carbohydrate formula.

Stay Hydrated!

Use Nuun, before, during and after your race.

Scan the QR code & receive
20% OFF **

Use code:
Nuun20



@nuunhydrationuk

#nuunuk

#nuuniverse

#nuunhydration

*Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise. **Code valid from 5th May - 19th May.

Race Pack Collection

Start Times:

9:00am: Marathon
9:25am: Half Marathon & 10k
13:00pm: Juniors

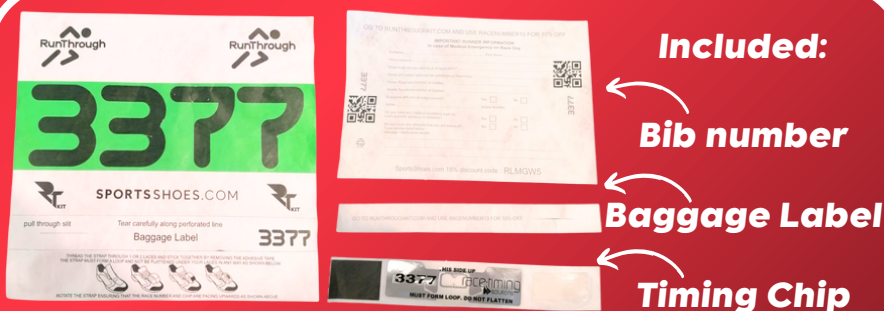
Race Pack Collection Times:

7:30-8:30- Marathon
8:00-9:00- HM & 10k
11:30-12:30- Juniors

****IF YOU'VE ENTERED PRIOR TO THE 19TH APRIL YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST****

- If you have not received your pack in advance, or have any queries please 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.

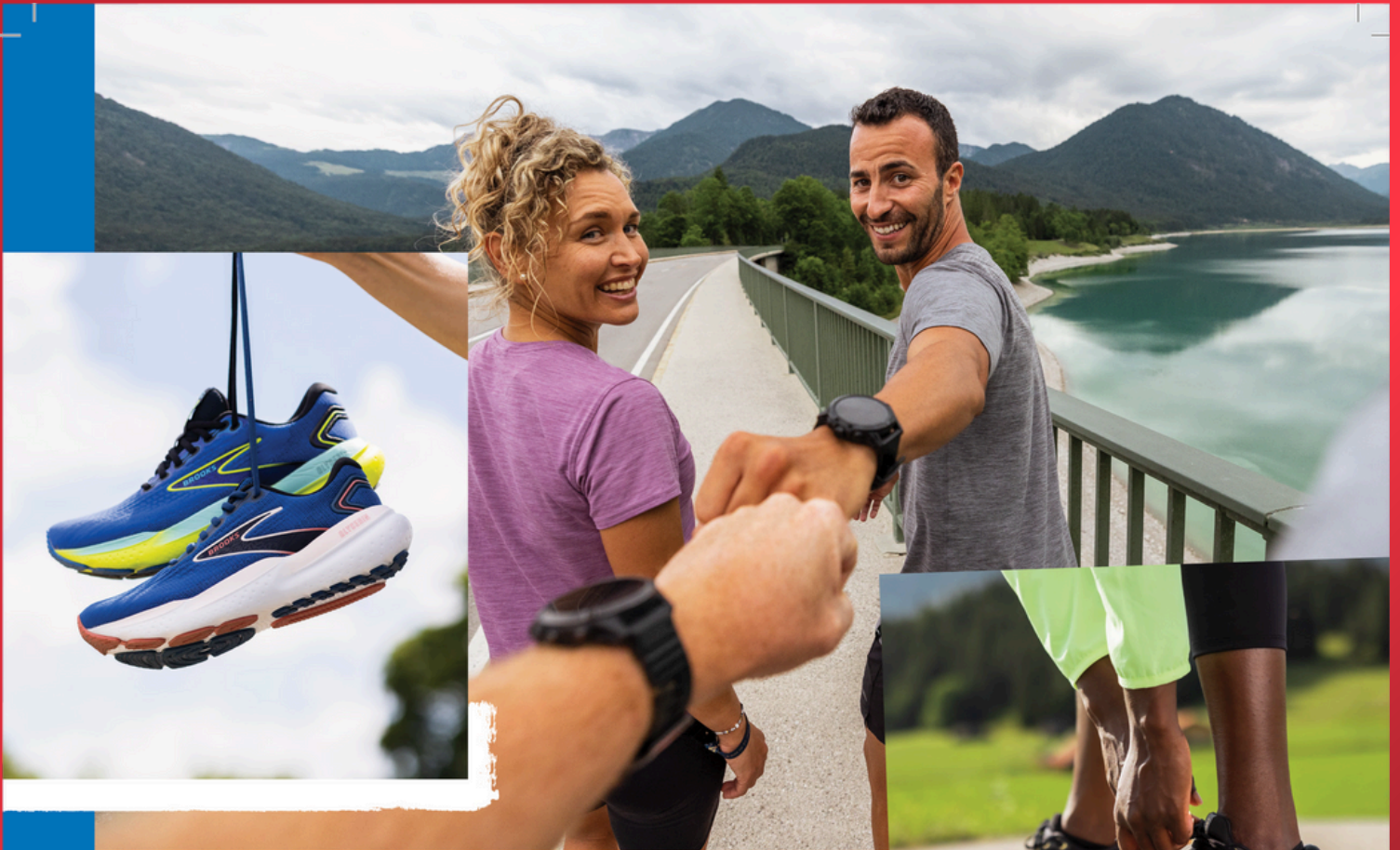
[**CLICK FOR ENTRY LIST**](#)



