

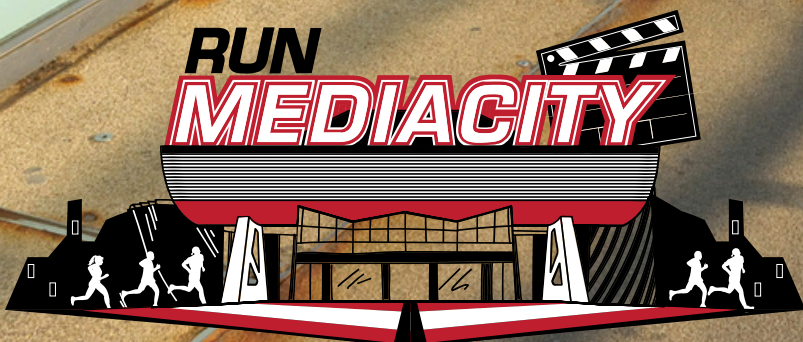
EVENT GUIDE



Run Media City

5k & 10k

Thursday 30th May 2024



Your Race Experience

P3

Welcome



P4

Arrival



P5

Race Pack Collection



P7

Bag Drop & Toilets



P9

Warm Up & Race Start



P9

During the Race



P11

The Course



P12

Finish Line & Event T-shirts



P14

Breast Cancer Now



P15

Run For Charity



P17

Results & Photos



P18

RTKit



P19

Join us Again!



Welcome

The entire RunThrough Team is happy to extend a warm welcome to you, joining us for your upcoming race.

Our goal is simple: to inspire an active nation through running, through the provision of inclusive and welcoming events for everyone. Our collective passion for running and community has led us to create events that we hope will be memorable experiences for all participants.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. Collectively, we've participated in countless races, which has not only honed our event organising skills but also deepened our understanding of the journeys of all runners.

So, rest assured, whether you're chasing a PB or aiming to complete your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, know that your safety is our top priority. Our team (pictured) will be on the ground doing everything possible 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

GRAHAM



COL



JESS



JAMES



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](#)

RACE PACK COLLECTION

Start Times:

7:00pm

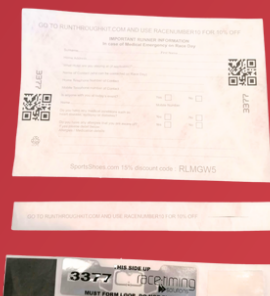
Race Pack Collection Times:

