



WIGGLE MANCHESTER HALF



EVENT GUIDE

13TH OCTOBER 2019

LANCASHIRE CRICKET CLUB

TALBOT ROAD, OLD TRAFFORD, MANCHESTER, M16 OPX

#MCRHALF





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EVENT DAY CHECKLIST

1

GET THERE IN PLENTY OF TIME

We advise using Metrolink to travel to the event-disembarking at Old Trafford Metrolink stop.



2

BRING YOUR RACE NUMBERS

Bring your emergency contact number and make sure that your emergency number is filled in on the back of it.

3

BAG

If using the bag drop put your kit in a small back pack or gym bag with easily accessible handles.

4

PINS

You'll need to attach your number to the front of your running top. Safety or Race Pins are commonly used.



5

SPARE KIT

Warm top or even a bin bag to discard at the race start if it's cold or wet. Plus spare kit to change into afterwards.

6

CASH

A donation can be made for a post-race massage, and you'll be able to purchase food and drink in our Hangout area





INTRODUCTION

Thank you for choosing the Wiggle Manchester Half as your challenge. Everybody involved in organising the event thanks you for entering and promises that we will do everything possible to make this event the most enjoyable one you enter this year.

If your goal is to race and achieve a good time, this course is flat and fast. If you just want to enjoy the experience and achievement, you'll be overwhelmed with how friendly it is. Whatever your goal is, the course is packed with Mancunian cheer and local entertainment to encourage you every step of the way. We wish everyone running, for whatever reason, every success.

This booklet aims to cover every aspect of the event. It contains important details

concerning your safety, how to get the most out of the day, and what to do if your run doesn't go to plan.

Please take the time to read the information carefully in advance of the event – you have trained so hard to get to this day and we want you to have a smooth experience. Please make sure you know the locations of the start, finish and water stations, plus be prepared in case you need first aid or to meet friends and family post finish.

We will be sending you a full survey after the event via email, so please take a few minutes to give us your honest feedback which will help us continue to offer the best experience.

YOUR WIGGLE MANCHESTER HALF EXPERIENCE INCLUDES

- Entertainment and designated charity cheering points along the route from Cancer Research UK, Alzheimer's Society, The Christie & Royal Manchester Children's Hospital
- 4 on course water stations
- 2 on course OPTIMUM NUTRITION Carb Energy Gel stations
- Wiggle Pacers to help you get around in your target time
- Live Predictive Tracking for spectators to follow runners
- Hangout area for your family and friends a long with fun activities or all ages to enjoy.
- Live screening of the finish line online and in the Hangout



PLUS

A DEDICATED ATHLETE'S VILLAGE AT LANCASHIRE CRICKET CLUB WITH:

- Bag Drop Area
- Post-race massage area
- Treats at the finish line, including refreshing Erdinger Alkoholfrei
- Recovery Zone
- Official Finisher Photo Area
- Official Event Merchandise



THE EVENT IN NUMBERS...

- **INTRODUCED IN 2016**
- **13.1 MILES**
- **15,000 RUNNERS**
- **£3 MILLION BOOST TO THE LOCAL ECONOMY**
- **RAISES OVER £15,000 FOR THE TRAFFORD ACTIVE FUND**
- **£10,000 IN PRIZES UP FOR GRABS**
- **550 VOLUNTEERS AND CREW**
- **OVER £800K RAISED BY RUNNERS FOR CHARITY**



NEED ANY HELP?

If this is your first race, or if you are unfamiliar with the area, we understand you might have a lot of questions. We've tried to answer as many queries as possible in this booklet and on the website, so please look here first and you might find what you need. If you have any remaining questions please contact our customer service team via email info@manchesterhalfmarathon.co.uk

“A FEW WORDS...”

...From myself and the team here at Human Race we wanted to wish you all the best of luck with your run, and truly hope you have a wonderful day. Whether it's to finish your first half marathon, or you're here to smash your previous personal best time, the whole team are working hard to ensure you have a fantastic experience.

This carefully designed course will spur you on with the entertainment and brilliant spectator support from the local residents of Greater Manchester.

Also, a personal thank you to all my team for all the hard work and hours put in to deliver this great run. However the largest thank you is in order to all our event partners, marshals and the communities from the local areas, without your help and support this race would simply not be able to take place.

Good luck, and most importantly enjoy yourselves!”

