



SUPPORTER AND WEEKEND DIGITAL MAGAZINE

SUNDAY 15TH OCTOBER





WELCOME

We are delighted to welcome you to the Manchester Half 2023- the largest and best of its kind yet!

This sell-out event will see a record-breaking 16,500 people lining up to take on this year's 13.1-mile challenge, making it the biggest half marathon in Manchester ever. Our city is ready to welcome supporters and participants with open arms, providing some famous Mancunian community spirit and energy that will blow your mind.

Alongside pulling off an epic and exceptionally well organised event, we have one very important mission this year: to celebrate YOU. That's why this year we have asked everybody involved to EXPRESS YOURSELF.

So, participants, spectators, residents, and business owners: we invite you to Express Yourself at the Manchester Half this year. Embrace what you love.



Celebrate your journey and the journey of those you are supporting. And keep doing you. Need some inspiration? Head to our [Supporter Hub](#) for more tips and advice.

You'll find this guide split into two different sections:

1. SUPPORTER GUIDE

This guide focuses on how best to support friends and loved ones

as they take on their 13.1-mile challenge on Sunday 15th October. This includes tips on how to make the most of your day as a spectator in Greater Manchester, as well as how to keep track of somebody from anywhere in the world.

2. WEEKEND GUIDE

We've scoured the city to bring you all the coolest things to do in

Manchester over event weekend (13-15 October). From the best foodie finds to family fun, our Weekend Guide is perfect for participants looking to make the most of their trip - but also for supporters who deserve a treat for their endless support over the duration of your training.

Have fun!
The Manchester Half Team

SPECTATOR DO'S AND DON'T'S

Spectating is arguably a sport in itself. Going between spectating points with snack-laden backpacks and cheering your heart out requires strength and - like any discipline - a plan of action. To help with this, we've put together a nifty 'Do's and Don'ts' for spectators on the day. Check them out below:

DO 👍

Cheer your loved one out on the course. Check out our guide on the next page for the best spots. Start and finish areas can be busy and you may miss your runner.

Agree a clear and specific location to meet your loved one after they finish. Eg: A café or transport link away from the finish area.

Share pictures and videos on social media using #MCRHalf and tagging us so that we can reshare your amazing pictures!

DON'T FORGET !!

Comfortable shoes, weather appropriate clothes and bring an umbrella (hello Autumn).

Bring something distinctive (like a sign) so runners can spot you easily while running.

Pack some snacks. You'll need energy to be the best supporter you can be.



IMPORTANT

We strongly encourage people to meet their loved ones away from the finish area and event village. It gets very crowded and we are limiting the number of persons that can stand at the finish stretch and view the finish gantry - so you may not see your participant cross the finish line! Read [Where to Meet Your Loved One After the #MCRHalf](#) for ideas and options.

OTHER WAYS TO EXPERIENCE THE EVENT

Can't follow the action in person this time? No worries, we'll do everything we can to make it feel like you're right there with us....

FINISH LINE LIVE STREAM

A live video stream of the finish line will be available to watch through the website and our Manchester Marathon YouTube channel [HERE](#) (please note that we do NOT have a separate Manchester Half YouTube). The camera will remain live at the finish line with a wide view showing every finisher as they cross the finish line. This is a chance to look out for runners you might know.

SHARE LOCATION

Most smartphones now have the ability to share their location with select people. On Apple this is the 'Find My' app where you can link devices. You can also choose to share your live location on messenger or WhatsApp.



Strava also has the option which offers location tracking.

Using any of these functions will give you an accurate GPS location of your runner, allowing you to 'follow' them at home or find them during the day.

To learn more about how you can track your loved ones with a phone, read our [Guide to Tracking at the Manchester Half](#).

SOCIAL MEDIA

The official Manchester Half social media accounts will be updating you throughout the weekend with the latest pictures, videos, and news updates as the challenge unfolds. If you have a special message, an awesome video, or a quirky picture you would like to share with us use #MCRHalf.

RESIDENTS STREET SUPPORT 'HOW TO' GUIDE



Residential roads tend to be the slightly quieter parts of the course, and this is where participants could really do with some extra motivation. Why not

set up your own street support hub to help keep the momentum going? Read our tips below to make your own residential supporter hub.

PLAN IN ADVANCE

What kind of support can you provide for tired runners? Consider the following options:

1 Get creative by designing signs, flags, chants or even songs to motivate runners. A sense of humour can go a long way, especially in the later stages of the event.

2 Supply a fuel stall - provide runners with slices of fresh orange, flapjacks or gummy sweets. Depending

on the weather, you could also supply sunscreen, tissues and Vaseline (because chafe happens!)

3 Create a party scene with music- also a good way to attract your neighbours and increase the number of people supporting on your road. Cowbells are great for creating noise - a great option for getting children involved!



THE MORE THE MERRIER

How can you get more people involved in your support hub? Consider posting leaflets through your neighbour's doors or creating a Facebook or WhatsApp group outlining your plans. Be open to other suggestions from others as collaboration often works wonders.

BE ORGANISED

Create your signs, bakes, and playlists ahead of event day and check the forecast in advance (you may need a Plan B if there is adverse weather). Bring your energy to the event day and when it's all over, enjoy the sensation of helping hundreds of people conquer a half marathon!



WHERE TO EAT

Manchester is a foodie-haven and is home of some of the best nightlife in the UK. There is mouth-watering food; drinks that zing with the city's distinctive character; and music that will vibrate your soul.

So how to enter this melting pot of pleasure? Whether you're looking to carb-up the day before the event or toast to a new achievement afterwards, check out our list of recommended eateries and bars in Manchester to make the most of your weekend.

