



JARROW 10K

TOP FLIGHT 10K & JUNIORS

SUNDAY 18TH OCTOBER 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



GEORGIE

ISOBEL

CHRIS

JASON

TRAVEL

Address: Monkton Stadium, Jarrow NE32 5NJ

By Car:

There is free event Parking in Monkton Stadium Overflow Car Park which can be Accessed via Lukes Lane Estate [HERE](#). However this is limited, please use parkopedia.com to find somewhere suitable.

Please note, there is **NO PARKING AT MONKTON STADIUM** and no access route through Monkton Village (except residents). Should you approach through Monkton, or along the course route of York Avenue and Bede Burn Road, you will be re-directed by our marshals.

If approaching from Pelaw, Bill Quay, Hebburn, & Jarrow (A185) you can access parking via Campbell Park Road.
If approaching from Leam Lane (A194) via A19 or A184, you will be able to access the parking via Mill Lane Roundabout, Mill Lane (B1306), Monkton Lane & Campbell Park Road.

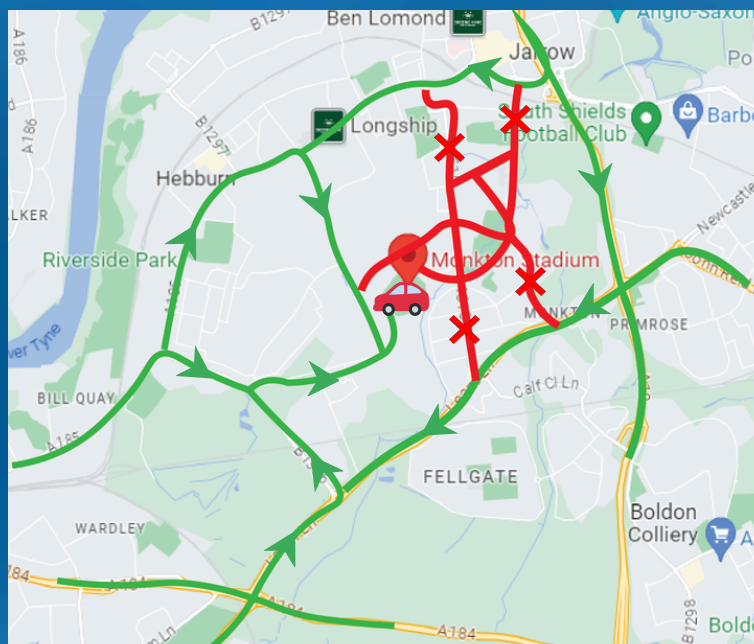
Alternative parking is available in the free public car parking at Jarrow Viking Centre (Morrisons) - (this is a 30min walk).

By Public Transport:

The nearest Bus/Train/Metro Interchange with Park & Ride facilities is Heworth Interchange (3 stops to Jarrow, 2 stops to Fellgate)

Fellgate Metro: (10min walk on Sunderland - Newcastle line)

Jarrow Metro: (15min walk on South Shields - Newcastle Line)



what3words

Event Village:

[///canny.hello.faces](http://canny.hello.faces)

RACE PACK

START TIMES

A RACE 9:00AM
(inc. Top Flight)
B RACE 9:15AM
JUNIORS 10:45AM

RACE PACK COLLECTION TIMES

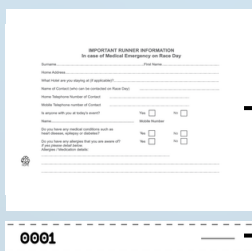
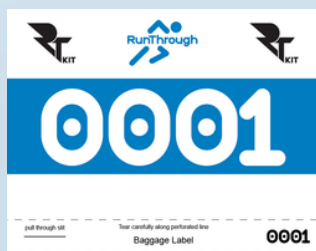
A RACE 7:30-8:30am
B RACE 7:45-8:45am
JUNIORS 9:15-10:15am



FOR ENTRIES ON OR BEFORE THE 30TH SEPTEMBER YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 15th October please email us at info@runthrough.co.uk and we'll make sure you have a replacement to collect on the day.

- If you've entered after the 30th September, 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



**SPECTATORS
WELCOME**



TOILETS

For this event we will use toilets located in the stadium and clubhouse along with portable toilets located in the event village.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop marquee.
- 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.

WARM UP & RACE START

We will have a warm up in the event village 15 minutes prior to the start of the B race. Please note there won't be a warm up for the A race, we advise you conduct your own warm ups prior to the race.

10mins before the start of each race, we will call out estimated finish times to get all runners lined up and ready to run. Please congregate in the event village to ensure you hear line up instructions.

DURING THE RACE

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

You will follow Green km signs 1-9.

The course follows a fast and flat 2 loop circuit of York Avenue & Bede Burn Road, starting and finishing in Monkton Stadium.

As this is a 2-lap course, runners with an expected finish time of Under 40mins should have entered the A-Race.

All A-race runners will then be on their 2nd lap when the B-race merges, reducing overtaking and congestion on the course.