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**](#)





WIN A 5 YEARS SUPPLY OF BROOKS SHOES!

Scan the QR code to take part in the Brooks Run Quiz for a chance to win a 5 years supply of Brooks running shoes! A winner will be chosen at the end of the year, so get those thinking caps on.

T&Cs apply

BROOKS



Scan or click ↗
the QR Code

SPECTATORS

COFFEE

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

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

TOILETS



There are toilet facilities in both the Tyne & Wear (covered) stand and the East Terrace, along with additional portable toilets in the East Terrace.

There will be portable toilets on the route near the stadium at the end of each lap for use during the HM and Marathon race for runners.

BAGGAGE

- Please limit the number of belongings you bring to the event. We advise leaving belongings with any spectators attending with you.
- There will be a bag drop within the sports hall 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 room.
- Collect your bag after your race.



RETREATS | CAMPS | WORKSHOPS

FOR RUNNERS OF
ALL ABILITIES

FOUNDED BY



[FIND OUT MORE](#)



WARM UP & RACE START

We will have a warm up on the track 15 minutes prior to the start of each 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, Marathon, Half Marathon and 10k will start at Gateshead International stadium, and takes in the famous landmarks of Gateshead including Gateshead Millennium Bridge, The Glasshouse International Centre for Music, 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.

Marathon runners will follow blue mile markers 1-26, following 3 laps of the course (with an additional out & back on laps 2 & 3).

Half Marathon runners will follow yellow mile markers 1-13, taking in 2 laps of the course, with the additional out and back on lap 2.

whilst 10k runners will follow 1 lap with green km markers 1-9.

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 3k & 5.5k point on the 10k.*

At 2, 4, 6, 8, 10 and 12miles along the half marathon route.*

And at 2, 3.5, 4.5, 6, 8, 11, 12.5, 13.5, 15, 17, 20, 21.5, 22.5, 24 and 26miles on the full marathon.*

**Approximate distances*

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.

Please note, gels will not be provided- please bring your own should you wish to use these.



A woman in a white t-shirt and pink shorts is stretching her leg while holding a running shoe. A man in a blue long-sleeve shirt and grey shorts is in a starting crouch. They are on a cobblestone path next to a river with a stone bridge in the background.

GET RACE READY

15% OFF

at

SPORTSSHOES.COM

Use code:

WBOVL9

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

#NoFunStandingStill

Terms & Conditions apply. See website for details.

Code valid until 05.05.24

+ nuun

HYDRATION

Hydration starts here

NEW!



SPORT



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



ULTRA



Don't let dehydration slow you down. Optimized electrolyte and Carbohydrate formula.

Nuun is here to support every RunThrough runner.

Good Luck to all the runners!

@nuunhydrationuk

#nuunuk

#nuuniverse

#nuunhydration

Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.

COURSE MAP



[CLICK FOR MARATHON INTERACTIVE MAP](#)

[CLICK FOR HALF MARATHON INTERACTIVE MAP](#)

[CLICK FOR 10k INTERACTIVE MAP](#)

[CLICK FOR JUNIORS INTERACTIVE MAP](#)

Do you suffer from knee pain?

