

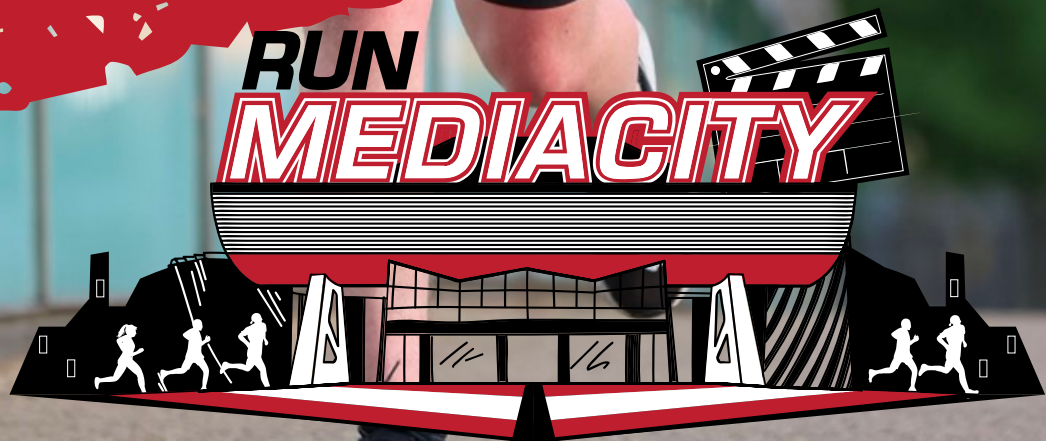
EVENT GUIDE



Run Media City

5k & 10k

Thursday 29th June 2023



RACE PACK COLLECTION

Start Time:

7:00pm

Race Pack
Collection Times:

5:30-6:30pm

- 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.

[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 on the back of your bib. This will help us in case of an emergency!





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RACE START

We will have a warm up in the event village 15 minutes prior to the start of the race.

From here, we will call out estimated finish times to get all runners lined up and ready to run.

Both the 5k & 10k will start together.

DURING THE RACE

We will have marshals all around the course as well as KM signs and arrows. Please be aware that there will be spectators and members of the public using the paths.

The course is 2 laps for the 5k and 4 laps for the 10k.

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 your 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 discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

REFRESHMENTS

There will be a water station on each lap of the course, which you will pass once on the 5k and 3 times on the 10k.

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

We recommend bringing your own drinks as well to stay hydrated in the lead up to the event.

3 things to remember when running in the heat!



HYDRATE PRE, DURING AND POST RACE

RunThrough

WEAR APPROPRIATE CLOTHING, CAPS & SUNCREAM



ADAPT & TAKE IT EASY

SPECTATORS

COFFEE

We will have a coffee van along with our RunThrough kit and events stalls in the event village.

TOILETS



There will be portable toilets within the event village.

BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be an informal bag drop within the event village 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 marquee.
- Collect your bag after your race.



Places available now for:
Loughborough Performance Retreat : 4th - 7th August 2023
Lake District Retreat: 13th -16th October 2023

RUNNER RETREATS

[Find out more >](#)

Retreats, Camps & Workshops for runners of all abilities

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TRAVEL

Address: Media City, 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).

[See details on Media City Bus links HERE](#)

[See Media City's travel advice HERE](#)

[See details on Media City Metro Tram links HERE](#)



what3words

[use the words ///calm.spider.rents for exact event village location.](#)

Welcome to Runna

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of RunThrough

Whether you're a beginner training for your **first race** or an **elite athlete** looking for a new PB, download Runna to get your own personalised training plan.



