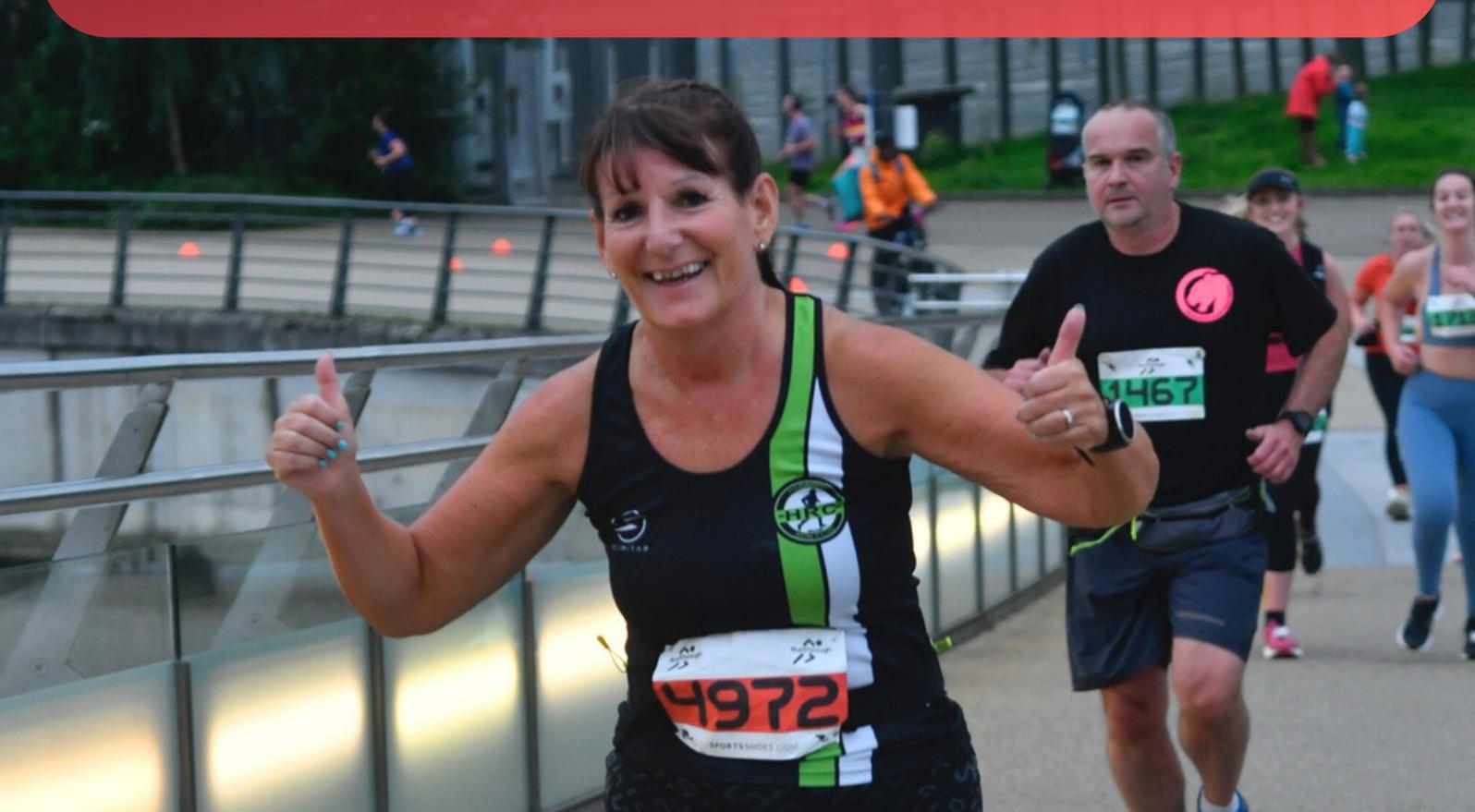


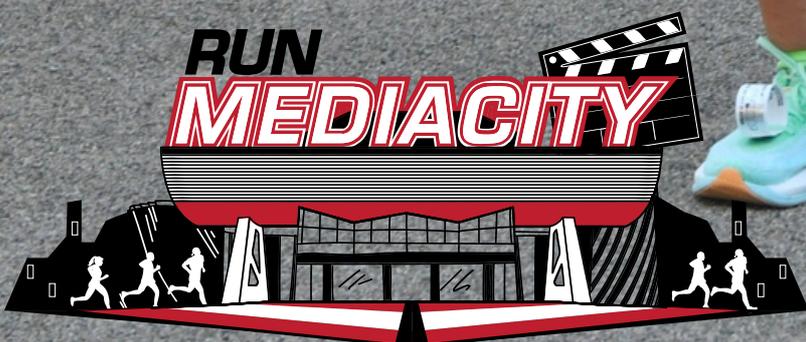
EVENT GUIDE



Run Media City

5k & 10k

Thursday 28th September 2023



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Join us Again!



