

# EVENT GUIDE

## **Run Media City Christmas**

**5k, 10k & Junior Races**

**Saturday 20th December 2025**



# YOUR RACE EXPERIENCE



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# Thank you, Team Moya Cole!



Good luck to our incredible team running for Manchester's hospice, the charity partner of this year's MediaCity Christmas Run.

Together, we're raising vital funds to support people impacted by life-limiting illness across Greater Manchester.

You're making every mile matter.  
We couldn't do it without you.

It's not too late to join our team and fundraise with your own place. Together, we can secure the future of local hospice care.

 [moyacole.org.uk/run](https://moyacole.org.uk/run)

ST ANN'S HOSPICE  
IS NOW  
**Moya Cole**  
HOSPICE

      
@MoyaColeHospice

 Registered with  
**FUNDRAISING  
REGULATOR**

Registered charity number 258085

# 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**



**GRAHAM**



**BEATRICE**



**KIRSTEN**



**COL**



**CORINNE**

# 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 Media City's travel advice HERE](#)**



what3words

Event Village:

**<///calm.spider.rents>**

**Please note, we are returning to the Piazza for this event, as we've done in previous years. Please be aware this is a different location to previous events in the 2025 series.**

# RACE PACK

## Start Times

5K	9:30am
SUB 45MIN 10K	9:30am
45 MIN + 10K	10:30am
JUNIORS	11:45am

## Race Pack Collection Times

5K	8:00-9:00am
SUB 45MIN 10K	8:00-9:00am
45MIN + 10K	9:00-10:00am
JUNIORS	10:15-11:15am



**FOR ENTRIES BEFORE THE 5TH DECEMBER  
YOUR RACE PACK SHOULD ARRIVE BY POST**

- If your pack hasn't arrived or you've entered after this date, 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 & RESULTS](#)**



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](#)**

**Step 1**



**Step 2**



**Step 3**



**Step 4**



# EVENT VILLAGE

## FACILITIES

**Toilets**



**Refreshments**



**Parking**



**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.*

## BAG DROP

- Please limit the number of belongings you bring to the event.
- It is recommended to leave your belongings in your car.
- Informal bag drop is within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.



## TOILETS

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

## 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.**

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](mailto: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 before the start of each race.

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

Please note the 5k & Sub 45min 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.

**5K- 2 Laps - Green KM signs 1-4**

**10k- 4 Laps - Green KM signs 1-9**

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 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 emptied 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.