Sarah Berry
Wiggle Manchester Half Event Director



EVENT TIMETABLE

SATURDAY 12TH OCTOBER

**11:00 - 17:00 RACE PACK COLLECTION
POINT OPEN AT INSIDE HOTEL,
FIRST STREET, MANCHESTER.**

SUNDAY 13TH OCTOBER

**07:00 ATHLETE VILLAGE AT
LANCASHIRE CRICKET CLUB OPENS**

07:00 HANGOUT OPENS

08:00 START AREAS OPEN

08:55 WHEELCHAIR ATHLETE'S START

**09:00 ELITES START, FOLLOWED BY
ALL OTHER RUNNERS MAY TAKE UP
TO 40 MINUTES TO CROSS THE START**

**09:40 FIRST WHEELCHAIR
FINISHERS EXPECTED**

10:00 - 12:00 RUNNERS FINISH

11:30 PRIZE GIVING CEREMONY IN THE HANGOUT

14:00 ATHLETE VILLAGE & HANGOUT CLOSE





GETTING TO THE EVENT

FOR THE LATEST TRAVEL INFORMATION PLEASE SEE THE TRAVEL SECTION OF THE WIGGLE MANCHESTER HALF [WEBSITE](#)

METROLINK

We advise getting to the event via Metrolink tram network. There are a number of cost effective ticket options for both runners and spectators. The nearest stops are Pomona, Exchange Quay & Trafford Bar. The nearest stops to the finish line, event villages, bag drop and main toilets is Old Trafford & Trafford Bar.

TRAVEL QUERIES

Full road closure information can be found on our official [WEBSITE](#). If you have questions about the road closures and diversions, please traffic@humanrace.co.uk or ring the traffic helpline 0161 850 1230. Between the hours of 10:00 – 15:00 Monday to Friday and 08:00 – 16:00 on Saturday 12th and Sunday 13th October.

OFFICIAL CAR PARK & DROPPING OFF

There is no official event car park, however if you are driving we recommend checking out the travel page of our [WEBSITE](#) for further advice.

PARK & RIDE

There are over 100 park and ride locations in Greater Manchester. It's easy to park up and hop on the tram for a hassle free journey to the event. Parking at tram stops is free for all Metrolink customers. Click here for further details on [METROLINK PARK AND RIDE](#).



RAIL SERVICES

If you are traveling to the event from outside Manchester, rail services operate to both Manchester Piccadilly and Manchester Victoria stations. Both stations have Metrolink connections so you can quickly hop on a tram to continue your journey.

USEFUL NUMBERS

Wiggle Manchester Half Marathon Traffic Line:
0161 850 1230 Mon - Fri: 10:00 - 15:00
Local Bus & Rail: 0871 200 2233
British Rail Enquiries: 03457 48 49 50
Virgin Train Link: 08457 222 333



EVENT PACK

All UK registered runners will have their packs posted out prior to the event. Your race pack is the only item that will be sent out to you by post, and includes the number you must wear on the day of the event, which includes your timing chip.

You can expect your pack to arrive from 25th September onwards, but it can arrive right up until a couple of days before the event.

If your pack does not arrive for any reason (or you misplace it), please visit the 'Pack Collection Point' on **Saturday 12th October at INNSIDE Manchester Hotel** to collect a replacement.

For all international entries (your address is outside of the UK), please collect your pack from the 'Pack Collection Point' situated in the INNSIDE Manchester Hotel on Saturday 12th October between 11am and 5pm. Please note; packs CANNOT be picked up on the event day.



PACK PICK UP

WHERE: INNSIDE Manchester Hotel, 1 First Street, Manchester, M15 4RP

WHEN: Saturday 12th October 11:00am - 5:00pm Please bring photo ID with you in order to pick up your Event Pack.

CLOSEST STATIONS: Deansgate (3min walk), Oxford Road (7min walk), Manchester Piccadilly (15min walk)

CAN'T COLLECT YOUR PACK?

In the event you are unable to collect your pack, someone can collect it on your behalf with a signed note providing permission from the original registrant. The original registrant must still run in the event. This is only a solution for pack collection and not a transfer model. If you are no longer able to attend the event, you are not able to transfer your place after Monday 2nd September 2019.

**FOR MORE
DETAILS
OF THE
COLLECTION
POINT CLICK
HERE**

YOUR NUMBER

In your Wiggle Manchester Half pack you will receive a number which must be attached to your outside garment on your front with safety pins (we do not supply the safety pins so don't forget them!). This must be visible at all times. On the reverse of your number please complete the required details. If you registered before August 2019, your specified name will be on your race number.