Nuffield Health Newcastle-upon-Tyne Hospital now offers patients nSTRIDE® APS, an innovative injection treatment designed to treat joint pain associated with knee osteoarthritis.



One treatment can last 1 to 5 years and helps to reduce knee stiffness restoring flexibility and mobility in the knee joint.

Autologous treatment drawn from the patient's own blood, eliminates the risk of adverse reactions.



For more information scan the QR code
or call **0808 2507685**.



JUNIOR RACE!



- Collect your race pack from registration. This will include your race number, timing chip, and a tear-off wristband. The wristband is to be worn by the parent/guardian throughout the event.
- Meet by the big blue flag 15mins prior to the start time.
- We'll have a group warm up at 12:45 and walk to the start together.
- The race will start at 13.00 and will follow a 1.2km loop around the track and surrounding closed roads. There will be a lead bike and marshals along the course.
- You will finish at the same finish as the other races and funnelled into a finish pen.
- Parents/ guardians are welcome to join in, or meet back up at the end.
- **We will have staff members checking every adult's wristband before letting your child leave the finish pen. Please have this accessible and visible on collecting your child.**
- When in doubt, keep an eye out for our big blue flag!





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



TRY OUR FLAVOURS



PLAY CORN HOLE, WIN PRIZES!

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!

20% OFF
your next order 

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn



Because growing up can be hard



Make every step life-changing - fundraise for local children!

Your support will help children, young people and families to access to the right support when it makes the biggest impact, giving them the chance of better physical and mental health, being safe and warm, stronger relationships and achieving their potential.

Children North East are the Official Charity Partner for the Gateshead 10K, Half and Full Marathon 2024.

For over 130 years, Children North East have helped to transform the lives of babies, children, young people and families across our region. In challenging circumstances, our teams are there to provide compassionate, expert support, often when there is no where else to turn for help.

Children North East delivers services, support and initiatives that provide a platform for babies, children, young people and families to work through issues, take action and which provide them with the tools to reach their full potential.

4,544

individuals supported in **2022/23**



"I feel I have space now to incorporate the things I had stopped enjoying."

Counselling service user

Do it for the children in your region. Join our team as an own runner today by contacting the Fundraising Team directly through fundraising@children-ne.org.uk for more information.

Join TEAMCNE

With your help, we won't stop until every baby, child and young person has the healthy, happy start in life they deserve.



Charity number: 222041

children-ne.org.uk





gofundme™

Make your place count!

**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

RUNTHROUGH TRAINING PLANS

POWERED BY



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

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

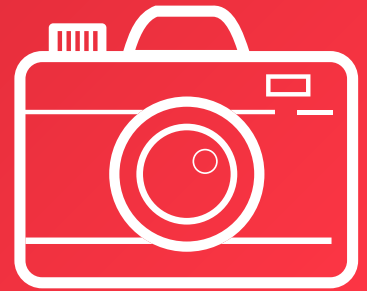
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

START TRAINING TODAY



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 North East page on Facebook.



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**



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



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 £65 of race credit to be used on any of our awesome events and a £10 RunThrough Kit Voucher!

SIGN UP HERE!

FIND OUT MORE!



F.A.Q'S

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, or Open (All male, non-binary, or those who prefer not to say).

What is the minimum age for this event?

10k- 15 | HM-17 | Marathon- 20 | Juniors- any age

It's optional if parents want to join in the junior race, although highly recommended for anyone under 9. Any supporting adults, don't need to enter the race.

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 6hrs to complete the Marathon or more than 3hrs for the Half Marathon 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 distances?

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 bottled water stations every 3miles 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 I ordered with my entry?

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

Where should I park for the event?

We advise using Parkopedia to find somewhere suitable, there is no specific event parking.

Where is the best place to spectate?

We advise staying within the event village as there will be plenty of stalls including RTKit and our RunThrough stall. If you'd like to head out onto the course, please be considerate of other runners on the race route and road closures in place- [HERE](#)

Will there be a prize giving?

There will be a prize giving in the event village after the overall top 3 male and female participants have finished each distance. 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

Half Marathon: Men's Sub 67:30 mins, Women's Sub 73 mins

Marathon: Men's Sub 2hr25min, Women's Sub 2hr37min

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



RunThrough



**Supported
by...**



Because growing
up can be hard



SPORTSSHOES.COM

Interested in supporting an event? email: sam.williams@runthrough.co.uk