**LOOK OUT FOR THE LITTER  
ZONE SIGNAGE!**



## WATER STATIONS

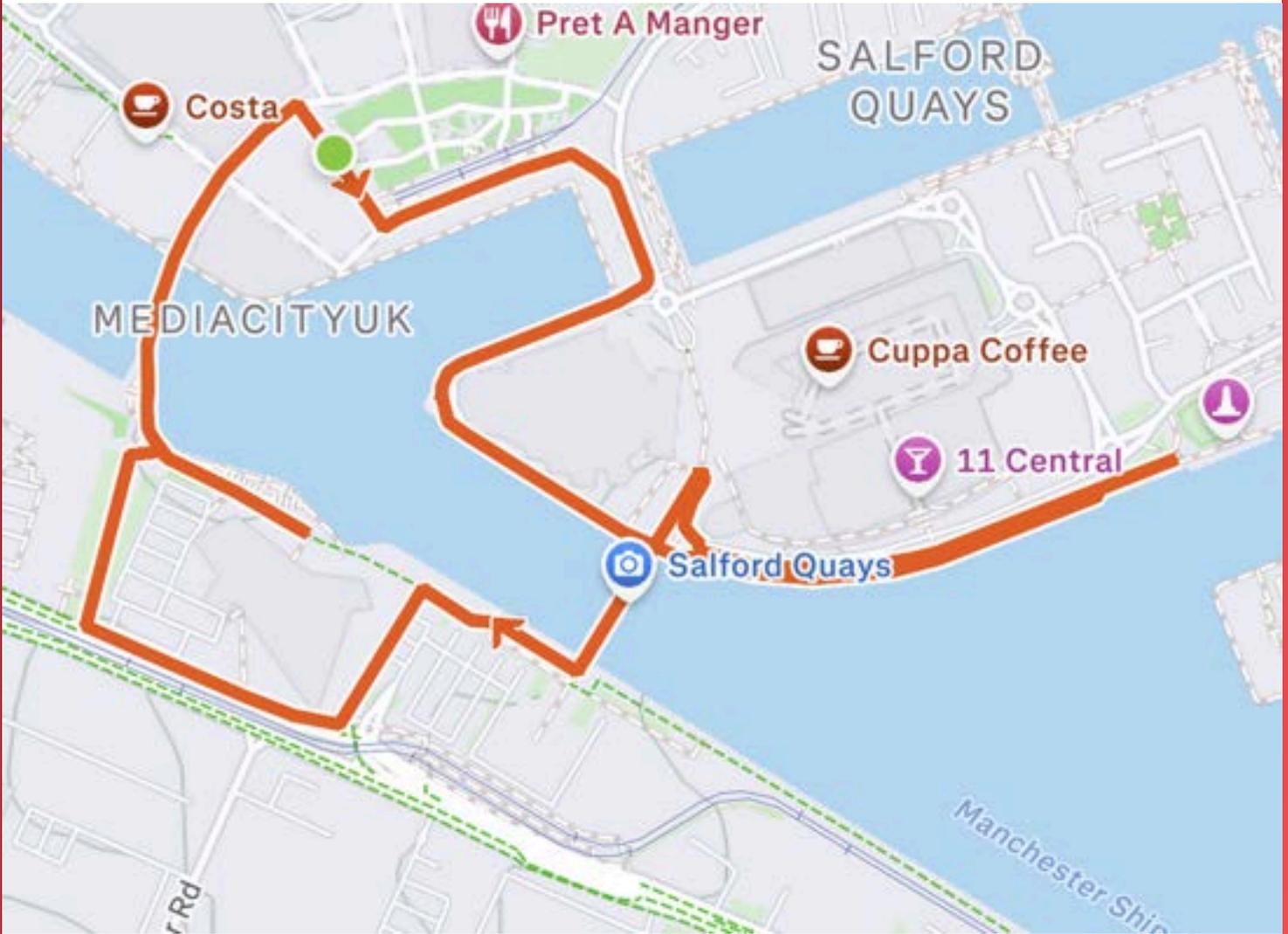
There will be a water station on each lap of the course, which you will pass once on the 5k and 3 times on the 10k.

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

# COURSE MAP



## 1 LAP



**[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.

Alternatively, check out our Christmas Range 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\*\*](#)

[\*\*PURCHASE A CHRISTMAS T-SHIRT\*\*](#)





# JUNIOR RACE



Collect your race pack from registration. This will include your race number, timing chip, and a tear-off wristband. The wristband is to be worn by the parent/guardian throughout the event.

Meet by the big blue flag by the information marquee 15mins prior to the start time.

We'll have a group warm up at 11.30 and walk to the start together.

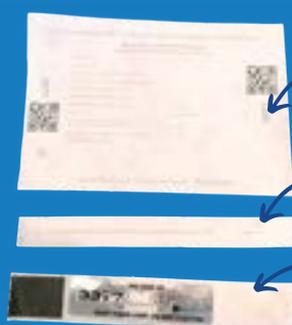
The race will start at 11.45 and will follow a 1.8km loop around Media City. There will be a lead bike and marshals along the course.

You will finish at the same finish as the other races and be funnelled into a finish pen.

Parents/ guardians are welcome to join in, or meet back up at the end.

We will have staff members checking every adult's wristband before letting your child leave the finish pen. Please have this accessible and visible on collecting your child.

When in doubt, keep an eye out for our big blue flag!



Bib number

Parent/guardian wristband

Timing Chip

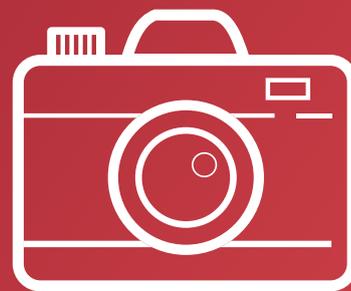


**[CLICK FOR INTERACTIVE MAP](#)**

Please note, there will be event photography during the event both within the event village and out on the course. If you do not wish for your child to be photographed or for photos to be published online following the event please inform the team at the information desk when you arrive at the event.

