



MEDIA CITY HALF MARATHON

SUNDAY 15TH FEBRUARY 2026

EVENT GUIDE

PRESENTED BY:



IN SUPPORT OF:





YOUR RACE EXPERIENCE

03 WELCOME

05 TRAVEL

06 RACE PACK

07 EVENT VILLAGE

08 WARM UP & RACE START

08 DURING THE RACE

09 COURSE MAPS

10 FINISH LINE

11 RESULTS & PHOTOS

**12 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



SOPHIE

COL

REUBEN

ROB

GIAN



JAMES

SAM

STEPHEN

GRAHAM

mind in Salford

**Proud charity partner of
the Media City
Half Marathon
2026!**



Fundraising Heroes!

If you are running as part of #TeamMindinSalford, we want to say a massive THANK YOU! Your miles help make better mental health possible in Salford.

Mind in Salford is an independent charity, affiliated with National Mind, that works to promote better mental health across Salford & Greater Manchester. We work to provide advocacy, welfare rights & debt advice, counselling, LGBTQIA+ services, peer support, community awareness & training.



Want to do something amazing with your place?

Fundraise for us

Use your place to make a difference today.

Donate to us

Celebrate your incredible achievement by donating to Mind in Salford.



How your support helped us in 2025:

- Help 160 people in Secure Mental Health Wards
- Support 2,089 people through our advocacy service
- Advise 737 people with welfare and debt issues
- Train 368 Mental Health First Aid champions in our community

TRAVEL

Address: Media City, Salford, M50 2EQ

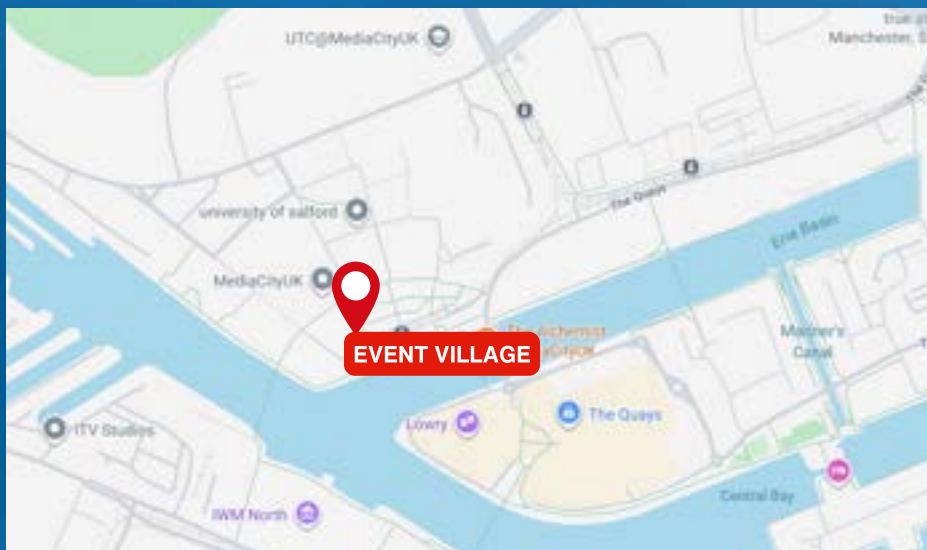
By Rail: The best and easiest way to get to Media City is to take the Metrolink, with the 'Media City' Metrolink station located directly next to the event village, or the 'Imperial War Museum' station just a short walk away.

Media City can be accessed from the city centre, changing at Cornbrook station if necessary.
The closest train station to Media City 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 signposted Salford Quays/Trafford Park. From the roundabout follow signs for Salford Quays turning right onto Broadway at the first set of Traffic lights.