If you expect to run 40mins + you should run in the B-Race.

If you are listed in the wrong wave, you can transfer for free at the Race Information desk on the morning and switch race bibs.

This course is a 'keep left' course with 2-way running sections; please keep to the left of cones at all times during the race.

Please drain and discard all litter and bottles within the signed litter zone, shortly after the water station on each lap. 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 this event due to road closures in place. If you think you'll take longer than this time, please email info@runthrough.co.uk to discuss your options.

WATER STATIONS

There will be a water station at the 5km point, which you will pass at the start of your 2nd lap. Please help yourself to this as you pass.

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

We recommend bringing your own water and nutrition/gels to help you stay hydrated and fuelled before and during the event.

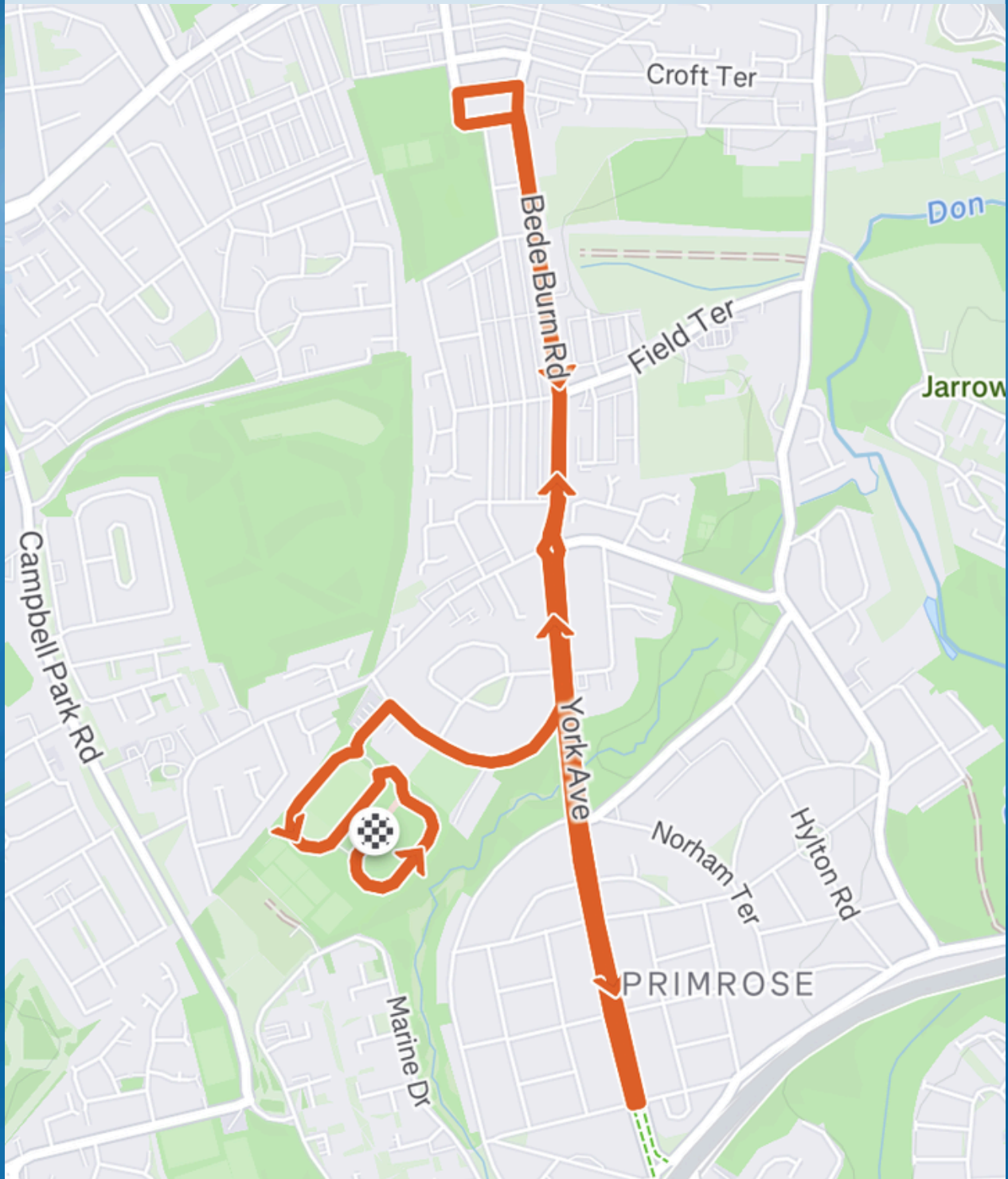


Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

**LOOK OUT FOR THE
LITTER ZONE SIGNAGE!**



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.



