



**RUN MEDIA CITY
5K & 10K
THURSDAY 28TH MAY 2026**

EVENT GUIDE



YOUR RACE EXPERIENCE

03 WELCOME

04 TRAVEL

05 RACE PACK

06 EVENT VILLAGE

07 WARM UP & RACE START

07 DURING THE RACE

08 COURSE MAPS

09 FINISH LINE

10 RESULTS & PHOTOS

**11 OUR PARTNERS
AND OFFERS**



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.

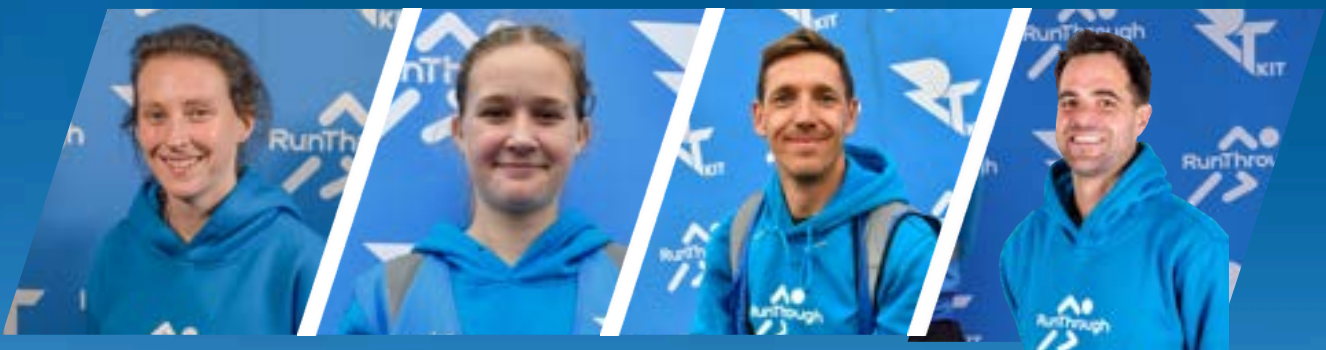
Rest assured, whether you're chasing a PB or completing your first race, you're among friends who understand the exhilarating highs of completing an event.

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



KATIE

BEATRICE

KANE

KIRSTEN

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](http://calm.spider.rents)

RACE PACK

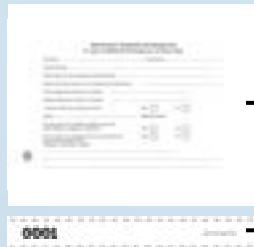
START TIMES

19:00

RACE PACK COLLECTION TIMES

17:30-18:30

- 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 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.

WARM UP & 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.

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 will follow Green km signs 1-4

10k - 4 Laps

5k - 2 Laps

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.

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!

