



**RUN MEDIA CITY
5K, 10K & RELAYS
POWERED BY BANK OF AMERICA
THURSDAY 24TH SEPTEMBER 2026**

EVENT GUIDE



YOUR RACE EXPERIENCE

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AND OFFERS**





MediaCityUK

POWERED BY

BANK OF AMERICA 

RUN MEDIA CITY 5K, 10K & RELAYS

POWERED BY BANK OF AMERICA

24TH SEPTEMBER

DISCOVER WHAT WE DO!

AUTUMN TRAINING COLLECTION

Autumn Training Starts Here

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

CONNOR

HARRY

CASSIUS

STEPHEN

GRAHAM

TRAVEL

Address: Media City Piazza, Salford, M50 2EQ

By Rail:

The best and easiest way to get to Media City is to take the Metrolink, with 'Media City' Metrolink station located not even 100 metres from the event village. Media City can be accessed from the city centre, and changing at Cornbrook station, just outside the city centre.

The closest train station to MediaCityUK is Salford Crescent train station, which is approximately a 10 minute journey by taxi.

By Bus

There are several services that stop in and around MediaCityUK, including buses from Manchester city centre, Intu Trafford Centre, Hulme, Swinton and East Didsbury.

Frequent bus services from outside Salford Crescent station link it with MediaCityUK.

By Car:

MediaCityUK can be found from the M60 ring road onto the M602 exiting at junction 3 sign posted Salford Quays/Trafford Park. From the roundabout follow signs for Salford Quays turning right onto Broadway at the first set of Traffic lights.

Media City Multistorey car park is located just next to the event village at M50 2TG. There is also a 1800 capacity multistorey car park located at the Lowry Outlet Store (M50 3AH).



what3words

Event Village:

[///calm.spider.rents](https://www.what3words.com/calmspiderrents)

RACE PACK

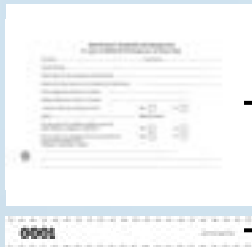
START TIMES

5K: 18:30
RELAY: 18:30
10K: 19:00

RACE PACK COLLECTION TIMES

5K: 17:00-18:00
RELAY: 17:00-18:00
10K: 17:30-18:30

- On arrival make your way down to the registration desk assigned to the event you're participating in. Your number will be assigned on the day.
- Relay teams- please direct only 1 member of your team to the registration desks to collect your race pack and baton. (Your team's race pack will consist of 3 bib numbers.)
- 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 ENTRY LIST & RESULTS](#)

[CLICK FOR FORM](#)



EVENT VILLAGE

FACILITIES

TOILETS



LOCAL CAFES



PARKING NEARBY



SPECTATORS WELCOME



DOGS



Please note, dogs are more than welcome to join us in the event village! However due to the nature of the course, dogs aren't permitted in the race.



TOILETS

There will be portable toilets a short walk away from the event village.

BAG DROP

- PLEASE ONLY BRING 1 SMALL BAG WITH YOU.
- There will be an informal bag drop within the Event Village where you can leave 1 bag. YOUR BAG IS LEFT AT YOUR OWN RISK.
- Please pack accordingly, and leave any excess bags/coats with spectators where possible.
- Your baggage tag is attached to your race number.
- Tear it off and attach 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.

BRIEFING & RACE START

There will be a pre race briefing in the event village 15 minutes before the 5k & relay race start & then a 2nd briefing 15mins before the 10k start. All runners from each team are required to attend. This will explain the flow of the race and where each leg runner is required to be to start, finish and spectate throughout the evening.

From here, the 1st leg runners will be walked to the start line to begin the race.

Both the 5k & Relay 1st leg will start together.

Please listen out for and follow our MC and marshal instructions ahead of your race.

DURING THE RACE

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

**10k will follow Green km signs 1-9
5k & Relay will follow Green km signs 1-4**

**10k – 4 Laps
5k & relay – 2 Laps (per person)**

Due to the nature of a lapped course we ask that you remain to the left of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your right and ensure not only their safety but allow for the best experience throughout the race.

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 note - This event takes place on public paths that may also be used by pedestrians and cyclists. While every effort is made to manage shared use areas and ensure runner safety, including signage and marshal presence, we kindly ask all participants to remain aware of their surroundings throughout the race.**

Please drain and discard all litter and bottles within the signed litter zone, which will be shortly after the water station. 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 be aware this is an evening race, we highly recommend bringing bright high-viz clothing and lights where possible as it will be dark towards the end of the event.

RELAY TRANSITION

As your first team member approaches the final stretch of their leg, the second leg runner will be called into the starting pen. Please keep an eye out for your team mate, and listen out for your bib number to be called forward to the handover line. As the first runner finishes, they will hand over the baton, allowing the second person to set off.

