

# MCR - HALF -

AT THE THERME MANCHESTER MARATHON



**EVENT  
GUIDE**  
SUNDAY  
10TH  
OCTOBER



**#MCRHALF**

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# EVENT DAY CHECKLIST <sup>1/2</sup>



Your Manchester Half Marathon race day checklist is below. Please plan ahead and prepare well to get the most of your event day experience.

**1**

## READ

This race booklet before the race. It contains essential and important information.

**2**

## ARRIVE IN PLENTY OF TIME

Your arrival time will be sent to you in advance. Where possible, we advise using Metrolink to travel to the event. Old Trafford Metrolink stop is the closest to bag drop but others are available near the start – plan your journey [HERE](#).

**3**

## BRING YOUR PRE-BOOKED PARKING TICKET OR METROLINK PASS.

**4**

## RACE NUMBERS

Bring your race number and make sure the emergency information is filled in on the back.





# EVENT DAY CHECKLIST <sup>2/2</sup>



**5**

## YOUR RACE KIT

Check out our event merch available to buy [HERE](#).

**6**

## BAG DROP

If using the bag drop put your kit in a small backpack or gym bag with easily accessible handles. To avoid queues we suggest you leave it with friends and family.

**7**

## RACE PINS

Safety pins or other way of attaching your number, such as race pins.

**8**

## 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.

**9**

## BE AWARE OF OUR COVID-19 SAFETY MEASURES IN PLACE

More information found [HERE](#).







# WELCOME

**T**hank you for choosing to run with us at the Manchester Half Marathon on **Sunday 10th October 2021**. Our team have been working hard for the last 18 months to ensure the event is safe, whilst still offering you a first class experience throughout your journey.

We know each and every one of you has a key motivation to get you round our 13.1 mile course, and we are here to support you every step of the way. Whether it's your first half marathon or your 50th, we wish you all the best with achieving your goals.

This guide aims to cover every aspect of the Manchester Half Marathon, and reading it will enhance your experience on the event weekend. It contains important details concerning your safety, logistics, and other items we feel you will find interesting.



# ABOUT THE HALF MARATHON



This is an event that aims to truly represent all the great people of Manchester, and celebrate our achievements. Since its launch in 2016 it has received rave reviews from participants, thanks to its professional delivery, flat route and amazing support from crowds around the course.

Together with our sister run, the Therme Manchester Marathon, taking place on the same day **10th October 2021**, we are proud to say that these events raise over £3,000,000 for charity, and bring an even larger financial benefit to the local communities. Additionally, £1 of every entry goes into the Trafford Active fund, which helps organisations and charities to fund their needs. Earlier this year we awarded £46,000 of this money to local organisations to ensure they could continue to operate during the pandemic.



# YOUR MANCHESTER HALF EXPERIENCE



## YOUR MANCHESTER HALF MARATHON EXPERIENCE INCLUDES

- Course entertainment for our runners
- 4 on course water stations
- Science in Sport GO Isotonic energy gels at 3 drinks stations
- Fantastic team of Pace Runners to help you get around in your target time
- The UK's flattest major half marathon course, measured and certified to IAAF/AIMS standards (certificate No 20/038)
- Event Village at Lancashire Cricket Club with: Bag drop, Post race massage, Finisher Merchandise to order, Goodies hand out.
- Finishers photo opportunities





# A FEW WORDS...



After an unprecedented year and a half, we are also excited to be delivering the Manchester Half Marathon alongside the Therme Manchester Marathon. From myself and the team here at Human Race we want 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.

After all the months of training for the Half Marathon, in and out of lockdown, we really want you to embrace the moment and enjoy every minute. Look out for our friendly volunteer marshals who will be cheering you all the way along the route; without these incredible volunteers our event simply could not take place. Every person involved in this event is so passionate about making this a success, and we hope this is shown in abundance on the race day. Finally, have an amazing day, we look forward to seeing all of your excited faces at the start and finish lines!

**Aimée Baker,**  
Race Director



# EVENT TIMETABLE



## SUNDAY 10TH OCTOBER

**06:30** Athlete Village at Lancashire Cricket Club opens

**07:30** Start areas open

**08:00** Wheelchair Elites start

**08:05** Elite Race begins

**08:10** Manchester Half Marathon starts

**08:51** First Wheelchair Elite Finisher expected

**09:10 - 12:00** Runners Finish



# GETTING TO THE EVENT <sup>1/2</sup>



For more information on any of the below please head to the Travel page on our **website**

## **METROLINK**

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

## **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.





# GETTING TO THE EVENT <sup>2/2</sup>



## RAIL SERVICES

If you are travelling to the event from outside Manchester by rail we recommend using either Manchester Piccadilly or Manchester Victoria stations. Both stations have Metrolink connections so you can quickly hop on a tram to continue your journey.