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

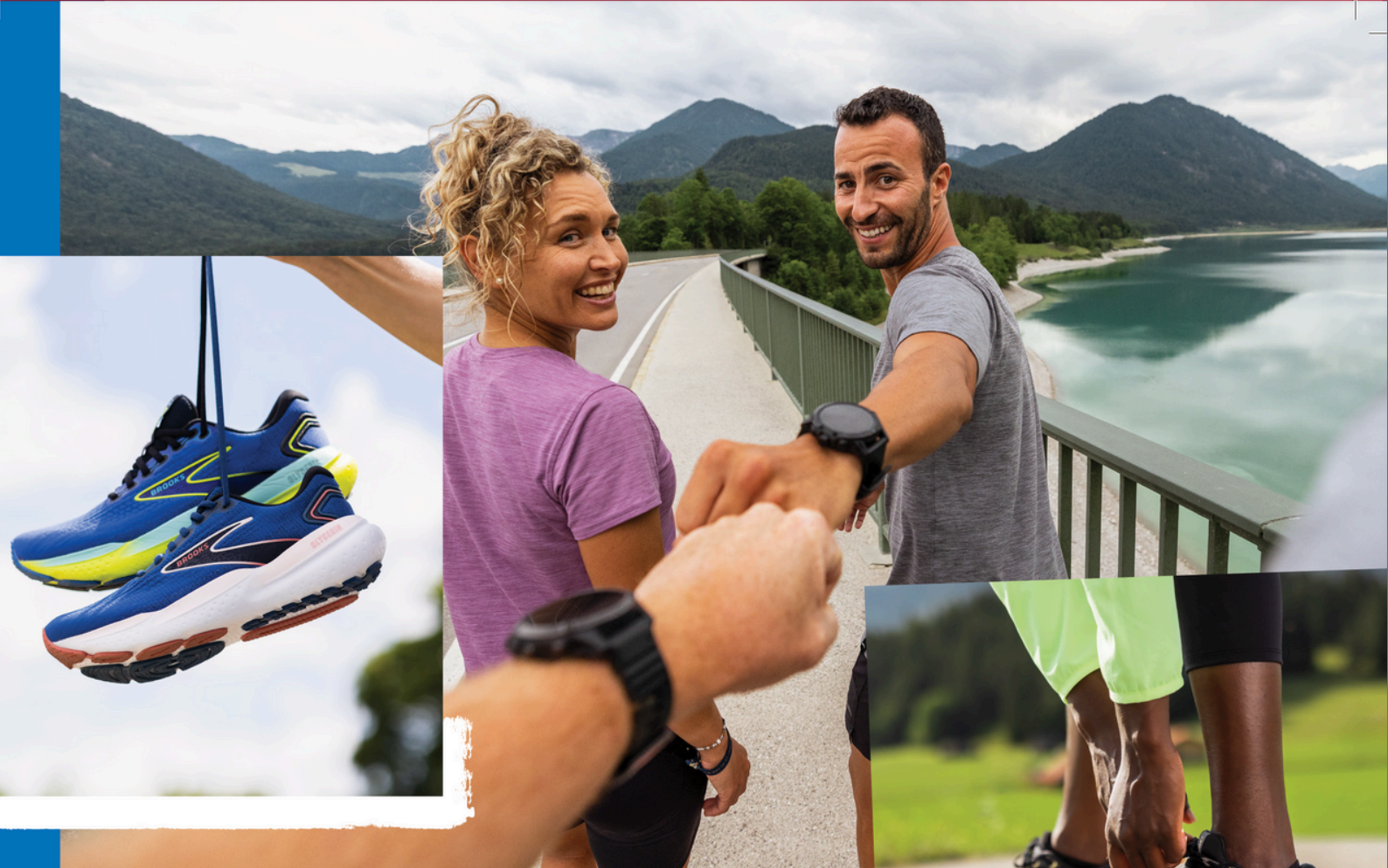
Timing Chip



Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib. This will help us in case of an emergency!

[CLICK FOR FORM](#)





WIN A 5 YEARS SUPPLY OF BROOKS SHOES!

Scan the QR code to take part in the Brooks Run Quiz for a chance to win a 5 years supply of Brooks running shoes! A winner will be chosen at the end of the year, so get those thinking caps on.

T&Cs apply

BROOKS



Scan or click  the QR Code



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.

RUNNER RETREATS



RETREATS | CAMPS | WORKSHOPS

**FOR RUNNERS OF
ALL ABILITIES**

FOUNDED BY



FIND OUT MORE

GET RACE READY

15% OFF

at

SPORTSSHOES.COM

Use code:

R771GNBB1QZC7

The UK'S NO.1 Online Retailer for RUN.GYM.HIKE

#NoFunStandingStill

Terms & Conditions apply. See website for details.

Code valid until 02.06.24



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. There will also be 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 an evening race, we highly recommend wearing or bringing bright high-viz clothing as it may start to go dark towards the end.

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.

⁺nuun

HYDRATION

Hydration starts here

NEW!



SPORT



Fuel your work out with electrolytes. Before, during and after exercise.



ULTRA



Don't let dehydration slow you down. Optimized electrolyte and Carbohydrate formula.

Nuun is here to support every RunThrough runner.

Good Luck to all the runners!

@nuunhydrationuk

#nuunuk

#nuuniverse

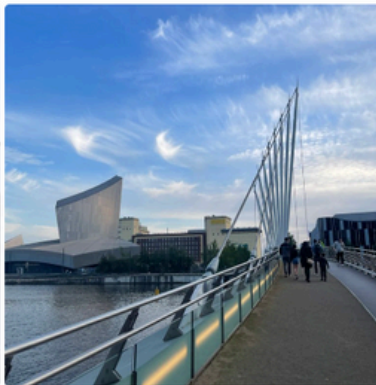
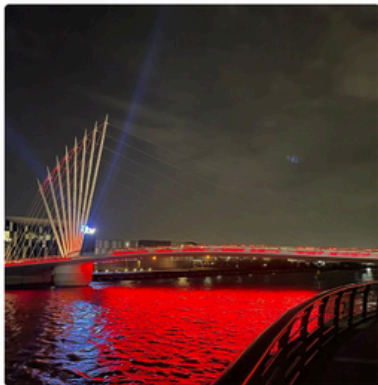
#nuunhydration

Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.