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

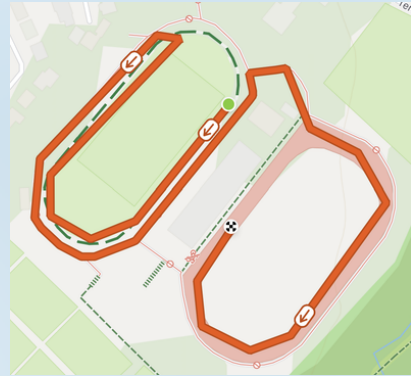
JUNIOR RACE

T-SHIRTS



[CLICK TO PRE-ORDER](#)

(Please note, these are pre-order only, any on the day purchases will be posted out)



[CLICK FOR JUNIORS INTERACTIVE MAP](#)

Collect your race pack from registration on arrival. (Please note, no junior race packs will be posted out).

Your race pack 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 by the info tent 20mins prior to the start time.

We'll have a group warm up at 10.30 and walk to the start together.

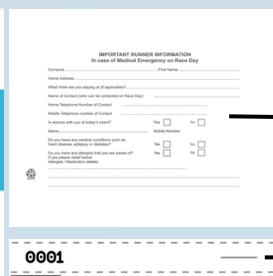
The race will start at 10.45 and will follow a 1.1km loop of the stadium & track. There will be a lead bike and marshals along the course.

You will finish at the same finish as the other races and be 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!



INCLUDED:

BIB NUMBER AND
ATTACHED TIMING CHIP

ADULT WRISTBAND



Please note, there will be event photography during the event both within the event village and out on the course. If you do not wish for your child to be photographed or for photos to be published online following the event please inform the team at the information desk when you arrive at the event.

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

JARROW 10K



**Series Prize
Pot
£60,000**

UPCOMING RACES:

**NOVEMBER - FULHAM 10K
DECEMBER - RIBBLE VALLEY 10K
2027 DATES COMING SOON!**

What is the Top Flight Race Series?

Top Flight by RunThrough is a yearly 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.

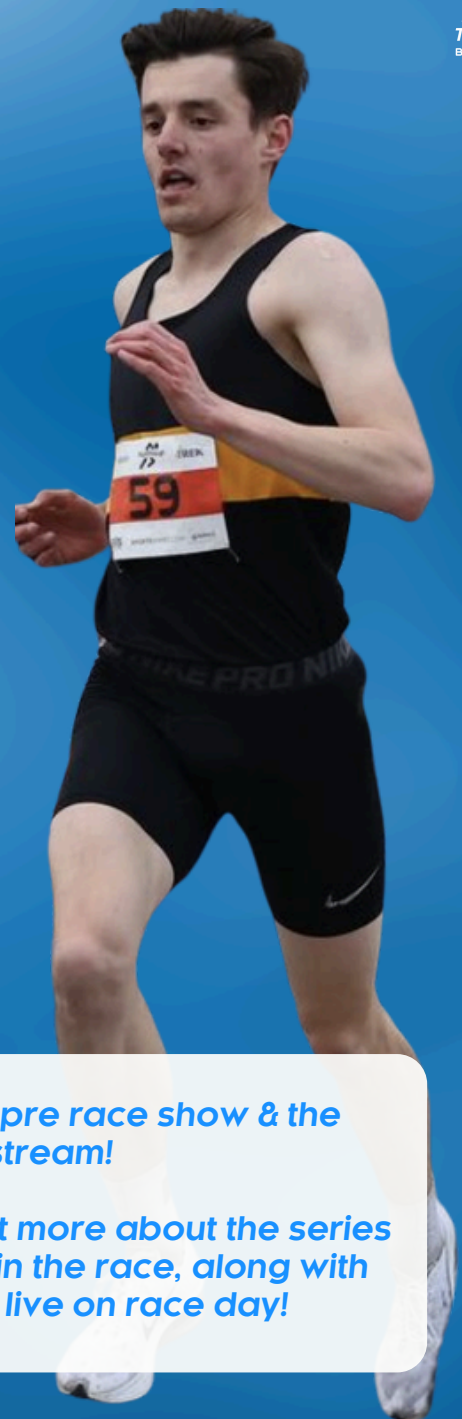
Series Eligibility

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

Omar Ahmed	28:27
Alex Brown	29:37
Joseph Niven	29:42
Alex Bellew	30:52
Lee Davies	30:52
Conrad Franks	31:09
Connor Marshall	31:20
Luke Davis	31:36
Anthony Sayers	31:42
Lewis McConnell	31:52



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

Gabriela Debues-Stafford	(14:31 5k)
Rose Harvey	32:59
Kirsty Longley	33:35
Rachel Brown	34:12
Scarlett McCourt	34:48
Ava Leadbetter	34:50
Alex Sneddon	35:55
Isabel Hodder	38:40



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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



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IN RUNNING**



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back of your race bib.**

*Code valid on in-season products only (exclusions apply). Code valid for one use only. Code valid for limited period. T&Cs apply.

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FASTER RECOVERY*
*vs non-medicated gel.

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MARATHON & HALF MARATHON
TOUR

16 - 19 OCTOBER 2026

SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

[BOOK YOUR SPOT →](#)



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Interested in supporting an event?

Email: partners@runthrough.co.uk