ANY QUESTIONS?

Click **HERE** for full event FAQs

For any queries prior to the event weekend feel free to get in touch with our team on info@manchesterhalfmarathon.co.uk. If you have any queries during the race weekend, please ring 0161 928 6795.

**PLEASE NOTE
THIS RACE NUMBER ALSO
CONTAINS YOUR TIMING CHIP
SO DON'T FORGET/LOSE IT!**



ROUTE MAP



TRAFFORD PARK

VILLAGE WAY

Manchester Utd FC

START

HULME

CHESTER ROAD

Bridgewater Canal

Lancashire CCC

FINISH

STRETFORD

OLD TRAFFORD

CHORLTON-CUM-HARDY

STRETFORD MEADOWS

TURN MOSS PLAYING FIELDS

EDGE LANE

SALE

wiggle

MCR HALF

2019

River Mersey



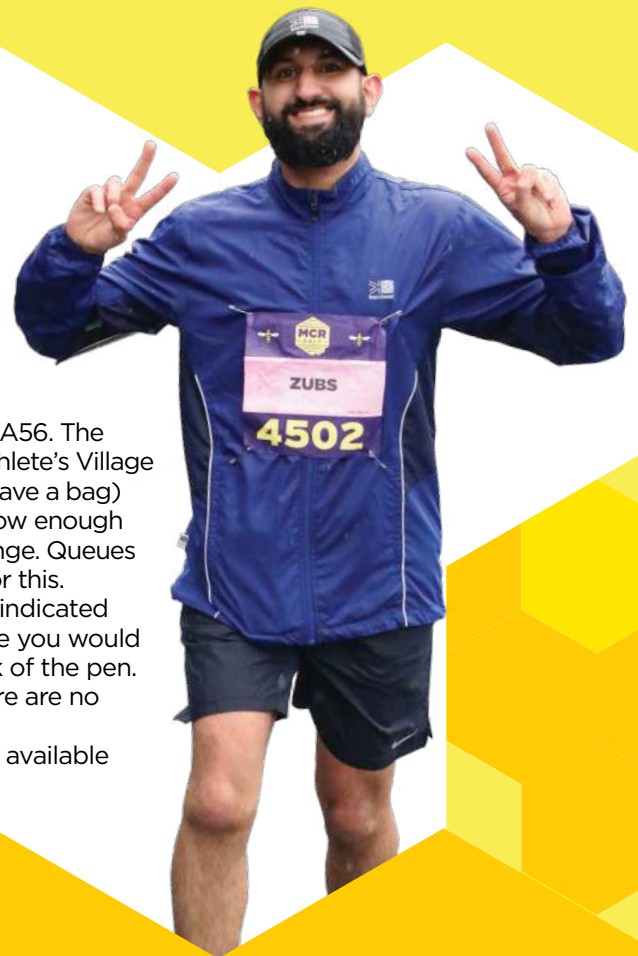
THE START

THE WIGGLE MANCHESTER HALF 2019 STARTS AT 9AM

The start line is near the arch at White City Way on the A56. The route to the start will be clearly signposted from the Athlete's Village (at Lancashire Cricket Club where you can choose to leave a bag) and it takes approx. 15 minutes to walk there. Please allow enough time to find your start area and prepare for your challenge. Queues can form for certain toilets so please leave extra time for this.

Please go to the relevant colour coded start area as indicated by your number. You can decide within the area, where you would like to stand. If you are unsure, stand towards the back of the pen. All pens will have their own official start. However, there are no different start times.

More information on waves and start process will be available to view on the [WEBSITE](#).



WIGGLE PACERS

A great team of Wiggle pace runners will be available to help you achieve your target finish time. Pacers will run the following times:

1:30 1:35 1:40 1:45 1:50 1:55 2:00 2:15

They will be easy to identify with back packs and flags showing their time and will be standing in the relevant start pen areas. For more information, please visit our pacer page [HERE](#)

DISTANCE AND TIMING

The Wiggle Manchester Half is UKA certified as official half marathon distance. There are markers placed at one mile intervals along the course, as well as markers every 5km.

Your official time will be measured by your timing chip, and your time will be calculated from when you cross the start mat (not from 9am). There are a number of mats on the course to cross check your times. It may take up to 30 minutes to pass the start line, but please be re-assured your chip time will not start until you pass the start line. We will have split point timing mats located at: 5km, 10km and 15km.