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

For the exact event village location use the words
[///calm.spider.rents](https://calm.spider.rents)

RACE PACK COLLECTION

Start Times:

7:00pm

Race Pack Collection Times:

5:30-6:30pm

733

- 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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Code valid until 01.10.23



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:
Lake District Retreat: 13th -16th October 2023
Morzine: 30th June- 6th July 2024

RUNNER RETREATS

[Find out more >](#)

Retreats, Camps & Workshops for runners of all abilities

Let our UK leading coaching team re-energise your running at our unforgettable and inspirational running venues.



WARM UP & RACE START

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

If you choose to conduct your own separate warm up, please do NOT use the Lowry service road (across the canal from the event village past the Alchemist), this is a live road. There is plenty of space available in front of the Imperial War Museum that can be used.

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

Both races 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. The 10k will also have pacers to help you keep on track!

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.

Please be aware this is a night time race, we highly recommend wearing bright high-viz clothing and lights where possible.

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.

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.



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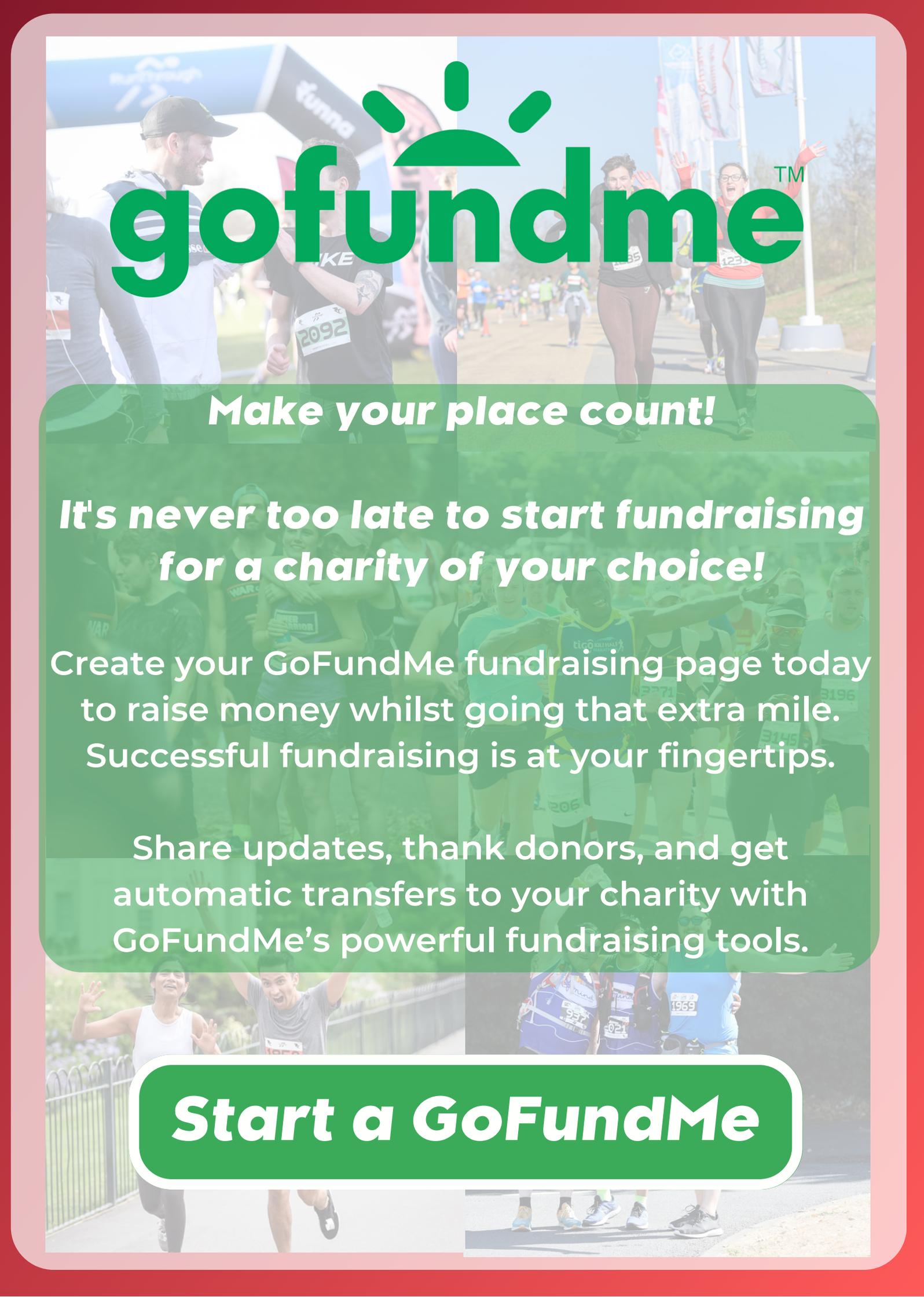
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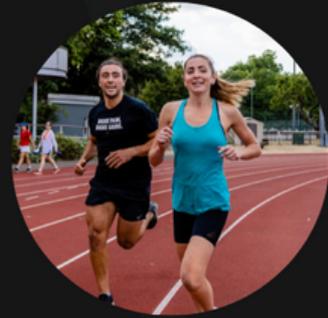
**Create your GoFundMe fundraising page today
to raise money whilst going that extra mile.
Successful fundraising is at your fingertips.**

