



# **PARTICIPANT GUIDE**

**15 | 10 | 2023**



# ABOUT THE MANCHESTER HALF

**S**ince its launch in 2016, the Manchester Half has received rave reviews from participants, thanks to its professional delivery, flat route, and amazing support from crowds around the course.

It is a firm favourite within the local community but is also a destination event, with elites and international runners taking to the flat, city centre course. Together with our marathon, in Manchester in 2023 we will have raised over £3.2m 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 Greater Manchester. This is being achieved by helping local organisations and charities to get residents more active, more often.



# YOUR EXPERIENCE

## YOUR MANCHESTER HALF EXPERIENCE INCLUDES

- Fantastic on course entertainment such as DJ's, choirs and more.
- Four on course water stations.
- Science in Sport GO Isotonic energy gels at specific water stations across the route.
- A 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 handouts.
- Epic finisher photo opportunities



# GETTING TO & FROM THE EVENT

1/3

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.

We recommend the following Tram Stops to get to the Start Area, and to depart from the Finish Area:

### **CLOSE TRAM STOPS: Quieter**

Why not incorporate a gentle 12-15 min warm up walk to the Start Access area on Talbot Road and avoid the busy congestion of the other tram stops

- Wharfside on the Trafford Centre (red) line - 12 min walk
- Exchange Quay on the Eccles (light blue/orange) line - 15 min walk

### **CLOSEST TRAM STOPS: Highly Congested**

- Old Trafford, located on the Altrincham (purple/green) line - 3 Min Walk
- Trafford Bar on the Altrincham (purple/green) line - 10 min walk



# GETTING TO & FROM THE EVENT

2/3

## PARKING

We recommend using public transport, but if driving is your only option, Manchester United FC (located a short walk to the event village) have a limited number of car parking places available to pre-book. These spaces must be secured in advance and will not be available to pay for on the day.

We advise booking early as it sells out. Please book [HERE](#).

As many roads will be closed for the event please ensure you plan a route to the car park that avoids closures – check out the road closures page on our [WEBSITE](#).

## 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 6th October. Our team will be happy to help via [EMAIL](#).



# GETTING TO & FROM THE EVENT

3/3

## 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.](#)

## 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.

## 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.](#)



# PACK POSTAGE & COLLECTION

If you live at a UK address, your Manchester Half pack will be posted in advance, with these sent in several batches until early October. Your pack contains your bib (see next page for details) plus other useful items, including a wristband to wear if you pre-ordered our awesome finisher t-shirt.

## **INTERNATIONAL & REPLACEMENT PACKS**

If you are joining us from outside the UK, or in the unlikely event your posted pack does not arrive, please visit our 'Pack Collection' between 10am - 4pm on Saturday 14th October. Please bring PHOTO ID. You can also chat to our team about any questions you have. Get more details about Pack Collection on our website from mid-September. Sadly, replacement bibs cannot be printed with your personalisation (but they still look awesome).

Make sure to plan your journey to Pack Collection in advance. The team are dedicated to delivering the event on Sunday, so packs cannot be picked up on event day under any circumstances. As we are at full capacity, we will not be taking Manchester Half 2023 entries on event weekend.

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

Don't stress. If you're unable to collect your pack, someone can collect it on your behalf at Pack Collection with your written permission. The registered entrant will also need to show proof of ID on event day to access the start.



# YOUR NUMBER

**I**n your pack you will receive a numbered bib that is pre-synched to you. This number must be attached on your front and always visible on event day. Most people use four safety pins to do this (NB - pins are not in your pack). It also contains your unique timing chip so please keep it safe and be careful not to bend/damage this. Before you travel, please complete the required details on the reverse of your number.

This year, we offered first-of-a-kind hyper personalised bibs to all participants as part of our Express Yourself message. If you completed a profile online by 18th August your number will feature some unique features such as flags, emojis, and messages alongside your name and wave information. Didn't get a chance to personalise? No worries! You'll still get an snazzy bib featuring an iconic Manchester bee plus your name.

**IMPORTANT** - Your start wave is shown by the colour and description of the bottom strip. See arrival and start times page for full information.