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.



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](#)



Salford food bank collection

Our foodbank relies on your goodwill and support. As cost of living pressures continue, many more local people and families need our emergency support.

Your generosity will directly help local people in hardship, thank you.

Please bring any donations to the RunThrough Information desk located in the event village.

All unopened and long life food, drinks and toiletries are welcomed!



ITEM'S WE'RE RUNNING LOW ON - MAY 2024

TINNED FRUIT

RICE

JAM

RICE PUDDING

LONG LIFE FRUIT JUICE



CRUNCHY CORN "OFF THE COB"

♥ **50% LESS FAT***
*in comparison to potato crisps

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

FUEL YOUR RUN

PERFECT CRUNCH

GREAT FLAVOUR

SIMPLE
INGREDIENTS



TRY OUR FLAVOURS



20% OFF
your next  order

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn

**BREAST CANCER NOW ARE DELIGHTED
TO BE THE OFFICIAL CHARITY PARTNER
OF RUN MEDIA CITY!**

ABOUT US

We're Breast Cancer Now, the research and support charity. However you're experiencing breast cancer, we're here.

We fund life-saving research, campaign for change and provide information and support to anyone affected by breast cancer.

Why? Because our vision is that by 2050, everyone diagnosed with breast cancer will live, and be supported to live well. **But we can't do it alone.**

HOW YOU CAN SUPPORT US

- **Fundraise for us** – Want to do something amazing? Use your place in Run Media City to help us be there for anyone affected by breast cancer
- **Donate** – Celebrate your incredible achievement by making a donation to our life-changing work
- **Join our community** – Join our Facebook group to share training and fundraising tips and get to know other members of Team Now

BREAST CANCER IN NUMBERS

- **1 in 7** women in the UK will develop breast cancer in their lifetime
- Nearly **1 in 3** new cancers diagnosed in women in the UK are breast cancer
- Around **55,000** women and **400** men are diagnosed with breast cancer every year in the UK

OUR WORK

- **50 YEARS** – we've been supporting people affected by breast cancer for 50 years
- **£268 MILLION** – to date, we've invested over £268 million in world-class breast cancer research
- **UK'S LARGEST TISSUE BANK** – in 2012, we opened the Breast Cancer Now Tissue Bank – the UK's largest unique collection of high-quality breast tissue



gofundme™

Make your place count!

**It's never too late to start fundraising
for a charity of your choice!**

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

Share updates, thank donors, and get
automatic transfers to your charity with
GoFundMe's powerful fundraising tools.