WATER AND NUTRITION STATIONS

We'll have four water stations located throughout the route, with two of these also offering gels. Carb Energy Gels will be available at specific water stations across the route, starting at the water station near mile 3. Details of their nutritional content of these gels can be found [HERE](#).

Please note, these are not currently available to purchase, and therefore we advise that if you are concerned that not testing gels before an event may impact on your performance, then please bring your preferred gel. There will also be Optimum Nutrition recovery products available in the Athlete Village to support your recovery post-race.

STATION	MILES	PRODUCT
1	3	Water
2	6.1	Water+Gels
3	8.7	Water
4	11	Water+Gels

*Drinks Station locations are subject to change



NEW FOR 2019 TEST WATER STATION

We're determined to reduce the amount of plastic that is used at our event, especially at the water stations. Logistically providing 16,000 runners with water instantly in a hassle-free way without breaking their stride is a challenge, but we are committed to finding a way. Therefore we will be testing a new solution with paper cups at one of our water stations on Sunday 13th October. We've put a lot of effort into ensuring this all goes smoothly so you can concentrate on what matters, you having a great run, but please be ready to expect water from both plastic bottles and paper cups.



HELPING THE ENVIRONMENT

We try our best to recycle, to protect our local environment and to respect our neighborhood – but we need your help. Only clean water bottles can be recycled. Those thrown into hedgerows, gardens and trees cannot! Look out for the drop zone and target bins just after the water stations. Whilst there are no prizes for the distance you can throw your water bottle, by aiming it at the target bins, you will be helping us to recycle and run a litter free race. This also helps our local residents as it means we can get the roads cleaned up and reopened swiftly.

Additionally this year's official Wiggle Manchester Half technical top (available to buy now, or purchase straight after the event) will be made from recycled plastic. You can check it out later in this guide. REMEMBER TO RUN TIDY – let's have a litter free race!



FURTHER ROUTE INFORMATION

UKA RACE RULES

The race is licenced by UKA and their race rules apply. Please click [HERE](#) for the rules.

DROPPING OUT

If you cannot continue, there will be buses to take you back to the Athlete's Village and you can wait at the refuge point to stay warm. If you do drop out, please make sure you inform a marshal and that they note your number, this is to prevent your friends and family worrying if you are not back in the expected time.

FIRST AID

There are 3 first aid points along the course, please refer to the map.

CUT OFF TIMES

Please be aware that the finish gantry and finish straight will remain open until 13:30*. However, due to our staggered road closures, you may be asked to move onto the pavement before this time so we can appropriately facilitate the roads reopening for business and resident access. *This gives you approximately 4hrs to complete the distance. You will need to achieve a minimum pace throughout. If you fall behind it you may be listed as a DNF & will not get a finish time.

HEADPHONES

Headphones are permitted according to UKA rules if you are not competing for a prize. However, we ask you to consider that headphones prevent you from hearing what's going on around you, including all the people who have turned out to cheer you on and the entertainment organised by each of the communities. You may also miss emergency instructions and warnings from other runners. For these reasons we would prefer you not to wear headphones.

COURSE MEASUREMENT

The course was officially measured by Association of International Marathon's & Distance Races (AIMS) and International Association of Athletics Federations (IAAF) accredited course measurers on 23rd July 2019.

SHELTER AND REFUGE POINTS

The weather may be cold and wet in October, so please prepare accordingly. There will be two refuge points on the course where you can have a rest and either carry on, or withdraw if you wish. Access to both refuge points will be clearly sign posted from the course. We want you to enjoy the event, so please don't feel pressured to continue because of sponsorship monies, or for any other reason.

TOILETS

There are toilets & urinals located at the Start Area, and 3 toilets located 50m ahead of each of the drinks stations 2, 3, & 4.

REFUGE POINT 2

The Life Centre, 235 Washway Road, Sale, M33 4BP.

REFUGE POINT 2

A refuge bus will be located in the centre of Chorlton and will be signposted in advance



EVENT VILLAGE



TRAFORD TOWN HALL

INFORMATION TENT

THE FINISH LINE

THE HANGOUT
MEET YOUR RUNNER HERE

ENTRY/EXIT

THE ATHLETES VILLAGE

THE ATHLETES VILLAGE

LANGASHIRE CRICKET CLUB





EVENT VILLAGE INFORMATION

BAG DROP

If you are planning on using the bag drop we politely ask that you only bring a back pack or gym bag containing your essentials. Please leave plenty of time to drop your bag before the start. Upon arrival you will be directed to one of several drop and collection points and you will be given a wristband which you must wear throughout the event and which you will use to collect your bag afterwards.