# VILLAGE, BAG DROP & TOILETS

**O**ur village features a participant bag drop that is free to use. It will accept one small bag which is exchanged for a wristband you must wear during the Manchester Half. It is usually very popular, so please arrive with plenty of time to queue, or alternatively avoid this step and leave your items with a loved one (who is away from the event village/start line) or at your accommodation.

Please use the toilet before heading to the Start Access Area. There are only a few toilets near the start line for welfare (and last-minute nerves) only. Please do not rely on being able to use these, but make sure you use the bank of toilets provided and clearly signposted before you enter the Start Access Area.



# ROUTE MAP

## 13.1 MILES





# ARRIVAL AND START TIMES

The colour of bib you receive in your pack will relate to the required arrival time for your allocated start time. This is the coloured bar at the bottom of your bib. **Please note this has nothing to do with the colour background you chose when personalising your bib.**

The process is very simple, you just need to arrive at our Start Access point at the relevant time for your wave. To check the time you should arrive please refer to the table below.

START WAVE NUMBER	BIB COLOUR WAVE TYPE	ENTER START PROCESS	ESTIMATED START TIME
1	ELITE WHEELCHAIR	-	08:55
2	ELITE	-	09:00
	WHITE	08:05 - 08:15	09:00
3	RED A	08:15 - 08:25	09:09
4	RED B	08:30 - 08:40	09:18
5	PINK A	08:40 - 08:50	09:27
6	PINK B	08:50 - 09:00	09:36
7	BLUE A	09:00 - 09:10	09:45
8	BLUE B	09:10 - 09:20	09:54
9	ORANGE	09:20 - 09:30	10:03

PLEASE ARRIVE 30 MINUTES BEFORE ENTERING START PROCESS IF USING BAG DROP. FULL DETAILS ON TRAVEL & THE EVENT ON OUR WEBSITE. PLEASE MAKE SURE YOU ARE FULLY READY TO START THE HALF MARATHON BEFORE ENTERING THE START PROCESS AREA.



# THE START PROCESS

---

1/2

It takes roughly 30 minutes from being called through the Start Access Area until you begin your half marathon challenge. We encourage you to wear an old top into the start process to help to keep you warm whilst you are waiting to start.

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.



# THE START PROCESS 2/2

## **STAGE 2 LINE UP + HOLDING AREA**

Music will be playing and there will be a chance to limber up and this is where 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 Partners 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, close to the start line gantry, you will then see signs to show you where to leave it - so don't drop it too early!

## **STAGE 3 START LINE**

Your running adventure begins!



# ERDINGER PACERS

**A** great team of pace runners are available to help you achieve your goal finish time. Pacers will be available on the day, more information on this can be found [HERE](#).

There will be several Erdinger pacers for the most popular times to spread you out along the course and make running more comfortable for you and your fellow runners. They will be easily identifiable with backpacks and flags showing their time, positioned in the relevant start waves.



# COURSE INFORMATION

1/4

## 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 (see more [HERE](#)).

Locations and Nutritional information can be found on our [WEBSITE](#).

Make sure you pick up your own supply today on the Science in Sport website.



# COURSE INFORMATION

2/4

## **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 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 too as it means we can get the roads cleaned up and reopened quicker.

Remember to run tidy – this includes not dropping gel packets too – let's all have a litter free event!

## **COURSE CUT OFF TIMES**

The finish line will close 3 hours after the last wave starts the event. Due to the zonal staggered road re-opening times, you will be asked to move onto the pavement as you progress around the route if you do not keep within the 3-hour pace. This is so we can safely clean the roads and safely facilitate roads re-opening for local businesses and residents at the agreed times.





# COURSE INFORMATION

3/4

## ROAD SURFACE

Whilst the route is generally flat enabling many people to achieve PBs, it is important to note that the road surface on any road, by its very nature, is not completely even. We work closely with the council to communicate to them about the road surfaces before the event however not all areas can be fixed. As such you should note there will/may still be items such as the following, and that you will need to be aware of and look out for these as you go;

- Potholes
- Uneven surfaces
- Speed bumps
- Manhole covers
- Cycle lane bollards
- Traffic islands and other structures

## ON COURSE TOILETS

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

## MEDICAL

There are medical points along the course.