Start a GoFundMe

RUNTHROUGH TRAINING PLANS

POWERED BY



REAL COACHES FOR
REAL RUNNERS.
OUR TEAM OF EXPERT
COACHES PROVIDE

✓ STRUCTURE

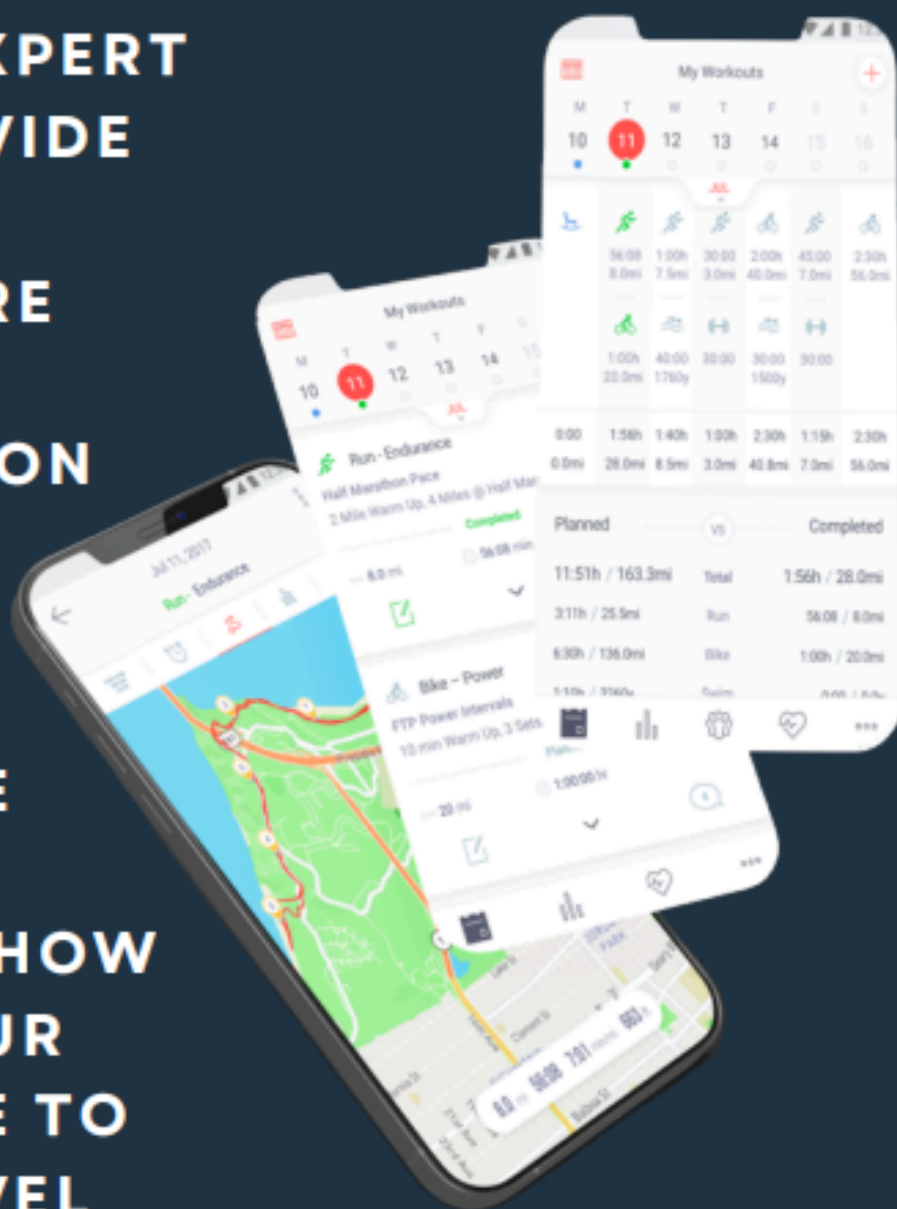
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

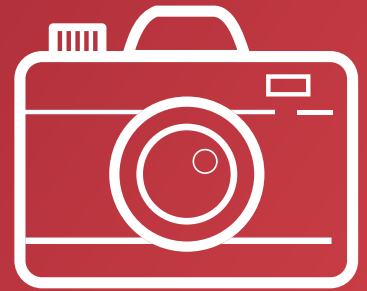
SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

START TRAINING TODAY



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

Please check out our X account @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 North Facebook Page.

To listen to all things running, RunThrough and inspiring stories, check out the GoneRunning Podcast!

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



GONE
RUNNING
PODCAST
WITH BEN SHEPPARD
POWERED BY

POWERED BY



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**



Any pre-ordered kit can be collected at the RTKit stall, please have your order confirmation ready to show our team.

Check out the RTKit Stall located in the event village.

www.RunThroughKit.com



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 £65 of race credit to be used on any of our awesome events and a £10 RunThrough Kit Voucher!

SIGN UP HERE!

FIND OUT MORE!



F.A.Q'S

How will my results show?

Results will be listed in Gun Time order (time from the start of the race, to you finishing). You will also be able to see your Chip time (the exact time from when you cross the start line to your finish). The difference between times may be due to it taking a few minutes to get everyone over the start line. Your category is determined by your age, anyone under 35 is classed as a senior, 35+ will be listed as Vets in 5yr increments. This will further be categorised as Female, or Open (All male, non-binary, or those who prefer not to say).

What is the minimum age for this event?

11- 5k | 15- 10k

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 distances?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed.

Will there be a water station on the course?

Yes, we will have a bottled water station out on the course for you to help yourself to on each lap.

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 route, we ask spectators to be respectful of other runners on the paths.

Will there be a prize giving?

There will be no presentation on the day. The top 3 male and female participants and age group winners can expect an email reward in the week following the race. There will also be prize money (£200- 1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times:

5k Men's Sub 14:30, Women's Sub 16:00mins

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!



RunThrough



Supported
by...



BREAST
CANCER
NOW The research &
support charity



BROOKS

nuun
HYDRATION

**RUNNER
RETREATS**



gofundmeTM

**LOVE,
CORN**



**NEW
LEVELS
COACHING**

SPORTSSHOES.COM

Interested in supporting an event? email: sam.williams@runthrough.co.uk