## DISABLED PARKING

If you require a disabled parking place contact us by Friday 1st October on [info@manchestermarathon.co.uk](mailto:info@manchestermarathon.co.uk)

## 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 visit our Help Centre. If you cannot find the answer to your question, please feel free to contact our customer service team via email on

[info@manchesterhalfmarathon.co.uk](mailto:info@manchesterhalfmarathon.co.uk)



# YOUR NUMBER



In your race pack you will receive a running number, this 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. You might see your name on the front of your running number for cheering purposes.

If you registered for the event after 5th of August 2021 your number will not have your name on it, please feel free to write your name on the front of it so we can cheer you around the course! Your race number will also indicate which wave you are in. Please check the colour of the bottom strip, and which letter you are if applicable. For example, 'Start Area: Red A' is the Red A wave, and 'Start Area: White' is the White wave.

**PLEASE NOTE** This running number also contains your timing chip so don't forget or lose it!



# RACE PACK PICK UP



## **PACK PICK UP**

All UK registered event packs will be posted out prior to the event. If your pack does not arrive for any reason, please visit the event 'Pack Pick Up' on Saturday 9th October at the Manchester Central Convention Complex to collect a replacement pack. Packs CANNOT be picked up on event day. For any international entries, please collect your event packs from the event 'Pack Pick Up' on Saturday 9th October at the Manchester Central Convention Complex. Packs CANNOT be picked up on event day. You can also pick-up some official event merchandise, chat to our team about any questions you have, and plenty more.

## **CAN'T COLLECT YOUR RACE PACK?**

In the event you are unable to collect your race 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. As this event will be at full capacity, we will not be taking entries on the day.

## **PICK UP INTERNATIONAL AND LOST PACKS**

WHERE: Manchester Central Convention Complex M2 3GX. WHEN: Saturday 9th October 10:00am - 5:00pm. Please bring photo ID with you in order to pick up your event pack.





# COVID-19

To ensure a safe and comfortable experience for all our runners, the Manchester Half Marathon has been planned in a socially distanced way. We are grateful for the support of the local councils and other stakeholders who have helped make the event possible at a difficult time.

We have invested in a range of measures to ensure our runners are more spread out than at previous events and in facilities which are suitable for the current climate. There will be various measures in place and things that you will need to do, and we'd like to thank you in advance for the important part you will play in keeping you and your fellow runners safe.

Further relevant information regarding the measures in place will be shared with you via email to help you to understand what to expect on Sunday 10th October. Please ensure you open and read the emails as they will include crucial information on what you need to do and bring. If for any reasons you do not receive any communication emails from us they can also be found on this section of our website. In addition, our **website** has a dedicated section that will be updated with the information you need to know. You can click **here** to view it.



# 2021 ROUTE





# THE START <sup>1/2</sup>

The Half Marathon is starting at 08:00am. This is earlier than usual, because for this year our sister event, the Therme Manchester Marathon, is starting later this year.

## Half Marathon Start Location:

A56 near Thomas Street.

## PACERS

A great team of pace runners are available to help you achieve your goal finish time. These pacers will run the following times:

1:30 1:40 1:45 1:50 1:55 2:00 2:15, 2:30 & 3:00

There will be several pacers for each time to spread you out along the course and make running more comfortable for you and your fellow runners. They will be easily identifiable with back packs and flags showing their time, positioned in the relevant start pen areas. For more information, please visit the **website**.







# THE START <sup>2/2</sup>

## FACILITIES

There will be a limited number of toilets near the start area and the queues may be long. We recommend using the toilets on Warwick Road and Talbot Road before you get to the Start Area. Make sure that you allow for plenty of extra time for some queuing for whichever toilet option you choose!

## SPECTATORS

No spectators are allowed to enter the start area, Athlete Village or finish area. This will allow us to ensure there is a comfortable amount of space for our runners on the Metrolink, and in the appropriate areas before and after the run. Please ask your loved ones to meet you in a café or transport link away from the start, finish and event village area.

For more information on spectators at the Manchester Half Marathon please see our dedicated guide.



# COURSE INFORMATION 1/3



## DISTANCE AND TIMING

The Manchester Half is UKA certified as an 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. 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 reassured 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 & NUTRITION



There will be 4 water stations located on the route, and Science In Sport GO Isotonic Energy Gels will be available at specific water stations across the route. Nutritional information can be found on our website. Make sure you pick up your own supply today at Science in Sport **WEBSITE**.



# COURSE INFORMATION 2/3



## HELPING THE ENVIRONMENT

We try our best to recycle, to protect our local environment and to respect our neighbourhood – 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.

Remember to run tidy – let's have a litter free race!

## FIRST AID

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

## ON COURSE TOILETS

There are toilets located at each water station across the route.

## ENTERTAINMENT

There are bands and charity cheer stations dotted along the course to keep you entertained.



# COURSE INFORMATION 3/3



## ROUTE CUT OFF TIMES

We advise that half marathon runners try their very best to finish their race in 3 hours, as the Marathon race will be following on behind.