## UKA RACE RULES

The event is licensed by UKA and their race rules apply, which can be found [HERE](#).



# COURSE INFORMATION

4/4

## HEADPHONES

Headphones are permitted according to UK Athletics rules and accepted on the course unless you are competing for a prize.

Whilst music can give you a boost, headphones can stop you hearing what's going on around you and possibly emergency instructions. They may also take away from the atmosphere created by the fantastic supporters on the day, and entertainment and music along the course. Please do consider this, along with having headphones in one ear only.

## DROPPING OUT

If you've started event and things don't go to plan we recommend that you head to the nearest tram stop, as this will be your quickest way to get back 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 finished in the expected time.

If you need medical assistance, please inform a member of the team who will be able to assist.



# FINISH LINE REWARDS <sup>1/2</sup>

## MEDAL

After you have crossed the finish line, you will be handed your well-deserved Finishers Medal.

This year, you'll be treated to a medal 'Lucky Dip', with 36 potential combinations to celebrate the fun and diverse community of Manchester. With six ribbon designs and six medal faces with inspiring quotes from Manchester-born legends, you'll be presented with one of thirty-six unique medal combinations.

To ensure there are no hold-ups or wastage you will have to take the medal given to you by the team. We can promise each is very special and deserves a good home.

You will also be given some water and will pick up your Erdinger Alkoholfrei, a bar from Science in Sport, and a drink from Tenzing.



# FINISH LINE REWARDS

2/2

## FINISHER TEE

For those of you that have paid for a finisher tee 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. Any orders made after 22nd August will be sent a wristband separately to their pack. All orders for finisher tees must be made by 1st October.

These tees are unisex and ordered according to the sizes supplied on your registration form. You will be able to order a Finisher T-shirt on the day from the merchandise store in the Event Village and they will be posted out to you in the following week or 2.

For the avoidance of doubt, these are not Puma t-shirts, but are great quality, and will sport the Manchester Half logo (and the fact you have completed the 2023 event) as part of the design.

Doing our bit... Any medals and t-shirts remaining after the event are either recycled or donated to charitable schemes. For more specific information on finisher handouts, please click [HERE](#).



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

**A**fter your finish line moment and collecting your rewards, you will be directed back to our village near the Sunken Gardens by Trafford Town Hall. From here you will be able to collect any left bags, grab a photo with our special backdrops and mascot, and access masseurs.