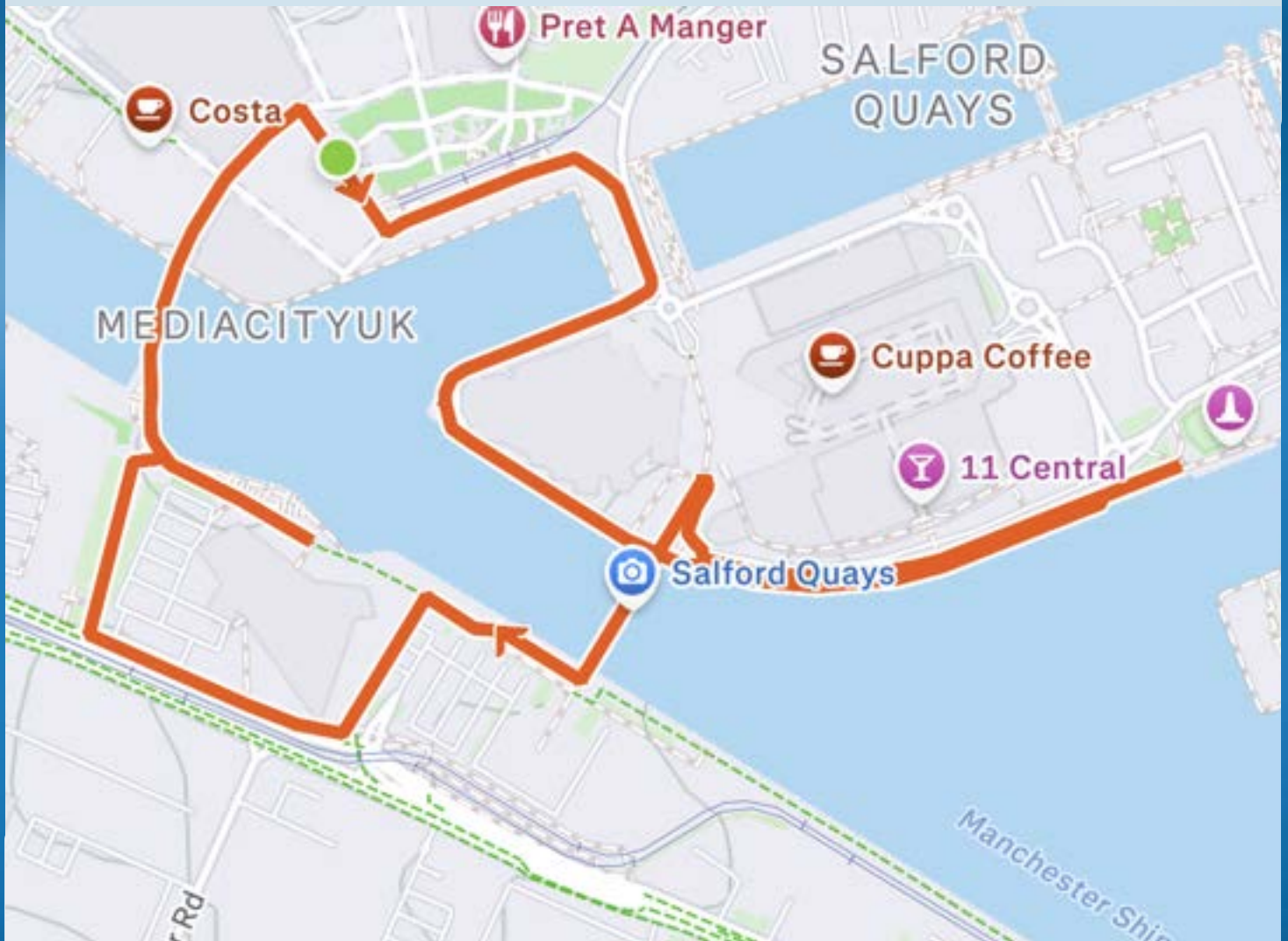
The same process will then be repeated between second and third leg runners.

COURSE MAP

1 lap of the course

10K - 4 LAPS

5K - 2 LAPS



[CLICK FOR INTERACTIVE MAP](#)

WATER STATIONS

There will be a water station on each lap of the course.

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.



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!**





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.

Please note, each member of the relay team will walk through the funnel, please only collect the goodies and medal for yourself, not your whole team).



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

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



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
likeminded people to join our community.**

WWW.RUNTHROUGH.CO.UK/VOLUNTEER



GO FURTHER SEE MORE

15% off for RunThrough runners
Use code: RTEVENTS15

[SHOP THE FULL RANGE](#)

STRUCTURE

INSPIRATION

SUPPORT

GUIDANCE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.





