



# EVENT GUIDE

SUNDAY 9TH OCTOBER

**#MCRHALF**



# EVENT DAY CHECKLIST

**Y**our 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 event guide before the race. It contains essential and important information.

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

**2 ARRIVE IN PLENTY OF TIME**

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

**6 BAG DROP** If using the bag drop please put your kit in a small backpack or gym bag with easily accessible handles. Where possible, to avoid queues we suggest you leave it with friends or family.

**3 BRING** your pre-booked parking ticket or metrolink pass.

**7 RACE PINS** Please use safety pins or an alternative way of attaching your number, such as race pins. **Please be aware these will not be available on site.**

**4 YOUR RACE KIT**

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

**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.





# WELCOME RUNNERS

**T**hank you for choosing to run with us at the Manchester Half Marathon on **SUNDAY 9TH OCTOBER!**

Our team have been working hard 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 heroic 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. Please also look out for the emails that we send you and give them a read as there will be further information in them.







# ABOUT THE HALF MARATHON

**T**his is an event that aims to truly represent all the great people of Manchester. 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.

This year, the event returns to its own dedicated weekend for the first time since October 2019. Together with our sister run, the adidas Manchester Marathon, we are proud to say that in 2021 these combined events raised over £3.2million for charity, and an even larger financial benefit to the local communities.

Additionally each year £1 of every entry goes into the Trafford Active fund, which aims to build a long-lasting sport and physical activity legacy within Trafford, through helping local organisations and charities to get residents more active, more often.







# YOUR EXPERIENCE

## YOUR MANCHESTER HALF EXPERIENCE INCLUDES

- Course entertainment
- Four on course water stations
- Science in Sport GO Isotonic energy gels at specific water stations across the route
- 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



- Event Village with amenities
- Finisher merchandise to order and official partner goodie hand out
- Finisher photo opportunities



# A FEW WORDS

**W**e are so excited to be back this year delivering the **Manchester Half Marathon**. From all 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, 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 all of our 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 race day.

Finally, have an amazing day, we look forward to seeing all of you at the start line!





# EVENT TIMETABLE

## SUNDAY 9TH OCTOBER

**07:30** Event Village & Bag Drop Opens

**08:00** Start Access Area Open

**08:55** Wheelchair Elites Start

**09:00** Elite Race Starts,  
Followed By All Other Start Waves

**09:47** First Elite Wheelchair Finisher

**10:26** First Elite Runner Finisher

**10:45 – 13:00** Other Participants Finishing







# GETTING TO THE EVENT

## 1/2

**F**or 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 Event Village, Toilets, Start Line, Finish Line are a short walk from the following recommended tram stops: Old Trafford (1 min walk), Trafford Bar (10 min walk), Wharfside & Exchange Quay (both approx a 15 min walk). These tram stations have designated route crossing points which allow safe access across the run route. Do not use Pomona tram station as you will not be able to cross the run route.

### **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. For further information on parking please visit [Transport for Greater Manchester](#).





# GETTING TO THE EVENT

## 2/2

### 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

We offer a limited amount of disabled parking for our participants that require it. It must be booked in advance, with a deadline of Friday 3rd October. Our team will be happy to help via [EMAIL](#).

### 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 event guide and on the website, 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](#).





# YOUR NUMBER

**I**n 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 safety pins so please 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 for the event after the 15th August 2022, your number will not have a name on it, however 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' is the Red 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

**A**ll 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' between 9am-3pm on Saturday 8th October at University Academy 92 (UA92) 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' between 9am-3pm on Saturday 8th October at University Academy 92 (UA92). You can also chat to our team about any questions you have.

## **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:** University Academy 92 (UA92),  
Brian Statham Way, Old Trafford,  
Stretford, Manchester M16 0PU

**WHEN:** Saturday 8th October 9am – 3pm  
Please bring photo ID with you in order  
to pick up your event pack.





# ROUTE MAP

## 13.1 MILES





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

## THE MANCHESTER HALF STARTS AT 08:55AM

### 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, 2:45 & 3:00.**

There will be several pacers for the most popular times to spread you out along the course and making 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 waves. For more information please visit our [website](#).







# THE START 2/2

## FACILITIES

There will be a small number of toilets near the start line for any last minute nerves but the queues may be long. Please do not rely on these but use the banks of toilets on Warwick Road and Talbot Road before you enter the Start Access Area. Make sure that you allow plenty of extra time for queuing.

## SPECTATORS

Spectators are discouraged from coming to the start or finish areas. 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 pre-decided location such as a café or transport link away from the start and finish areas.





# 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 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 & 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 on the Science in Sport [website](#).

## ENTERTAINMENT

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



# COURSE INFORMATION

2/3

## **NO PLANET, NO SPORT!**

To protect the environment and to respect our neighbourhoods – 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!

## **ROUTE CUT OFF TIME**

The finish line will close 3 hours after the last person begins the Half Manchester Marathon. Due to the zonal staggered road re-opening times, you will be asked to move onto the pavement if you do not keep within the 3-hour pace. This is so we can facilitate roads re-opening for local businesses and residents.