5K

5k Improvement Plan

13.1

Half Marathon Plan


10K

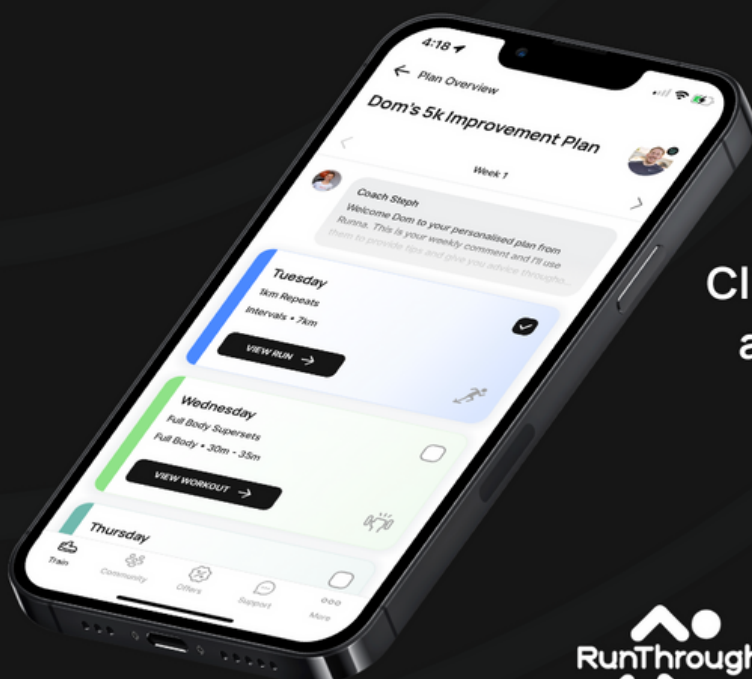
10k Plan

26.2


Marathon Plan

+16 more plans...

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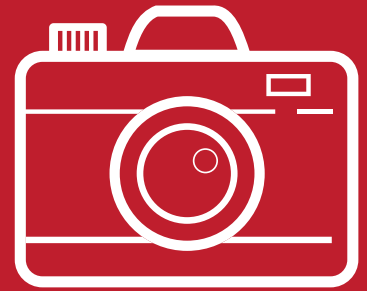


Take your running
to the **next level**



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 Twitter @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 Chat group on Facebook.

If you #RunThroughUK on Instagram with your race day collages, the best ones will feature on our page!



click the icons to visit our pages!



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Purchase a RunThrough T-shirt or Hoody to celebrate your race with us!

These Unisex products are comfortable, and designed with your daily workouts in mind.

These will probably be your favourite pieces of kit. Made to keep you comfortable and fresh on your run, and cool throughout your day.

Any RunThrough Tees and Hoodies purchased with your race entry or via the following links will be available to collect on the day.

[PURCHASE A T-SHIRT](#)

[PURCHASE A HOODY](#)





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 2 free entries to any of our awesome events and a £10 RunThrough Kit Voucher!

[SIGN UP HERE!](#)

[FIND OUT MORE!](#)



F.A.Q'S

Is the event chip timed?

Yes!

What is the minimum age for this event?

11- 5k | 15- 10k

(All RunThrough races follow the minimum ages of 11yrs for 5k, 15 for 10k & 17 for Half Marathons)

Is there a time restriction to complete the race?

No, everyone is welcome, however please get in contact with us at north@runthrough.co.uk if you plan to take more than 2hrs to complete your race 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 distance?

Yes, we can happily swap the names and details associated with a booking. Please email in with your order number, and the new runners' name, email, address and date of birth. Or alternatively, visit the information desk on the morning of the race to do this.

Will there be a water station on the course?

Yes, we will have bottled water stations out 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 on the day. Please have your email confirmation ready to show to our staff.

How should I get to the event?

We highly recommend using public transport where possible. If driving, please factor in time to walk from the car parks to the event village.

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 Media City, however if you're following the race course route, we ask spectators to be respectful of other runners on the paths.

Will there be a prize giving?

The top 3 male and female participants and age group winners can expect an email reward in the week following the race. There will be no presentation on the day. 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.

However check out our podium and photo wall to get your celebratory picture



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