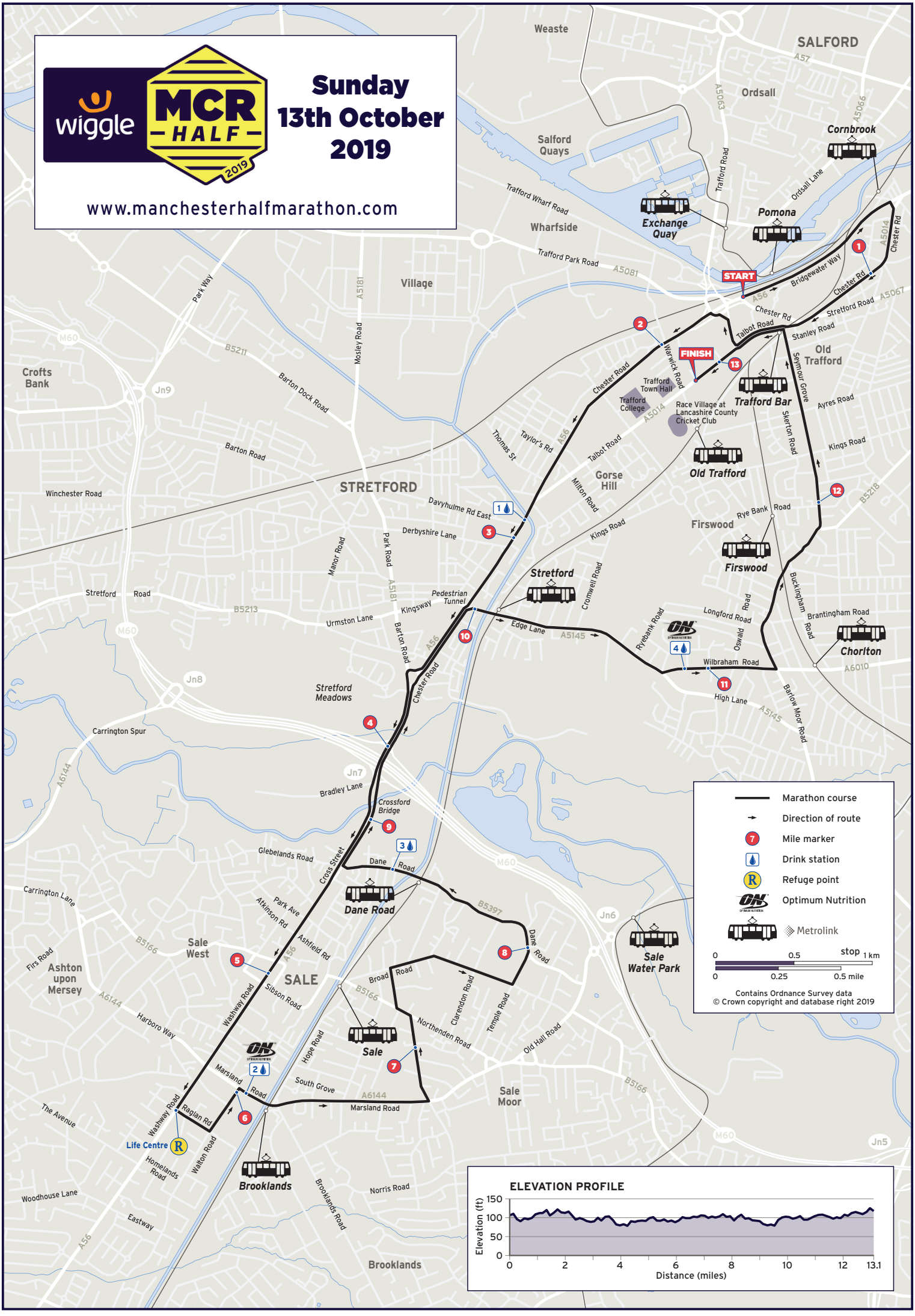

wiggle
MCR HALF
2019
Sunday
13th October
2019
www.manchesterhalfmarathon.com
Weaste
SALFORD
Ordsall
Salford Quays
Cornbrook
Trafford Road
Ordsall Lane
Trafford Wharf Road
Exchange Quay
Pomona
Wharfside
Trafford Park Road
START
Bridgewater Way
Chester Rd
Stretford Road
Talbot Road
Stanley Road
Village
Park Way
Mosley Road
Crofts Bank
Barton Dock Road
Barton Road
Warwick Road
FINISH
Old Trafford
Seymour Grove
Trafford Town Hall
Trafford College
Race Village at Lancashire County Cricket Club
Trafford Bar
Ayres Road
Skerton Road
Kings Road
Thomas St
Taylor's Rd
Talbot Road
Gorse Hill
Old Trafford
Winchester Road
STRETFORD
Milton Road
Davyhulme Rd East
Derbyshire Lane
Kings Road
Rye Bank Road
Firswood
Firswood
Manor Road
Park Road
Stretford
Cromwell Road
Stretford Road
Pedestrian Tunnel
Kingsway
Urmston Lane
Edge Lane
Ryebank Road
Longford Road
Oswald Road
Buckingham Road
Brantingham Road
Chorlton
Wilbraham Road
High Lane
Barlow Moor Road
Stretford Meadows
Carrington Spur
Bradley Lane
Crossford Bridge
Glebelands Road
Cross Street
Dane Road
Dane Road
Carrington Lane
Park Ave
Atkinson Rd
Ashfield Rd
Sale West
Sale Water Park
Firs Road
Ashton upon Mersey
SALE
Broad Road
Sibson Road
Washway Road
Harboro Way
Clarendon Road
Temple Road
Northenden Road
Old Hall Road
Hope Road
Sale
Marsland Road
South Grove
Marsland Road
Sale Moor
The Avenue
Raglan Rd
Life Centre
Homelands Road
Walton Road
Brooklands
Brooklands Road
Norris Road
Woodhouse Lane
Eastway
Brooklands
Marathon course
Direction of route
Mile marker
Drink station
Refuge point
Optimum Nutrition
Metrolink
0 0.5 stop 1 km
0 0.25 0.5 mile
Contains Ordnance Survey data
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ELEVATION PROFILE
Elevation (ft)
150
100
50
0
0 2 4 6 8 10 12 13.1
Distance (miles)