## DROPPING OUT

If you cannot continue, we recommend that you head to the nearest tram stop, as this will be your quickest way to get to the event village. There is a sweeper bus at the back of the race, following the race, however it may be quicker for you to get on the nearest public transport link. If you do drop out, if possible, let a marshal know your race number. Make sure you try to let your friends and family know so that they do not worry if you are not back in the expected time!

## HEADPHONES

Headphones are permitted according to UK athletics 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, possible emergency instructions and most importantly the cheer from spectators.

## UKA RACE RULES

The race is licenced by UKA and their race rules apply. Please click **HERE** for the rules.





# ATHLETE VILLAGE



The Athlete Village will be open for runners to drop their bag before they start the race. Please note, the bag drop will be busy, therefore please arrive with enough time to queue, or alternatively leave your bag with a loved one away from the event village/start line.

Once you finish the race, you will be directed back into the Athlete Village, with a range of goodies available. Please note this is a participants only area, spectators will not be able to access.

## MEDAL

At the finish line, you will be able to collect your well-deserved Manchester Half Marathon 2021 Finisher's Medal.

## PARTNER ZONE

Head over to see our partners, Hoka One One, 2XU, Erdinger Alkoholfrei, KIND Snacks, Science in Sport, Tenzing and our wonderful charities. There will be lots of exciting activity going on and goodies to pick up! For more specific information on finisher handouts, please visit [HERE](#).



# ATHLETE VILLAGE MAP



# EVENT MERCHANDISE



The Manchester Half Marathon merchandise shop is packed-full of great items to wear before, during and after your challenge.



Please note  
very limited stock  
will be available on  
event day, but can  
be pre-ordered or  
bought on the day  
via the official  
**website.**





# EVENT PHOTOS



## PRE-ORDER YOUR PHOTOS TODAY

Cherish your Manchester Half memories forever with your digital event photos from AWOL Adventure.

Your Manchester Half race photos will be provided by AWOL Adventure. Pre-order your photo bundle today to get an exclusive 50% discount! This exclusive offer ends midnight 9th October.

## PRE-ORDER YOUR RACE PHOTOS FOR JUST £20 TODAY







# 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 & MANCHESTER CITY COUNCIL

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

## 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

The charities who have runners taking part, including those for our official charities

Alzheimer's Society, Cancer Research UK and The Christie.

## PARTICIPANTS

Simply, there would be no point in the Manchester Half Marathon without you. This year we are especially grateful to the runners who have had to train multiple times due to postponements, and have supported us by keeping their place. Thank you all for entering and for all your preparation and training.

## LOCAL SERVICES

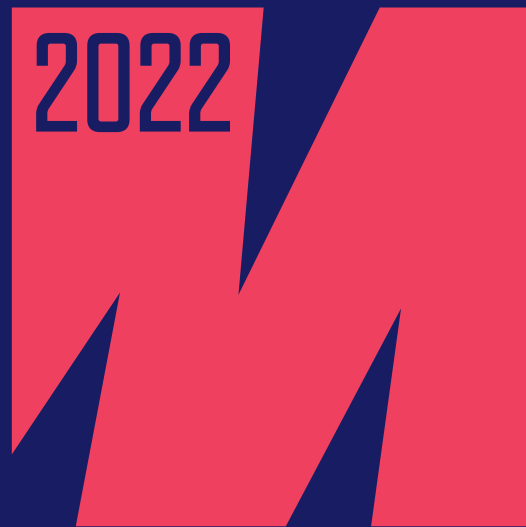
The local police and emergency services who work alongside us both on event weekend, and all year round.

## OUR PARTNERS

Our wonderful partners who have supported our runners throughout, including Erdinger Alkoholfrei, KIND Snacks UK, Science in Sport and Tenzing.



**Therme**



**MANCHESTER  
MARATHON**

**3RD APRIL  
2022**

# ERDINGER

## ALKOHOLFREI

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&

**BEERHUNTER**



# ENERGY UNLEASHED

## NEW BETA FUEL RANGE

A SCIENTIFICALLY SUPERIOR FUEL FOR ENDURANCE ATHLETES



**GET 10% OFF YOUR ORDER**  
**CODE: SIS10EXTRA**

**SCIENCEINSPORT.COM/BETAFUEL**





# 1 in 2 of us will get it.



# All of us can help beat it.

In the last 40 years our research has helped double cancer survival in the UK. Donate now to help us discover more ways to prevent, diagnose and treat cancer.

**Donate now at [cruk.org/donate](https://cruk.org/donate)**



Ahmad AS et al, British Journal of Cancer, 2015.  
Registered charity numbers 1089464, SC041666, 1103 and 247.



**CANCER  
RESEARCH  
UK**

**Together we will beat cancer**



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

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

**Run with us at the  
Manchester Half  
Marathon.**

**[alzheimers.org.uk/  
manchesterhalf](http://alzheimers.org.uk/manchesterhalf)**



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





The Christie  
Charitable Fund

# 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/allevants](http://www.christies.org/allevants)

**Call** 0161 446 3400

**Email** [events@christies.org](mailto:events@christies.org)