MASSAGE TENT

Why not get a post-run massage in the Athlete Village? These are available from 10:00 until 13:30.

MEETING POINTS

We recommend that all runners arrange a sensible place to meet with friends and family after they finish. The new Hangout area offers a live stream of the finish line on a giant screen, alongside other activities. We suggest this is the best place to meet up, located directly opposite the Athlete Village.

MEDICAL AREA

If you are feeling unwell and need support please contact any member of the event crew or a marshal on the course.

CHARITY AREA

Make sure you visit our Official Charity Partners, Cancer Research UK & Alzheimer's Society, and our Official Local Charity Partners The Christie & Royal Manchester Children's Hospital. Hundreds of runners will be taking part in this year's event to raise funds for great causes.



Soreen

SOREEN

Soreen will be waiting at the finish line to greet you with a well-deserved Malt Loaf Bar which are low in fat and contain 31% less sugar than the average snack bar. Plus they are made up of 2/3 slow release carbohydrates & 1/3 fast release carbohydrates, making them popular with professional athletes across the country.

ERDINGER

Celebrate with a refreshing glass of isotonic Erdinger Alkoholfrei

ERDINGER
ALKOHOLFREI



MERCHANDISE



CHECK OUT THE OFFICIAL 2019 WIGGLE MANCHESTER HALF MERCHANDISE RANGE, AND GET YOURSELF KITTED OUT FOR EVENT DAY!

The event hoodie and technical t-shirt, along with our limited edition Dave Draws cotton t-shirt and mug, are available to purchase now via our online shop, [HERE](#)

OFFICIAL RACE PHOTOS

Our Official Photographers will be on hand to get your best shots on race day! Make the most of their fantastic **PRE-EVENT** photo offer! You can **PRE-ORDER** all of your photos for just £15 (normal price £30) with a minimum of 3 photos guaranteed or your money back. Professional photographers will be stationed all over the course, finish line, and at photo opportunities afterwards ready to capture that timeless photo.



PRE ORDER NOW



THANK YOU

It takes a large number of organisations working together to make a successful large-scale event and we are so grateful to the following:

OUR AMAZING TEAM

Our great event team and marshals from across Greater Manchester and further afield

TRAFFORD AND MANCHESTER COUNCILS

Councillors and staff for their continuing support and help in making the race such a success

OUR PARTNERS FOR THEIR SUPPORT

LOCAL COMMUNITIES

The residents, places of worship and businesses from the local communities on the course for their support

THE SUPPORTERS

All the entertainers and support on the race route, and all those supporting you along your training journey

THE CHARITIES

Especially our official charity partners
Alzheimer's Society,
Cancer Research UK,
The Christie and Royal Manchester Children's Hospital

PARTICIPANTS

Thanks to you for entering and for all your preparation and training

LOCAL SERVICES

The local police and emergency services





TRAINING & ADVICE

HALF MARATHON KIT LIST

WIGGLE HAVE PUT TOGETHER THIS HANDY CHECKLIST TO ENSURE YOU'RE RUN READY. YOU CAN EVEN GET FREE UK DELIVERY WHEN YOU SPEND OVER £16 OR YOU CAN PAY A LITTLE EXTRA TO GET GUARANTEED NEXT DAY DELIVERY.

MEN'S OUTFIT



- A. DHB SHORT SLEEVE RUN TOP
- B. ADIDAS SUPERNOVA SHORTS
- C. HILLY MARATHON FRESH ANKLET
- D. ASICS GEL-KAYANO 26

ACCESSORIES



- A. GARMIN FORERUNNER 245 MUSIC GPS RUNNING WATCH
- B. XTENEX X300 SPORT LACES
- C. COMPRESSPORT R2 V2 CALF GUARDS
- D. 2XU RUN VISOR
- E. ENERTOR PERFORMANCE FULL LENGTH INSOLE

WOMEN'S OUTFIT



- A. ADIDAS WOMEN'S OWN THE RUN TEE
- B. SHOCK ABSORBER RUN SPORTS BRA
- C. DHB WOMEN'S RUN TECH TIGHT
- D. BALEGA WOMEN'S ENDURO NO SHOW SOCK
- E. ASICS WOMEN'S GEL-KAYANO 26