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Energy to test your athletic skills?

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BROOKS

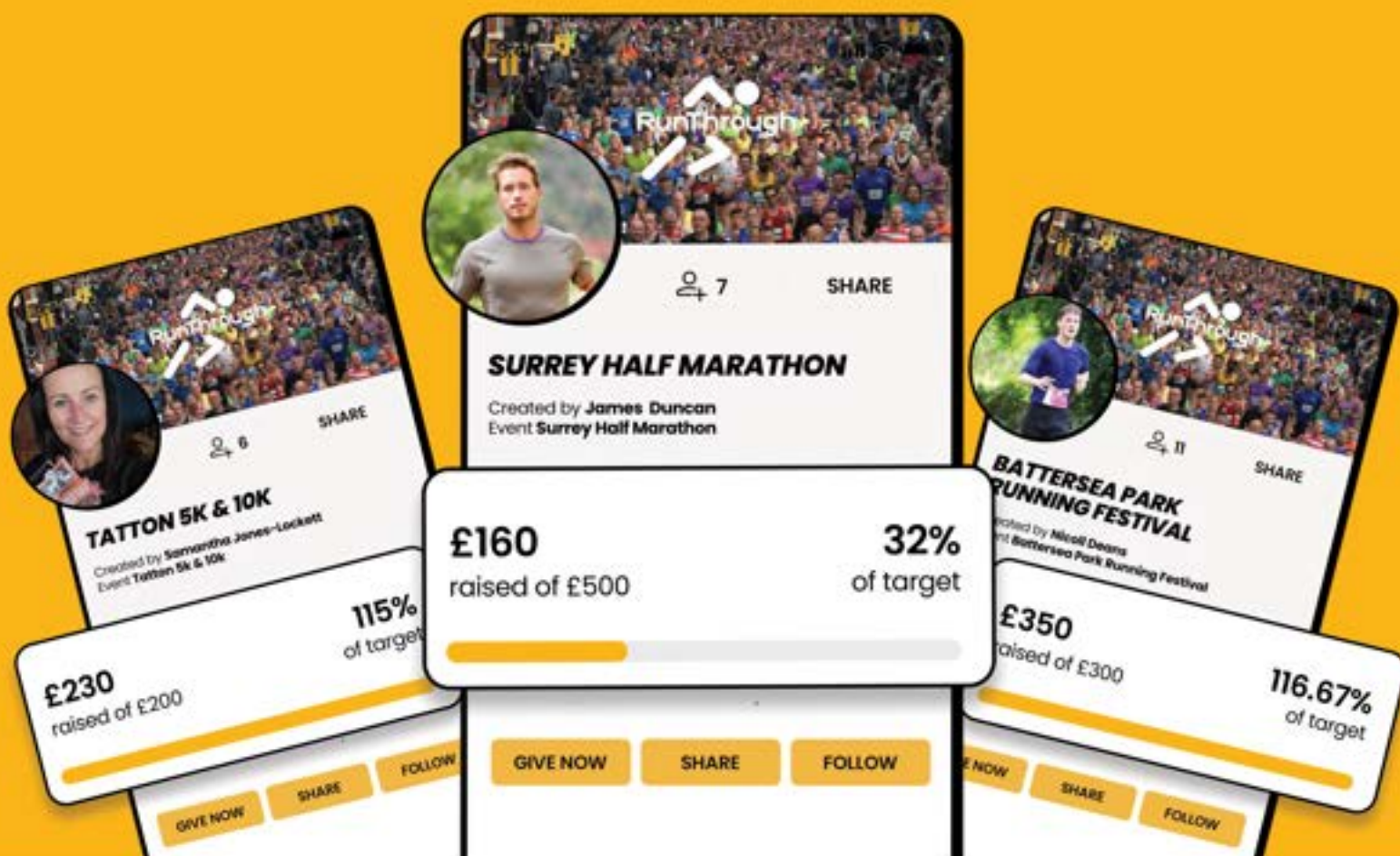


OFFICIAL PARTNER

THEY'RE MAKING A DIFFERENCE, ARE YOU?

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GET FUNDRAISING





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ANTI-INFLAMMATORY



POWERFUL
ANTI-INFLAMMATORY
TARGETS THE SOURCE
OF PAIN



WORKS DEEP IN THE
MUSCLE TISSUE FOR A
FASTER RECOVERY*
*vs non-medicated gel.

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Supportive environment for all abilities

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RUNNER
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ZURICH NOVOO ZURICH

AMSTERDAM

MARATHON & HALF MARATHON
TOUR

16 - 19 OCTOBER 2026

SEVILLE

MARATHON TOUR

19 - 22 FEBRUARY 2027

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