# 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!**



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 Gone Running Podcast!



If you #RunThroughNorth 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**

# GET INVOLVED!

Here at RunThrough we are always looking for likeminded people to join our community.

## VOLUNTEERS

- £65 RACE CREDIT
- £10 RTKIT VOUCHER



[WWW.RUNTHROUGH.CO.UK/VOLUNTEER](http://WWW.RUNTHROUGH.CO.UK/VOLUNTEER)

# F.A.QS

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, Male, or Open (non-binary, or those who prefer not to say).

What is the minimum age for this event?

Juniors-any age | 5k-11 | 10k-15

It's optional if parents want to join in the kids race, although highly recommended for anyone under 9. Any supporting adults, don't need to enter the race.

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](mailto:north@runthrough.co.uk) if you plan to take more than 90min 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 which you will pass on each lap of your race- (once for the 5k & 3 times on the 10k). Please drain bottles before discarding.

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.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! We ask spectators to be respectful of runners on the paths around the route.

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:

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

10k- Men's Sub 30:30 mins, Women's Sub 34 mins.

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

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.COM

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Discover the perfect presents for your fitness-loving friends and family. Load them up with the latest running shoes and training gear to keep their style sharp and their performance goals within reach. Add in our seasonal line-up of must-have gadgets and accessories, and you'll be on your ultimate gift-giving game.

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# THE PERFECT RUNNING PAIR



**9G**  
PLANT  
PROTEIN

  
NATURAL  
INGREDIENTS

  
SOURCE OF  
FIBRE

**THE OFFICIAL SNACK BAR & PROTEIN  
BAR PARTNER OF RUNTHROUGH**

# BROOKS

*Let's Run There*

## SUPPORT YOUR JOURNEY

ADRENALINE GTS 25



The Adrenaline GTS 25 continues its legacy of structured support with a smooth ride and GuideRails™ technology to help keep you in your natural motion path.



# 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 pages on the Givestar app. Each screen features a 'Runthrough' logo, a profile picture of the event creator, the number of participants, and a 'SHARE' button. The central screen is highlighted with a white box showing fundraising progress: £160 raised of £500, which is 32% of the target. Below this, a progress bar is shown. At the bottom of each screen are buttons for 'GIVE NOW', 'SHARE', and 'FOLLOW'.

Event Name	Created by	Participants	Amount Raised	Target	Percentage of Target
TATTON 5K & 10K	Samantha Jones-Lockett	6	£230	£200	115%
SURREY HALF MARATHON	James Duncan	7	£160	£500	32%
BATTERSEA PARK RUNNING FESTIVAL	Nicola Deans	11	£350	£300	116.67%



OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



22G  
CARBOHYDRATES



ISOTONIC FORMULA



INFORMED SPORT  
APPROVED



AIM FOR 60G OF  
CARBOHYDRATES  
PER HOUR





# 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

# <sup>+</sup>nuun HYDRATION

## Hydration starts here



### SPORT



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

### ULTRA



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

**Hydrate your journey, embrace the challenge and make every step count!**

**Good Luck Runners!**  
You've got this with Nuun Hydration!

Click to follow @nuunhydrationuk

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#nuuniverse

#nuunhydration

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

Official Partner

# 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



## PLAY CORN HOLE, WIN PRIZES!

Get CORN-petitive with our corn hole game in the event village! Make sure you record your score by scanning the QR code at events to be in with a chance of winning race entries, LOVE CORN merch and more!



**20% OFF**  
your next order 

USE CODE:  
**RUNRUNRUN**  
[amazon.com/lovecorn](https://amazon.com/lovecorn)



**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](http://www.RunThroughKit.com)**

# RUNNER RETREATS



**RETREATS | CAMPS | WORKSHOPS**

**FOR RUNNERS OF ALL  
ABILITIES**

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**SPORTSSHOES.COM**

Interested in supporting an event? email: [sam.williams@runthrough.co.uk](mailto:sam.williams@runthrough.co.uk)