NUTRITION



- A. OPTIMUM NUTRITION GOLD STANDARD BCAA
- B. OPTIMUM NUTRITION AMINO ENERGY
- C. OPTIMUM NUTRITION PROTEIN WHIPPED BITES
- D. OPTIMUM NUTRITION OPTI-WOMEN
- E. OPTIMUM NUTRITION OPTI-MEN

OUR TOP TIPS FOR RUNNERS

- TEST OUT YOUR NUTRITION DURING TRAINING, YOU DON'T WANT TO BE TRYING ANYTHING NEW ON THE DAY.
- BREAK IN YOUR SHOES BEFOREHAND, PREFERABLY 40-50 MILES OF USE.
- DRESS FOR THE DURATION OF THE COURSE. DON'T WEAR A RAIN JACKET IF IT'S ONLY RAINING FOR A THIRD OF THE COURSE FOR INSTANCE!



**ARE YOU READY FOR
YOUR HALF MARATHON?**

GET ALL THE KIT YOU
NEED TO SUPPORT YOUR
HALF MARATHON JOURNEY AT
WIGGLE.CO.UK


wiggle / GET THERE

**OFFICIAL SPONSOR
OF THE MANCHESTER HALF MARATHON**

FANTASTICALLY
FLAT AND
FAMOUSLY
FRIENDLY

ONE OF THE
5 LARGEST
EUROPEAN
MARATHONS

M MANCHESTER MARATHON 2020



SUNDAY
5TH APRIL 2020

WWW.MANCHESTERMARATHON.CO.UK

TOP TIPS FOR **TRAINING RECOVERY**

WHATEVER THE OUTCOME

TIPS FROM OPTIMUM NUTRITION
ATHLETE KIM INGLEBY

When you have your best race possible, it's rare you learn anything major as it's all gone to plan but it is wonderful when that does happen. When you have your worst race possible, you will still have done your best on the day and you can often learn a lot from it, which will make your next race even better.

What can you learn from your best, worst races? You need to take some time to write down, reflect and action, to make the most from the learnings.

BE FLEXIBLE WITH YOURSELF

whatever the outcome, you will have done your best possible on the day. Write down the top 3 things that you were not happy with, and then next to them an action plan of how to improve them. Write down what you are going to do, how it will make you feel and how you will gain from it. Be specific, clear and accountable, and ask for help if you are unsure.

FIND THE POSITIVE

remember to celebrate the good from your training and race result. Write down and share at least 2 positives from the race, however small - find them, write how they made you feel and be proud of yourself.

BE FLEXIBLE Always make time to cool down at the end of a race, or later that evening if you are cold. Spend a good half an hour stretching, using a foam roller if it works for you and some basic yoga moves. In the coming post-race days, get out walking, swimming and do some light core exercises, they are the key to strengthen and lengthen the muscles, reduce the risk of injury and increase stability.

In addition to regularly communicating with your healthcare provider, try to plan in a sports therapy massage treatment every 4-6 weeks. This will enhance your performance even more, and keep your muscles in great condition whatever your ability. This is especially useful post-race and during big mileage for marathon training.

RECOVERY FUEL Often people forget that great performances are achieved not only on good training, but great food and quality sleep. Post-race, make sure you have enough good quality proteins, dark leafy greens and complex carbohydrates to recover well. Often just after your stomach maybe sensitive so a Protein Shake (I like OPTIMUM NUTRITION GOLD STANDARD 100% PLANT™ Chocolate flavour with berries, chia seeds & sometimes buckwheat flakes if the miles have been big, with a dash of turmeric) or an OPTIMUM Protein Bar which is quick and easy. Combined with this, hydration is key, especially if it's cold, you can forget this - I use Optimum Nutrition Train + Sustain for immune and muscle supports.

Overall, keep it simple - be aware of your nutrition and the levels of energy you are burning. For a week, write down everything you are eating and also your energy levels, mood, hunger and sleep. Once this is in balance your performance, recovery and energy should improve. It all depends on your end goal, but the key to lean, efficient, energised bodies is quality training, nutrition, sleep and positive stress levels.

FIRE Take a pause after your race to recover before 'panic' entering another race - even just a couple of days. Decide what your future goals are, make sure they give you some 'fire' in your belly, something that excites you, makes you a little bit nervous, motivates, inspires and kicks you to the edge of your boundaries. Then go for it....enter, get the right support & knowledge around you to make it happen to your best & enjoy the journey.