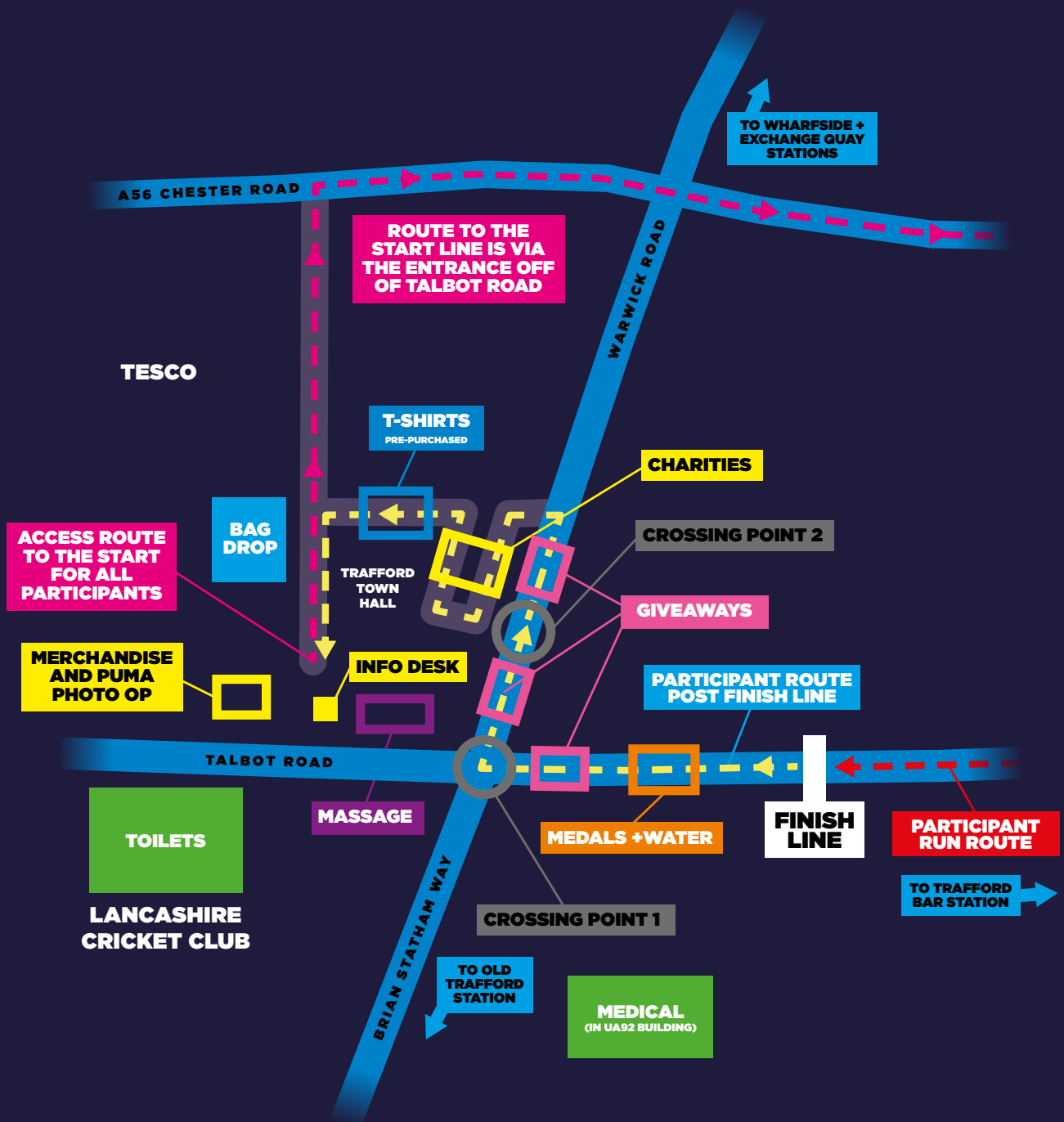
Want to swap your medal for a different version? There's a spot to exchange your medal with other Manchester Half finishers at our medal swap station!

Don't forget to share your finish memories on social media using #MCRHalf



# EVENT VILLAGE

2/2





# SPECTATORS

**W**hilst we absolutely love spectators at the event we strongly encourage them to watch and cheer you on out on the Course, and then to meet you somewhere planned away from the finish area.

Spectators are discouraged from coming to the start and are strongly discouraged from coming to the finish area.

The finish area on and around Talbot Road gets highly congested and we are limiting the number of persons that can be at /around the finish stretch and that can view the finish gantry, so they may not get to see you.

After finishing, where possible, please meet your loved ones in a pre-decided location such as a café or transport link somewhere away from the finish area. This will also allow us to ensure there is a comfortable amount of capacity for the Participants arriving and departing the event via the Metrolink.



# EVENT VOLUNTEERS

**D**o you know an individual 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 fulfill a variety of roles across the event; this could include marshalling along the running route, helping direct our arriving participants, 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 PHOTOS

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





# 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 volunteers from across Greater Manchester and further afield.

## **TRAFFORD & MANCHESTER CITY COUNCIL + TfGM**

Officers, Councillors and TfGM staff for their continuing support and help in making the event 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 event 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 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 **PUMA**, **Erdinger Alkoholfrei**, **Science in Sport** and **Tenzing**.



# PUMA RACE KIT GUIDE 1/2

**G**ear up for an unforgettable Manchester Half experience with the perfect race kit that combines comfort, performance, and style.

Whether you're a seasoned runner or tackling your first 13.1 miles, our race kit guide is here to help you assemble the essentials that will fuel your run with NITRO.

FOREVER.FASTER.