If you choose to drive to the event, we recommend parking away from Media City and walking to the venue. The multistorey car parks nearest to the venue will be extremely busy and will have delays on arrival and leaving. If you choose to park at the Media City Multistorey car park, please arrive before 8am, as the road leading to the car park will close ahead of the race start.



what3words

Event Village:

[///calm.spider.rents](https://www.what3words.com////calm.spider.rents)

RACE PACK

START TIME

9:00am

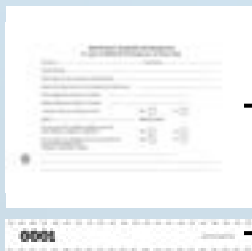
RACE PACK COLLECTION TIMES

7:30-8:30am



**FOR ENTRIES BEFORE THE 30TH JANUARY
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 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



REFRESHMENTS



PARKING NEARBY



**SPECTATORS
WELCOME**



TOILETS

There will be portable toilets within the event village.

BAG DROP

- Please limit the number of belongings you bring to the event.
- 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.

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.

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

DURING THE RACE

The course will be marked out by yellow mile markers and arrows. There will be marshals all around the course and at every major junction.

The route follows a closed road course, starting and finishing at Media City UK. The route features two laps, around Salford and Eccles and on footpaths around Salford Quays and the centre of Media City.

Please drain and discard all litter and bottles within the signed litter zones. There will be large bags and bins within these areas that you will pass shortly after each water station.

A limited number of SiS gels will also be provided at the 2nd water station. If you choose to take a gel or provide your own, please retain the packets and tear off tops on your person, or discard within the bins provided. With respect for the marshals, venue and environment, littering of any kind won't be tolerated.

WATER STATIONS

There are water stations that you will run past at approximately 2.5 miles, 4.5 miles, 6.5 miles, 9.5 miles and 12 miles. Please help yourself to these as you pass.

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

We recommend bringing your own drinks and 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



[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 MERCH

If you have purchased an event T-shirt or hoody 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 kit, 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 HERE



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**

STRUCTURE

INSPIRATION

SUPPORT

GUIDANCE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.





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

⁺nuun

HYDRATION

Hydration starts here



SPORT



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

SPORT ELECTROLYTES

LEMON LIME

NATURAL FLAVOUR, NO SUGAR

SUPPLEMENTED WITH ELECTROLYTES

561g

ULTRA HYDRATION

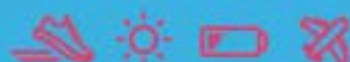
RASPBERRY

REHYDRATING ELECTROLYTE TABLETS

WITH SUGAR AND SWEETENER

45g e

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

#nuunuk

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#nuunhydration

Carbohydrate-electrolyte solution enhances the absorption of water during physical exercise.

JOIN THE **BROOKS RUN TOUR** AND TRY THE LATEST SHOES FROM BROOKS



On race day, experience comfort
built for the miles ahead.
Choose from three different
Brooks shoes and find what feels
right for your run.

[Reserve your pair](#)



BROOKS
RUN → TOUR



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





OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

Provided on course for every runner to help fuel your performance.



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



MediaCityUK

SPONSORED BY

BANK OF AMERICA

MEDIA CITY HALF MARATHON

SUNDAY 15TH FEBRUARY 2026

DISCOVER WHAT WE DO!

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 [amazon](#) order

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn

"I couldn't understand how all of my friends were getting onto the property ladder, then they told me about Shared Ownership!"



Shared Ownership

The more affordable way to get on the property ladder in Salford

Shared Ownership is a way to buy a share in a home now with the option to buy more of it in the future*. You pay a rent on the share of the home that you don't own. This requires a much smaller deposit, making it ideal for first-time buyers.



**SHOW
APARTMENTS
NOW OPEN**

WORRALLST

WITH SHARED OWNERSHIP YOU COULD AFFORD TO BUY A NEW HOME WITHIN WALKING DISTANCE OF MEDIA CITY.

**1, 2 & 3 BEDROOM APARTMENTS
AND 2 BEDROOM TOWNHOUSES**

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0161 447 5050 | sales@plumlife.co.uk**

Plumlife
homes

*On some newer Shared Ownership homes, shares as low as 10% and up to 75% may be available, subject to eligibility checks and further approval.



**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



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...



SPORTSSHOES.COM



Interested in supporting an event?

Email: partners@runthrough.co.uk