FUN Keep in mind that you have chosen to achieve your goal so make sure you have some fun with it. Even if it's your first ever race, you are going for a personal best or to win a gold medal, if you enjoy it you will be more motivated, focused and in the moment, therefore making better use of your energy, gaining better results and having more fun.

FRIENDS & FAMILY Keep it in balance. Some goals take a lot of time so make sure you make time to celebrate your achievement with friends and family. They are part of the journey too! This is key for balance, perspective & support, whatever your outcome from the race and for the journey to the next finish line.

I hope my top tips help you recover. It really is about taking the time after a couple of days to reflect and action something positive from your race. Those who can be flexible in their mind set and have the courage to adapt their training, listening to their bodies & minds, will gain the most enjoyment from any race.

GOLD STANDARD 100% WHEY™ PROTEIN POWDER from OPTIMUM NUTRITION was voted Best Post Race Nutrition Product by Men's Running Magazine*.

Enter the code TryOptimum on <https://www.optimumnutrition.com/en-gb> to receive 20% off all items



*Vitamin C contributes to maintain normal function of the immune system during & after physical exercise

*Magnesium contributes to normal muscle function

*mensrunninguk.co.uk/awards/product/nutrition-product/Men's Running Awards 2017

Getting the right fit is important for a good performance.

To ensure your sports bra gives you the best support, here are some tips on a good fit:

THE UNDERBAND

Look in the mirror, the band around the chest should be level front and back. It needs to be comfortable but firm. A good gauge to ensure that the underband fits well is if you can fit the width of two fingers between the underband and skin. Any more space and the band is too big and could cause friction.



Perfect fit. The underband is firm and level the whole way round



There should only be a one to two inch give. Ensure the band is neither too loose nor too tight



If the underband rides up at the back then the band is too big

THE CUPS

The cup should contain the whole breast with no creases in the cup and no cleavage on show.



Perfect fit. Each breast is fully contained



If the breasts are squashed, the cup size is probably too small



If the fabric is gaping or wrinkling then this suggests the cup size is too big

THE SHOULDER STRAPS

Sports bras come in different styles. A traditional U Back or Racer Back. The straps should be adjusted to fit securely on the shoulders with only one to two inch give.



Perfect fit. If you lift the straps they should have only a one to two inch give



If straps are digging into the shoulders, adjust them where possible



If straps fall off shoulders, tighten them so that they fit securely on the shoulders

**Do the bounce test! Jump up and down and check that you feel supported and secure!
If in doubt, we recommend you get professionally fitted as 80% of women are wearing the wrong size bra.**

**A SPORTS BRA
IS AS IMPORTANT
AS A GOOD PAIR OF
TRAINERS TO ACHIEVE YOUR
PERFORMANCE
GOALS**



**SUPPORTING
THE WIGGLE
MANCHESTER HALF**

**THE UK'S
NUMBER ONE
SPORTS BRA***

**SHOCK
ABSORBER**



FUNDRAISING



**Dementia
is the UK's
biggest
killer.**

**We can beat it, but
we can't do it alone.**

Run with us.

alzheimers.org.uk/manchesterhalf



Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 296645



JOIN US ON THE ROAD TO PROGRESS

Half of people diagnosed with cancer today will survive their disease for at least 10 years. Our ambition is to accelerate this progress and see 3 in 4 people surviving the disease by 2034.

So go on, join the team that's beating cancer. Visit: cruk.org/our-team

JOIN
RIGHT
NOW



CANCER
RESEARCH
UK



THANK YOU TEAM CHRISTIE

Thank you for all of your efforts in helping to raise vital funds for cancer patients across the North West and beyond.

Our fundraisers allow us to continue to go above and beyond for our patients and their families, and ultimately bring us a step closer to a future without cancer.



Join The Christie
against cancer

Unite against cancer and join Team Christie today!

Visit www.christies.org/run

Call 0161 446 3400

Email events@christies.org

Registered charity no. 1049751

Go Team Humphrey!

Good luck and thank you to everyone running the Greater Manchester Marathon as part of #TeamHumphrey!

With your support, we can continue to make a difference to every child, every day.



For further information please visit rmchcharity.org.uk or call 0161 276 4522

  Royal Manchester Children's Hospital Charity

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