**Fast-R Nitro Elite**  
For All Time Red-Ultra Blue  
RRP £230



**Deviate Nitro Elite 2**  
Fire Orchid-Ultra Blue-PUMA  
Black RRP £180



**Ultraspun Men's Running Singlet**  
Ultra Blue  
RRP £45

## MALE KIT



**PUMA Unisex  
Cushioned Quarter Socks**  
White RRP £9



**RUN ULTRAWEAVE 3"  
Men's Running Shorts**  
PUMA Black RRP £40



# PUMA RACE KIT GUIDE 2/2



**High Support Ultraform Running Bra**  
RRP £40



**Deviate Nitro Elite 2 Wns**  
Fire Orchid-Ultra Blue-PUMA Black  
RRP £180



**Fast-R Nitro Elite Wns**  
For All Time Red-Ultra Blue  
RRP £230

## FEMALE KIT

For more information on the available PUMA kit guides, [CLICK HERE](#)



**Ultraspun Running Crop Tank Top Women**  
Fire Orchid RRP £40



**RUN ULTRAFORM Tight Training Shorts Women**  
Ultra Blue RRP £40

## SHOE FINDER

We know your running style is unique to you. Whether you need a shoe built for speed or support: we've got you covered.

Visit the [PUMA Shoe Finder](#) to find the right shoe made for your ideal run.

FOREVER, FASTER.



# RUN. MANCHESTER.

SCAN TO FIND YOUR PERFECT RUNNING SHOE

SCAN TO GET  
FUELLED  
BY NITRO



FUELED BY

**NITRO**<sup>TM</sup>

ROSE HARVEY WEARS FAST-R ELITE NITRO

FOREVER. FASTER.



# RUN. MANCHESTER.

SCAN TO FIND YOUR PERFECT RUNNING SHOE

SCAN TO GET  
FUELLED  
BY NITRO



FUELED BY **NITRO**<sup>TM</sup>

JACK ROWE WEARS DEVIATE ELITE NITRO 2

# YOUR RITUAL AFTER SPORT.



**ERDINGER**  
ALKOHOLFREI

ISOTONIC  
REDUCED CALORIES  
CONTAINS VITAMINS

# FUEL THE FULL 13.1 MILES WITH SCIENCE IN SPORT

THE **OG**



FAST ENERGY, ENDURANCE  
SPORTS NUTRITION  
SCIENTIFICALLY PROVEN  
HELP YOU GO FURTHER  
AND FASTER FOR LONGER.



HIGH PROTEIN. LOW SUGAR. GREAT TASTE.  
CONTAINS 20G OF PROTEIN & 22G OF  
CARBOHYDRATES PER BAR.

20% OFF USING: **HREXTRA20**

VISIT: [WWW.SCIENCEINSPORT.COM](http://WWW.SCIENCEINSPORT.COM)



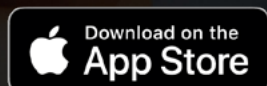


# ***RUN A PB OR GET YOUR MONEY BACK!***

WE BACK OUR COACHING APP SO MUCH  
THAT IF YOU DON'T RUN A PB WITH US,  
WE WILL GIVE YOU A FULL REFUND



CLICK TO DOWNLOAD



# Out of breath. Full of pride.

## Go team Alzheimer's Society!

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

Every step you take is one closer to leading dementia research breakthroughs. So get out there, find your stride, and feel full of pride for helping everyone living with dementia.

Join Alzheimer's Society at the start line of your next race and together, we can stop dementia devastating lives.

Search '**Alzheimer's Society Running**' to choose your challenge.

 **Alzheimer's Society**

[alzheimers.org.uk/running](https://alzheimers.org.uk/running)



# 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 Manchester Half Marathon. Together we will beat cancer.

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

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



Registered with  
**FUNDRAISING  
REGULATOR**



**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 2023.

Together we will beat cancer

The Christie  
Charitable Fund

# THANK YOU TEAM CHRISTIE

Thank you to all of our  
2023 Manchester Half Marathon  
runners for all of your efforts  
in helping to raise vital funds  
for cancer patients across the  
North West and beyond.

**Good luck on  
Sunday 15 October!**



**Join The Christie  
against cancer**

**If you'd like to run for #TeamChristie  
in future events, please visit our website.**

**Visit** [christies.org/events](https://christies.org/events)

**Call** 0161 446 3400

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