OFFICIAL EVENT GUIDE

NEWPORT 10K

SUNDAY 29TH NOVEMBER 2026



VENUE
NP19 0UU

DISTANCE
10K

EVENT VILLAGE OPENS
7:30AM

EVERYTHING YOU NEED FOR RACE DAY

Travel, race pack, the course and your results — tap any button or card in this guide to open the link.

RunThrough

NEWPORT 10K • EVENT GUIDE

SUNDAY 29TH NOVEMBER 2026

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WELCOME

A MESSAGE FROM YOUR RACE DIRECTOR

Welcome to Newport 10k! Everything you need for race day is in this guide: how to get here, your race pack, the course and what happens at the finish. Whether you're chasing a PB or running your first race, we can't wait to see you on the start line.

R

THE RUNTHROUGH TEAM
RUNTHROUGH

RACE WEEK UPDATES

If anything changes before race day — timings, the course or the weather — we'll email you at the address you booked with and on our social channels (@runthroughuk). Keep an eye on your inbox (and junk folder) in the days before.

GETTING HERE

EVENT LOCATION

RODNEY PARADE, RODNEY RD, NEWPORT NP19 0UU

PARKING & TRANSPORT

There is no specific event parking. We recommend using city centre options (use parkopedia.com for suggestions) and walking to the venue from there.

Tap to find parking near the venue on Parkopedia, set to race morning.

WHAT3WORDS

Event Village: ///chin.defend.certified

BEFORE YOU SET OFF

Arriving in good time will help ensure a smooth start for everyone. Please allow extra time to get parked and make your way to the start area.

RACE PACK

YOUR TIME

DISTANCE	START	CUT-OFF
10K	9:00am	1.5 hrs

MINIMUM AGE 10K 15+

PLEASE DO THIS BEFORE RACE DAY

COMPLETE YOUR RUNNER INFORMATION FORM

It only takes a couple of minutes, and it means our medical team has your emergency contact and any medical details to hand, so they can look after you quickly if you need them.

FILL IN THE FORM NOW >

BY POST

Entered on or before Sunday 15th November? Your race pack will be posted to you ahead of race day.

Not arrived in time? Get in touch with info@runthrough.co.uk and we'll help.

ON THE DAY

Entered after Sunday 15th November? Collect your race pack from the Event Village on the day — it opens at 7:30am. Please bring your booking confirmation and photo ID.

WEARING YOUR BIB

Pin your race number to the front of your top so our team can see it easily. Your timing chip is on the back, so please leave it attached — and take a moment to fill in the medical details on the back too, just in case.

EVENT VILLAGE

TOILETS

REFRESHMENTS

PARKING

SPECTATORS

BAG DROP

- We will have a secure area where you can leave your baggage.
- We recommend you bring as little baggage as possible.
- Your baggage tag is attached to your race number, you simply tear it off and attach it to your bag.
- To collect, show your number to our staff, and they will help you find your baggage.

TOILETS

There will be toilet facilities available at the event village.

Should you require any sanitary products, please visit our staff at the information marquee who will be able to help you.

RACE DAY ETIQUETTE

Something not right? Pop over to the Information tent, have a word with any of our team, or get in touch with info@runthrough.co.uk — we're always happy to help.

- 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.

RACE DAY

WARM UP

There will be a group warm up 15 minutes before race start. We encourage all runners to take part in this before heading to the start of your race!

COURSE CUT-OFF: 1.5 HRS

If you think you may take longer than the cut-off time, let us know before the event through our help page (https://www.runthrough.co.uk/help) so we can advise on the options. We want everyone to finish, and knowing in advance lets us keep the course and marshals in place for you where we can.

WATER STATIONS

There will be water provided at the 5k point of the race, and there will also be water available at the finish along with your post-race goodies and medal.

Litter zones:

Just after the water station there's a signed litter zone. Please drop your bottle or cup inside it rather than on the course — there are no road sweepers, so our team collects every one by hand. Thank you for helping us keep the course clean for everyone, including our neighbours.

HEADPHONES

Please note, headphones are not permitted unless bone-conduction. If you use bone-conduction, please keep the volume low so you can hear marshal instructions and remain aware of your surroundings at all times. Thank you!

THE COURSE

Rodney Parade, Rodney Rd, Newport NP19 0UU

Please note there is a 90min cut-off on this race due to road closures in place

15

We will have marshals all around the course as well as signs and arrows — keep an eye out for them, especially where routes split.

DISTANCE	LAPS	SIGNS	TERRAIN	ELEVATION
10K	N/A	Green	Road	67m

10K ROUTE >

COURSE MAP


10K
MAINDEE
EVESWELL
Chepstow Road
Conway Road
Corporation Road
Kingsway
Newport
BANESWELL
Oakfield Road
Kingsway Walk
STOW HILL
ST. WOOLOS
STOW PARK
PILLGWENLLY
Cardiff Road
Byron Road
Spytty Park

AFTER YOUR RUN

FINISH LINE

Keep moving through the funnel to make room for runners behind you.

YOUR MEDAL

Every finisher gets a well-earned medal.

GOODIES

Grab water and post-race treats on your way out.

EVENT MERCH

Pre-ordered kit? Collect it at the RT Kit stall.

YOUR RESULTS See your chip time after you finish ›

RACE PHOTOS Free to download after the race ›

BUY EVENT MERCH ›

SHARE YOUR RACE · TAG @RUNTHROUGHUK

The RunThrough Podcast

WATCH ON YOUTUBE ›

LISTEN ON SPOTIFY ›

RANKINGS

Every race you run with us, all in one place. ›

QUESTIONS?

Our FAQs have the answers to most things. ›

THANK YOU FOR RUNNING WITH US

We hope you have a brilliant day — see you at the next RunThrough event!

