

EVENT GUIDE



QUAYSIDE 5K & QUAYSIDE JUNIOR 3K Wednesday 24th April 2024



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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

CHRIS



BECCI

GRAHAM



TRAVEL

Address: Baltic Square, South Shore Road, Gateshead, NE8 3BA

The closest Metro Station is Gateshead and the closest train station is Newcastle Central Station.

There are several large public car parks on the Quayside.
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.

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



what3words

use the words [///recent.awake.glory](https://www.what3words.com/recent-awake-glory) for exact event village location.

Race Pack Collection Times:

3k- 5:00-6:00pm
A 5k- 5:30-6:30pm
B 5k- 6:00-7:00pm

Start Times:

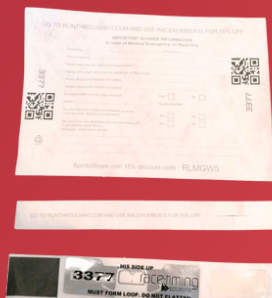
6:30pm: Junior 3k
(u13/u15/u17)
7:00pm: 5k Terry O’Gara A
Race (Sub 20min entry
standard)
7:30pm: 5k B-Race

RACE PACK COLLECTION

- 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.

733

[CLICK FOR ENTRY LIST](#)



Included:

Bib number

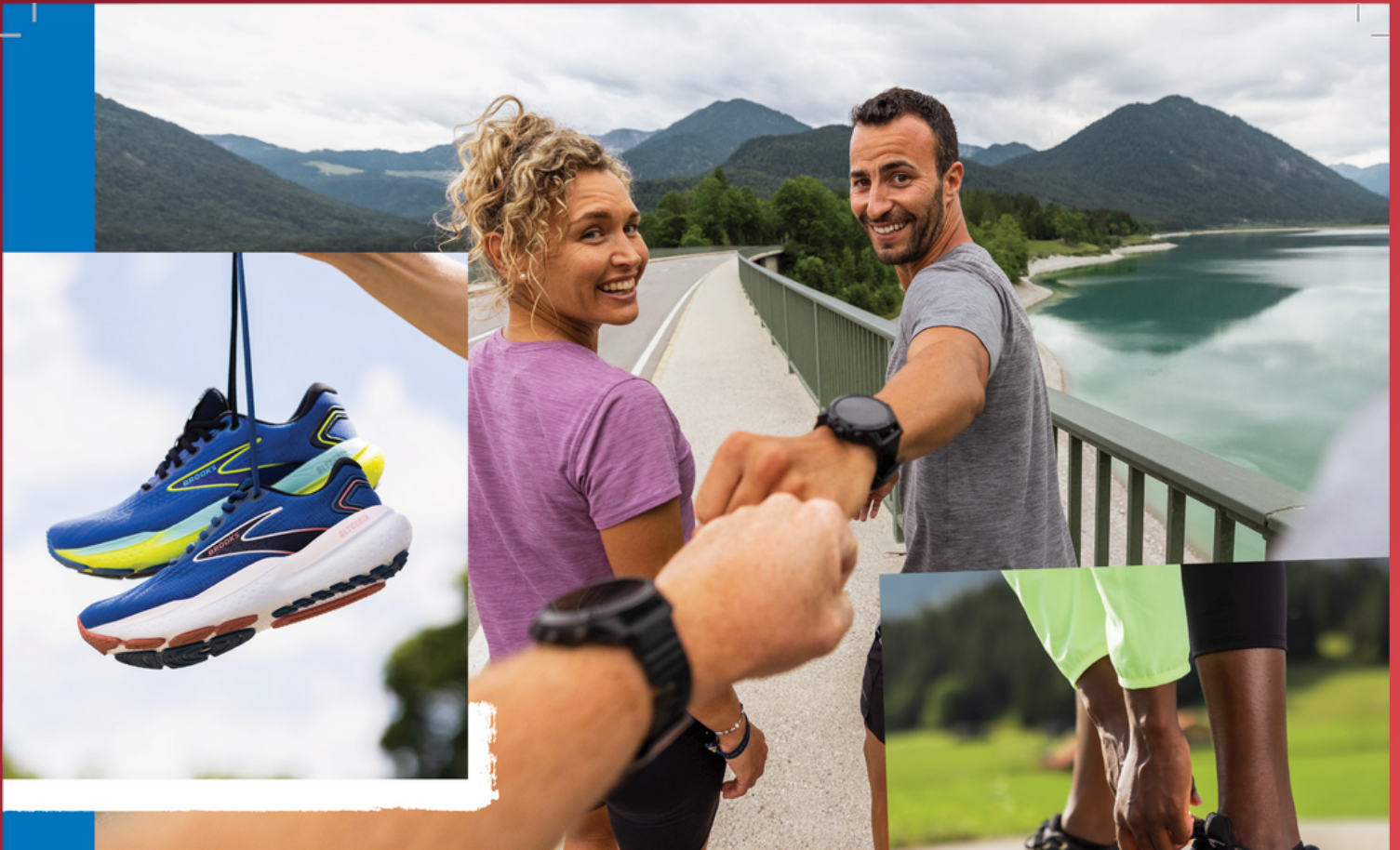
Baggage Label

Timing Chip



Please take a couple of minutes to fill out the brief runner information form 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

The Baltic Cafe will be open and serving hot drinks and snacks throughout the event.