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GoFundMe's powerful fundraising tools.**

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5K 5k Improvement Plan

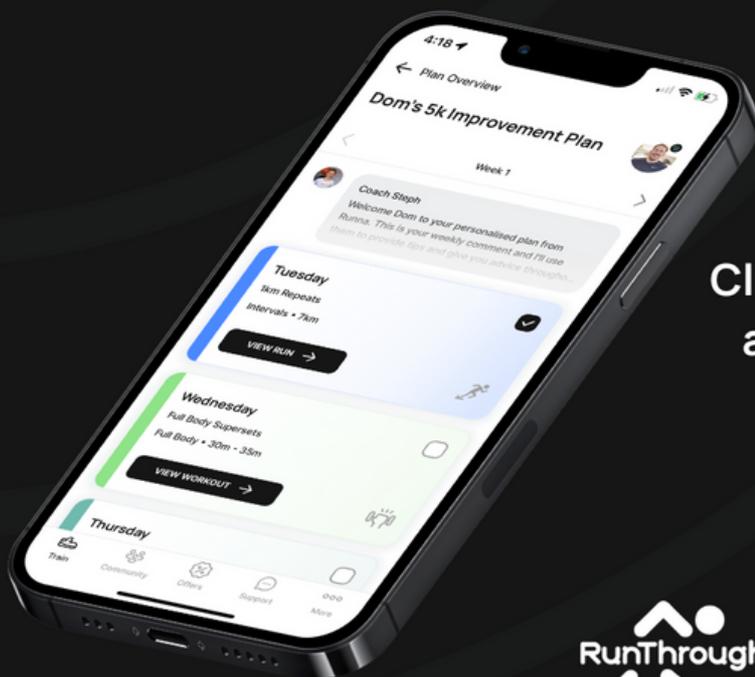
13.1 Half Marathon Plan

10K 10k Plan

26.2 Marathon Plan

+16 more plans...

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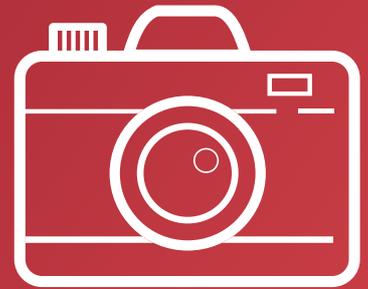


Take your running to the **next level**



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 X account at @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!



Cheer on your friends, celebrate your achievements and share your story with us! We love to hear from you!

Click the QR to fill out the form with your event day shoutout requests!



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

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](#)



Alternatively, you can purchase a RunThrough T-shirt or Hoody to celebrate your race with us!

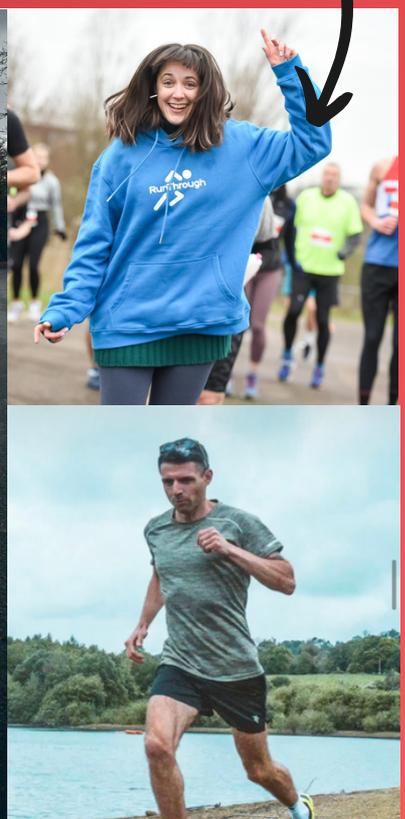
These Unisex products are comfortable, and designed with your daily workouts in mind.

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

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, speak to our staff on the information desk on the evening 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 as we require all runners 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.

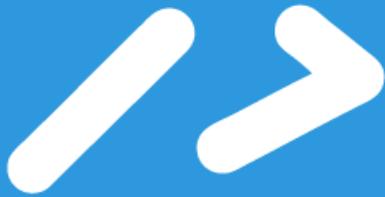
Will there be a prize giving?

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.

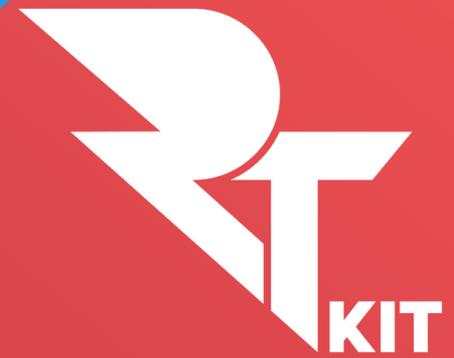
However check out our podium and photo wall to get your celebratory pictures!



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