MEDAL MADNESS – NEWPORT 10K

Medal Madness lets you claim exclusive local discounts by simply showing your finisher's medal. Check out the available offers below:

The Cold Room

10% off

Valid until the 6th of December

Banc Coffee & Records

15% off non-alcoholic drinks

Valid until the 4th of December

The Green Kitchen

10% off a main meal and a drink

Valid event day (29th November)

Aura Newport

10% off and use the code "runthrough10" for online bookings

Valid until the 31st of December

LOCAL BUSINESS OWNERS:

Want to feature your business and connect with runners? Email beth.dennis@runthrough.co.uk to get involved!

GO FURTHER

SEE MORE

15% off for RunThrough runners
Use code: RTEVENTS15

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REAL COACHES FOR REAL RUNNERS.

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VOLUNTEER WITH US

Volunteer at any of our races and choose race credit or a kit voucher:

5k / 10k	£40 RACE CREDIT	or	£20 KIT VOUCHER
Half Marathon	£65 RACE CREDIT	or	£30 KIT VOUCHER
Marathon / Ultra+	£100 RACE CREDIT	or	£40 KIT VOUCHER

One reward per event volunteered. You choose when you sign up.

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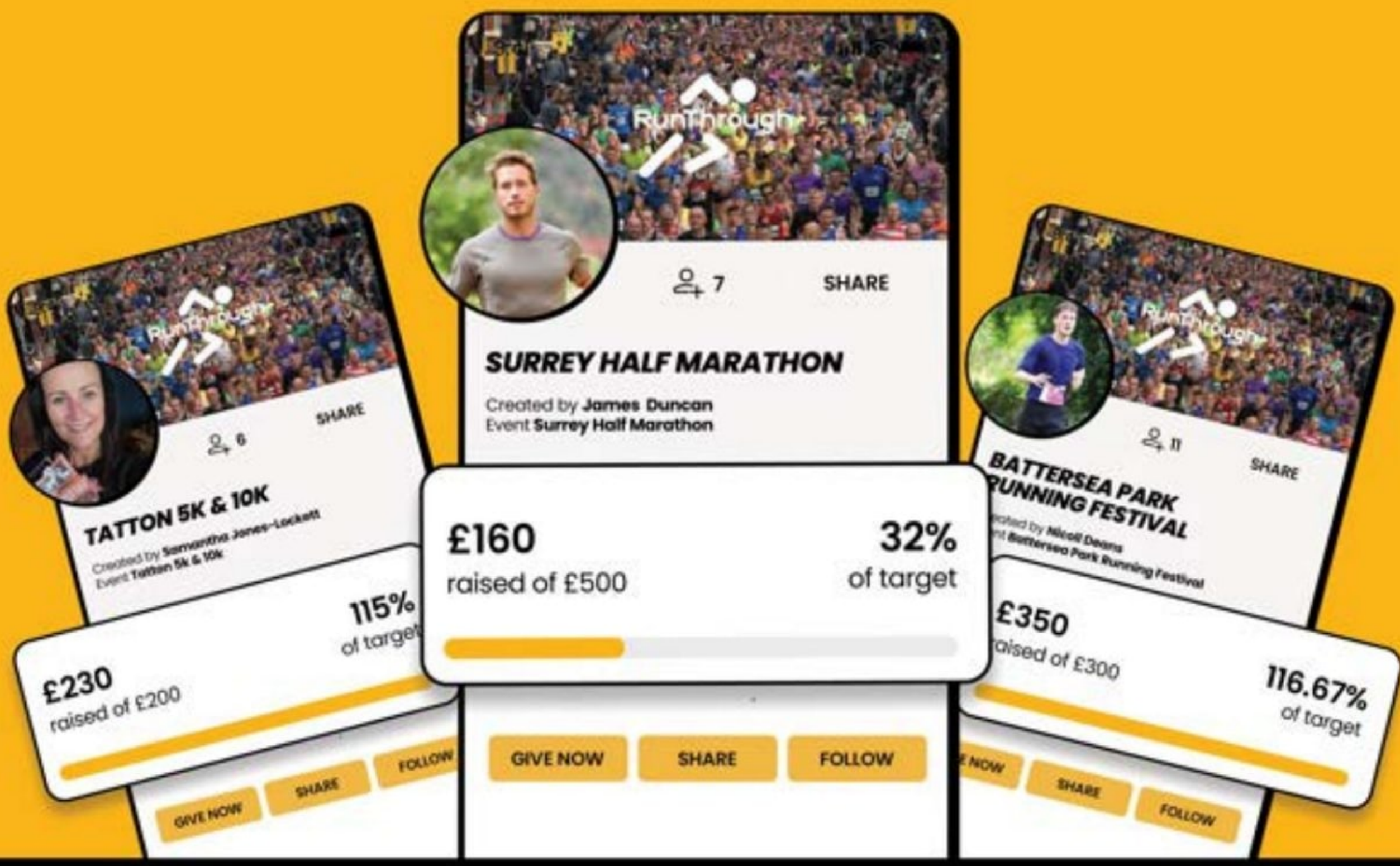

OFFICIAL FUNDRAISING PLATFORM

Registered with FUNDRAISING REGULATOR

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SiS
SCIENCE IN SPORT

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UNRIVALLED IN RUNNING



GET 15% OFF*

Find your discount code on the 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.

RunThrough Coach

RUNNING WORKSHOPS

TAKE YOUR RUNNING TO NEW LEVELS

Expert coaching workshops for smarter training
Improve technique & performance
Supportive environment for all abilities

FIND OUT MORE

Coach-led, in-person workshops covering running technique, physiology, trail, and performance. Practical drills, honest feedback, and clear next steps.



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