Runners can claim 20% off unlimited coffees, and one alcoholic or soft drink on presenting your bib at the Urban Garden.

TOILETS

There will be portable toilets within the event village along with the toilets located in the Baltic.



BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be an informal bag drop within the Baltic 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.

RUNNER RETREATS



RETREATS | CAMPS | WORKSHOPS

**FOR RUNNERS OF
ALL ABILITIES**

FOUNDED BY



FIND OUT MORE



WARM UP & RACE START

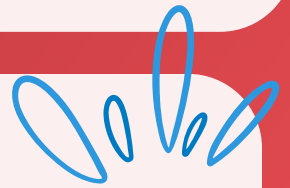
We will gather runners in the event village 10 minutes before each race start time. From here, we will call out estimated finish times to get all runners lined up and ready to run.

DURING THE RACE

There will be marshals all around the course as well as KM signs and arrows.

The course starts on the north side of the River Tyne and follows a flat and fast out and back route along the Quayside, ending with a sprint finish over the Millenium Bridge to finish in the Event Village.

REFRESHMENTS



There will 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.

Terry O’Gara Memorial 5k

The A race will be run in partnership with Wallsend Harriers acting as the Terry O’Gara Memorial 5k Road Race. This will revive the historic North East race that otherwise would have been cancelled. RunThrough are committed to working with the local clubs to support grass roots sport & maintain tradition.





GET RACE READY

15% OFF

at

SPORTSSHOES.COM

Use code:

QVFIT9

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

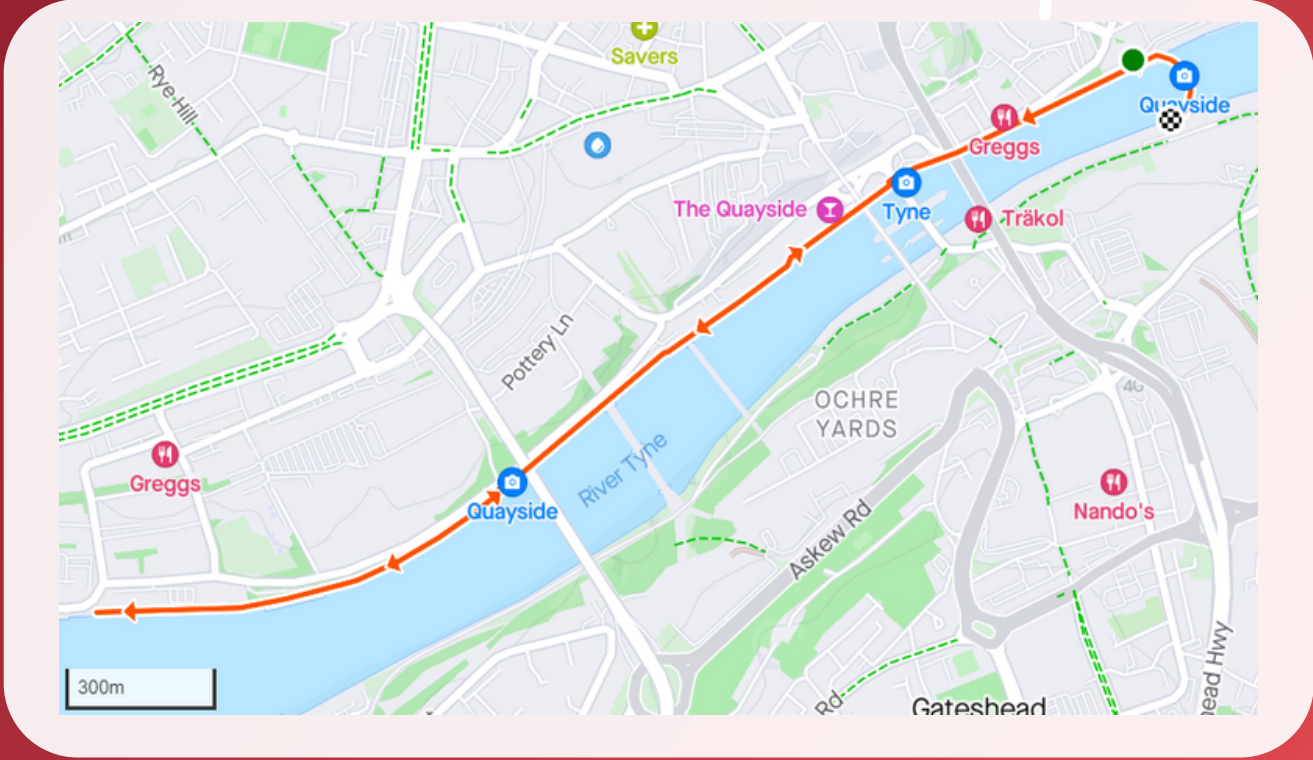
#NoFunStandingStill

Terms & Conditions apply. See website for details.