## **UKA RACE RULES**

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







# COURSE INFORMATION

3/3

## 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, however it may be quicker for you to use the nearest public transport link. 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! If you require medical assistance, please inform a member of the team who will be able to assist.

## HEADPHONES

Headphones are permitted according to UK athletics rules if you are not competing for a prize. However, we ask you to keep in mind that headphones prevent you from hearing what's going on around you, possible emergency instructions and more importantly the cheer from spectators. Please do consider running without headphones.

## ON COURSE TOILETS

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

## MEDICAL

There are medical points along the course.





# EVENT VILLAGE <sup>1/2</sup>

**T**he Event Village will be open for runners to drop their bags 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 Event Village.

## MEDAL

At the finish line, you will receive your well-deserved Manchester Half Marathon 2022 Finishers Medal.

## T-SHIRTS

For those of you that have paid for a finishers T-Shirt you will be able to collect this at the end of the finish handout process. Please ensure you are wearing your wristband provided in your pack and exchange this for a t-shirt. All t-shirts are unisex and ordered according to the sizes supplied on your registration form. There will also be a limited amount of finisher t-shirts available to purchase in the Event Village.

Any medal and t-shirts remaining after the event are either recycled or donated to charitable schemes.





# EVENT VILLAGE 2/2

## PARTNER ZONE

Pick up your Erdinger Alkoholfrei and Science in Sport recovery product at the finish line and head over to see Ailuna, our sustainability app partner and our wonderful charities. For more specific information on finisher handouts, please click [here](#).







# ARRIVAL & START TIME <sup>1/2</sup>

**T**he colour of the numbered bib you receive in the post will relate to your allocated start time.

The process is very simple, you just need to arrive at our start access point at the relevant time. To check the time you should arrive please click [here](#).

## THE START PROCESS

For those who want to understand a little more about the starts you can find further information below.

It takes roughly 30 minutes from being called through the Start Access Area until you begin your half marathon challenge. You'll go through 3 short stages:

### STAGE 1: START ACCESS AREA

Only accessible through the Event Village from Talbot Road, do not try to access the start line from any other direction. Checks will be in place to ensure the correct colour bibs. Please don't leave any clothes here (there is a chance later so please keep hold of it for now!). You'll be called through by our host when the next stage is ready to welcome your wave.





# ARRIVAL & START TIME <sup>2/2</sup>

## **STAGE 2:** HOLDING + WARM UP

Your coloured wave will be allocated a space. Music will be playing and there will be a chance to limber up. You can donate your start line clothing to raise money for charity. We know how important it is to keep warm whilst you wait for the race to start but we would hate to see your no longer needed clothing go to waste! We are on a mission to keep your pre-loved clothes out of the bin and instead donated to our Official Charity Partner, **Cancer Research UK** who are able to turn these clothes into much needed funds to support their amazing work.

Please hold onto your warm clothing until the end of the start chute, closer to the startline gantry, you will then see signs to show you where to leave it.

## **STAGE 3:** START LINE

You'll receive any important reminders and information.... and then begin your half marathon!





# EVENT VOLUNTEERS

**D**o you know someone or a group that might want to get involved in this event? We have a great team lined up but the more the merrier and we would love to add people into the team!

Our volunteer team are the unsung heroes of our events and hold a variety of important and fulfilling roles. Volunteering is a fantastic way to engage with sporting events, develop skills and make a valuable contribution as part of a team.

We're looking for enthusiastic, proactive and practical volunteers to fulfil a variety of roles across the event; this could include marshalling along the running route, helping direct our arriving runners, or supporting activity in the Event Village – and much more!



Whatever their role on the day, they'll be making a vital contribution to the success of this fantastic event. If someone wants the buzz of the event, volunteering is a great way to be part of our community.

Please visit or share the dedicated page on our [website](#) or [email](#) for further information and to sign up!





# EVENT MERCHANDISE

**T**he Manchester Half Marathon Heroes Edition merchandise shop has some great options for you to wear before, during and after your challenge. Please note very limited stock will be available on the 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. 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 8th October.



**PRE-ORDER  
YOUR RACE  
PHOTOS FOR  
JUST £15  
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 TfGM 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, ABF The Soldiers' Charity and The Christie.

## PARTICIPANTS

Simply, there would be no point in the Manchester Half Marathon without you. 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, Science in Sport and Ailuna.