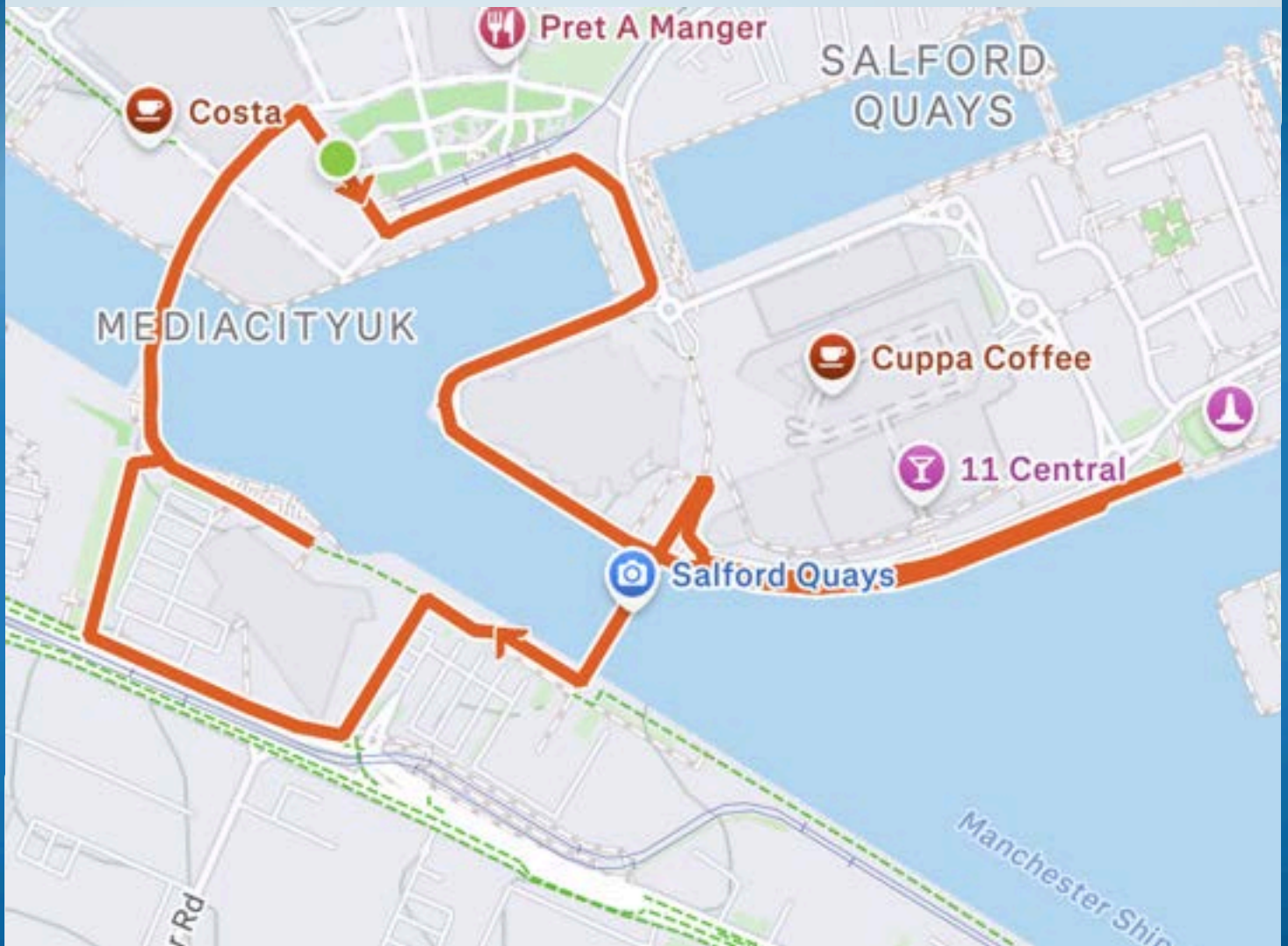


COURSE MAP

1 lap of the course

10K - 4 LAPS

5K - 2 LAPS



[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.



THE MEDAL



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.

(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 AN EVENT T-SHIRT](#)



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

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!



FOR FAQ'S
CLICK HERE

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



SPRING RACE COLLECTION

15% off for RunThrough runners
Use code: RTEVENTS15

[SHOP THE FULL RANGE](#)



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

STRUCTURE

INSPIRATION

SUPPORT

GUIDANCE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.





MAXIMUM STRENGTH PAIN RELIEF FOR SPRAINS, STRAINS AND RUNNING INJURIES



Always read the label



UP TO 12 HOURS OF TARGETED ANTI-INFLAMMATORY



POWERFUL ANTI-INFLAMMATORY TARGETS THE SOURCE OF PAIN



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

THE OFFICIAL PAIN RELIEF PARTNER OF RUNTHROUGH

WELCOME TO THE
HOUSE *of* SPORTSSHOES

THE FLAGSHIP RUNNING STORE
IN SHOREDITCH, EAST LONDON.

More than a place to shop - House of SportsShoes is a space to learn, connect and train. Get advanced gait analysis in the in-store Running Lab, experience performance-led events and shop curated collections from world-leading running brands.

VISIT HOUSE OF SPORTSSHOES AT
133 SHOREDITCH HIGH STREET, LONDON,
E1 6JE.

[Find Out More](#)

HOUSE *of* SPORTSSHOES

133

932 15322



MAKE NATURE YOUR POWER



**OFFICIAL SNACK BAR &
PROTEIN BAR PARTNER**

FOR THE LATEST
INFO ON TREK



FOLLOW US ON
INSTAGRAM
@EATTREK



THE FUTURE IS HERE



in the new

GLYCERIN FLEX

The future of running is here, where human movement and tech become one. Feel the freedom of Glycerin Flex, made to move with you so that you can take control of your run. Now you can choose from even more options in the Glycerin for however you want to experience the run.

[Learn more](#)

BROOKS



OFFICIAL PARTNER

THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



The image shows three smartphone screens displaying fundraising event pages for Runthrough. The central screen is the most prominent, showing the 'SURREY HALF MARATHON' event. It features a profile picture of a man, 7 participants, and a progress bar for £160 raised of £500 (32% of target). Below the screen are buttons for 'GIVE NOW', 'SHARE', and 'FOLLOW'. To the left, a screen shows the 'TATTON 5K & 10K' event, created by Samantha Jones-Lockett, with £230 raised of £200 (115% of target). To the right, a screen shows the 'BATTERSEA PARK RUNNING FESTIVAL' event, created by Nicolai Deans, with £350 raised of £300 (116.67% of target). All screens feature a 'Runthrough' logo and a 'SHARE' button.



OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



**22G
CARBOHYDRATES**



**ISOTONIC
FORMULA**



**INFORMED SPORT
APPROVED**



**AIM FOR 60G OF
CARBOHYDRATES
PER HOUR**





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](#)

**RUNNER
RETREATS**

MORZINE RUNNING RETREAT

21ST-27TH JUNE 2026

YOUR DREAM RUNNING HOLIDAY AWAITS

[FIND OUT MORE](#)



Supported by...



BROOKS



SPORTSSHOES.COM

Interested in supporting an event?

Email: partners@runthrough.co.uk