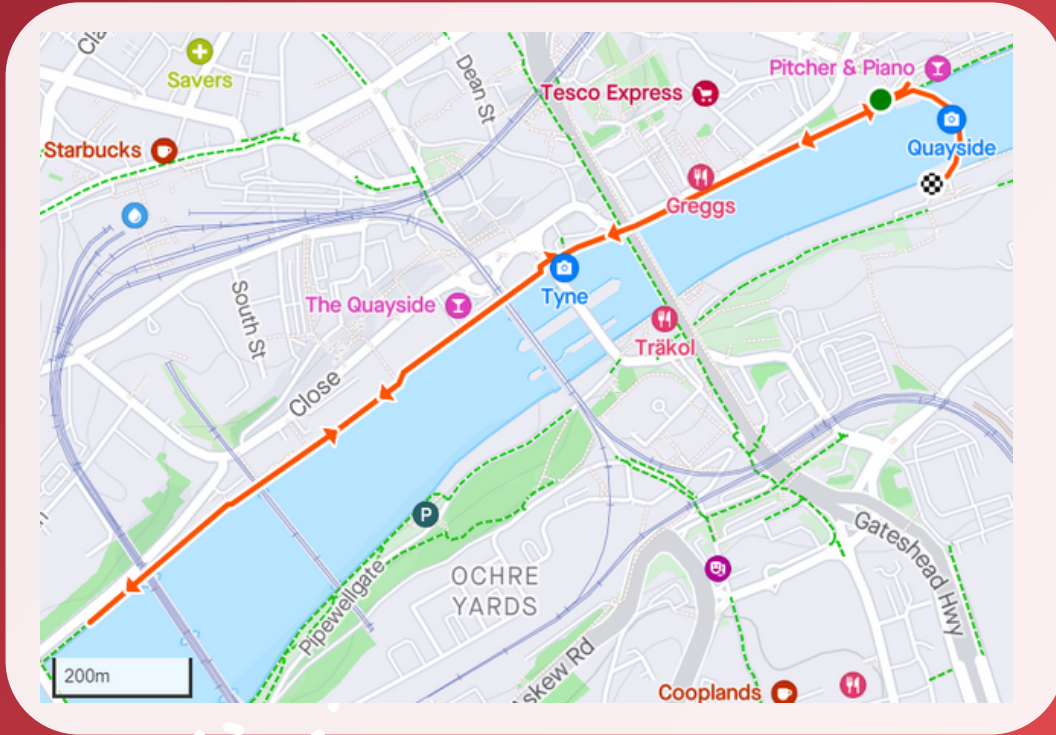
Code valid until 28.04.24

COURSE MAPS

5K



3K



[CLICK FOR 5K INTERACTIVE MAP](#)

[CLICK FOR 3K INTERACTIVE MAP](#)

⁺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.



THE FINISH LINE

Please continue walking through the finish funnel to collect 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!

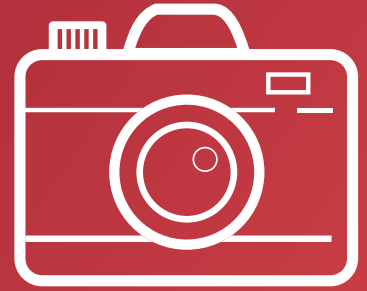
Get CORN-petitive with our corn hole game in the event village! Make sure you record your score by scanning the QR code at events to be in with a chance of winning race entries, LOVE CORN merch and more!

20% OFF
your next order 

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn

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!

Fill out the form with your event day shoutout requests!



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





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?

Junior Race age groups for road racing are your age on 31st August in the year prior to competition. Details on age criteria can be seen [HERE](#)

Junior 3k- u13| u15| u17 (UKA)

Senior 5k- UKA u20s and seniors (if aged 11-16 please email north@runthrough.co.uk to notify us)

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 timing chip, 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 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?

No- there will be bottled water waiting for you at the finish.

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 T-shirt collection 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 quayside, however if you're following the race route, we ask spectators to be respectful of other runners on the paths.

Will there be a prize giving?

There will be a prize giving in the event village for the overall top 5 male and female participants in the A race. 1st in each age group can expect an email reward in the week following the race. Full prize details can be seen [HERE](#)

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



RunThrough



**Supported
by...**



nuun
HYDRATION

EST 1920

WALLSEND HARRIERS
ATHLETICS CLUB

 **BROOKS**

GATESHEAD  **HARRIERS**
& ATHLETICS CLUB
FOUNDED 1904


gofundmeTM

RUNNER
RETREATS

LOVE,
CORN


NEW
LEVELS
COACHING

SPORTSSHOES.COM

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