**M** MANCHESTER  
MARATHON



**SUNDAY 16TH  
APRIL 2023**

**FIND OUT MORE**





# ERDINGER

## ALKOHOLFREI

NATURAL. REFRESHING. ISOTONIC.



available at all major supermarkets

**amazon**

&

**BEERHUNTER**

# ENERGY UNLEASHED

## NEW BETA FUEL RANGE

A SCIENTIFICALLY SUPERIOR FUEL FOR ENDURANCE ATHLETES



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

**SCIENCEINSPORT.COM/BETAFUEL**

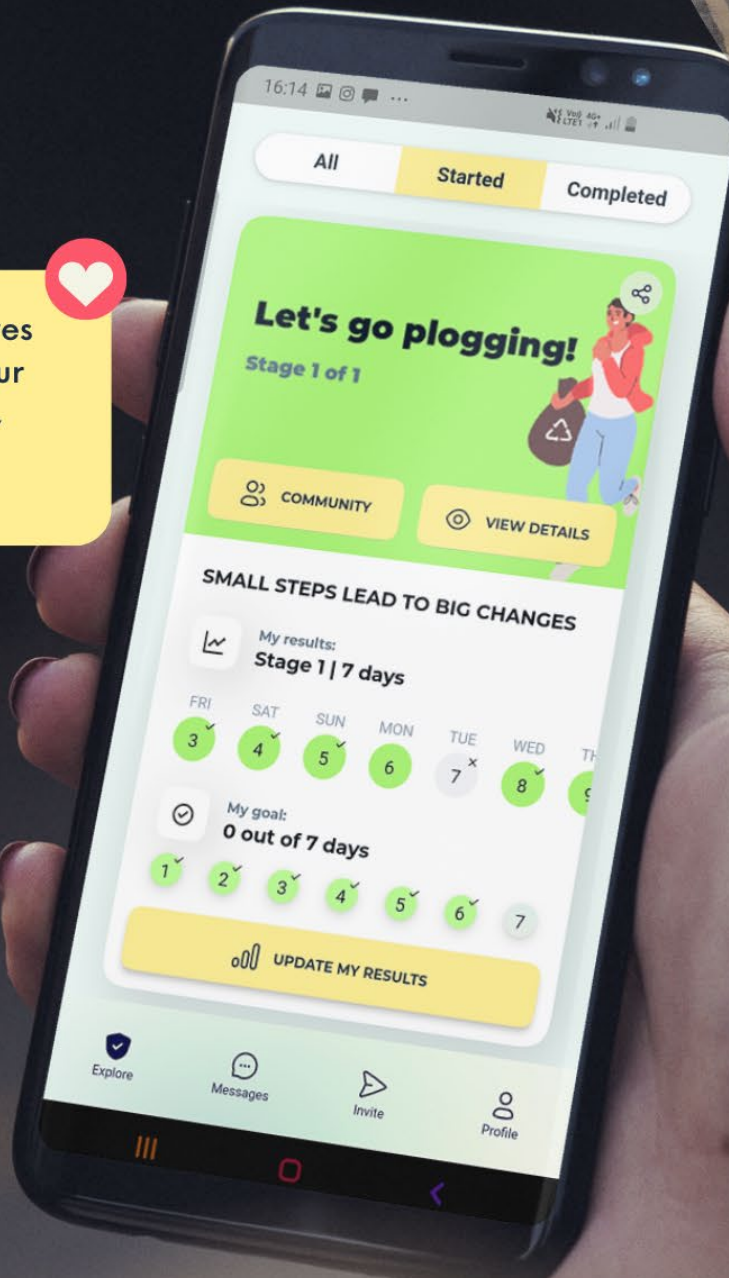




# Ailuna

Sustainability engagement app  
for individuals and teams

"Pick up and run! Plogging involves collecting trash while you get your sweat on, raising your heart rate, and saving the environment simultaneously."



SCAN TO DOWNLOAD :



TRY IT OUT TODAY



<https://ailuna.com>





# You're amazing!

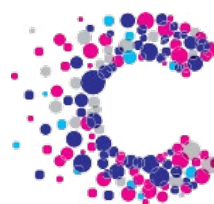
Our life-saving work is only made possible by the extraordinary efforts of people like you.

Thank you to all of our runners taking part in the 2022 Manchester Half Marathon.

It's not too late to join our team and fundraise for research into more than 200 types of cancer.

Together we will beat cancer.

Sign up today at: [cruk.org/team](https://cruk.org/team)



CANCER  
RESEARCH  
UK

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). © Cancer Research UK 2022.

Together we will beat cancer





**By 2025, there will  
be 1 million people  
in the UK living  
with dementia.**

**Help us provide  
life-changing  
dementia support.**

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

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



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







ABF



THE SOLDIERS'



CHARITY

The Army's National Charity



# FOR SOLDIERS FOR LIFE

As the Army's national charity, we're here for soldiers, veterans and their families when they need us.

We stand at the forefront of support for the Army family, reaching 60,000 people in 63 countries last year. Our help is here for soldiers from the start of their careers and continues for life, long after service has ended.

SUPPORTING

60,000

PEOPLE &

43

ORGANISATIONS

\* figures taken from the 2020–21 financial year

**SEARCH **ABF THE**  
**SOLDIERS' CHARITY**  
TO FIND OUT MORE**

ABF The Soldiers' Charity is a registered charity in England and Wales (1146420) and Scotland (SC039189) and registered as a company limited by guarantee in England and Wales (07974609).



Registered with  
FUNDRAISING  
REGULATOR



Cobseo  
The Confederation  
of Service Charities

**SUPPORT US  
AND YOU SUPPORT  
THE WHOLE ARMY FAMILY**



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)







- 
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Explore the benefits of membership: [www.englandathletics.org/athletebenefits](http://www.englandathletics.org/athletebenefits)