EASY-GOING EATS

OSMA

A classy combination of flavours and style from Oslo and Manchester, where the menu uses only seasonal locally sourced produce.

HIGHER GROUND

This bistro and bar focuses on seasonality within the North-West using produce from local suppliers. The eclectic menu currently features delights such as bone-in pork loin, BBQ leeks and brown crab tart.



LILY'S DELI

This vegan and vegetarian Indian deli is perfect for lunch on the go. Lily's serves up mouthwatering vegan curries; cups of masala chai; and homemade snacks like samosas and traditional sweets.



ORNELLA'S KITCHEN

Ornella's has it all. Specialising in pasta but also serving up brunch, hearty ciabatta sandwiches and small plates, this authentic



Italian eatery is a hidden gem in the city.

GREENS

The oldest and most popular vegetarian restaurant in the city with a multi-award-winning menu!

RUDY'S PIZZA

Listed amongst the world's best pizzerias, expect a long queue for mouth-watering pizza. Rudy's dough is made on site every single day so it is the freshest purest dough you will find. Flashed into the

wood fired pizza ovens for 60 seconds, the pizzas are super light and tasty.



PIEMINISTER

Who doesn't love a hearty plate of pie and mash? Pieminister serves up both traditional pie favourites and those with a twist, such as the amazing 'Tikka To Ride' (Chicken tikka and onion bhaji!) as well as vegetarian options.

SHOGUN RAMEN

Fancy big bowls of flavoursome ramen to fill your belly? Head to this simple and

REVELLER'S RELISHES

Fancy something a bit livelier to get stuck into - perhaps a post-half-marathon party? Look no further than the following establishments...

THE JANE EYRE

This neighbourhood bar in Chorlton serves up classic cocktails, interesting wines, local beers and small plates. Why not also treat yourself to pud? We love the apriot sponge at the moment!



BLINKER

Influenced by British seasonality, the menu at this ambient cocktail bar changes monthly. You can also get truffle crisps and toasties delivered to your table - luxury!



COTTONOPOLIS

Visit this well-loved Japanese inspired cocktail-bar (and late-night snack

unpretentious eatery for your Japanese food fix.

BUNDOBUST

With a retro Bollywood interior, this restaurant fuses northern produce with Gujarati street food. Think Indian street food and craft beer - what a great combo.



destination) with a nod to Manchester's industrial past. Cottonopolis feels ambient and luxurious, without costing a fortune!

THE LIQOR STORE

Don't be fooled by the name as The Liqor Store is no ordinary establishment. Known for its music, energy and hospitality, any Mancunian reveller will tell you that The Liqor Store knows how to throw a wicked party.

ALBERT'S SCHLOSS

One of our favourite Bavarian-inspired party restaurants with a DJ and a network of beer pipes and tanks.

THE UGLY DUCKLING

With newly jazzed up gastropub offers cosy, aesthetic interior and a range of food options, from classics to sharing boards to small plates. Sunday roast anyone?



LIVE MUSIC

S CLUB 7 AO ARENA

THURS 12TH 19:30
The S Club 25th anniversary tour is an opportunity for S Club fans of every generation to come together and re-experience the timeless pop hits that soundtracked the British charts for five years. We can't wait to 'Bring It All Back' soon!

AFFLECKS PALACE MANCHESTER ACADEMY

FRI 13TH 19:30
Formed in Manchester in summer 2019, Afflecks Palace are a 4-piece psyche guitar band described as 'The birth of Nu-Madchester'.

THE WATERBOYS BRIDGEWATER HALL

FRI 13TH 19:30
Formed in London in 1983, The Waterboys have consistently blended tightness, inspiration and improvisation to reach heights of performance few other acts can.

CORY WRONG O2 APOLLO MANCHESTER

FRI 13TH 20:00
Cory Wrong is a self-professed 'hype man' who is on a mission to uplift people through

music: "You'll hear my voice through the guitar, but I'm just a hype man" he explains. "To uplift audiences with instrumental music that has no singing or lyrics is a fun challenge. I'm trying to solve the riddle. If I can get one person to feel good this way, it's a success." Sounds fun - we're in!

BLINK-182 AO ARENA, VICTORIA STATION APPROACH

SUN 15TH 19:30
Having sold over fifty million albums worldwide and rocked audiences from Adelaide to Zurich, blink-182 have become one of the defining rock bands of their generation. Don't miss them in Manchester to rock our after the event!



FRANKIE BOYLE



BLINK-182

THINGS TO DO

THEATRE AND LIVE GIGS

THE DRIFTER'S GIRL

MANCHESTER OPERA HOUSE
THURS 12TH - SAT 14TH

Discover the remarkable story of The Drifters, one of the world's greatest vocal groups, and the truth about the woman who made them. Featuring an unbelievable soundtrack packed full of show-stopping Drifters hits, don't

miss this singing and dancing number!

JEEVES & WOOSTER IN PERFECT NONSENSE

OCTAGON THEATRE
THURS 12TH - FRIDAY 13TH 19:30
SAT 14TH 14:00

A new play adapted from the works of P.G. Wodehouse, written by the Goodale Brothers,

in which the author's iconic double act land in Bolton for a night of very silly nonsense! This sparkling comedy follows the twists, turns and mishaps of the duo main characters in this amusing comedy.

FRANKIE BOYLE PALACE THEATRE

SAT 14TH - SUN 15TH
The Scottish comedian is back on tour. With no

topic off the table, get ready for this hysterical night and don't worry, Frankie doesn't hold back!

BRIAN BILSTON WATERSIDE

THURS 12TH - FRI 13TH
Brian Bilston has been described as the Banksy of poetry and Twitter's unofficial Poet Laureate. His last collection of poetry, Alexa, What Is There To Know About Love?, was described by one reviewer as 'the funniest collection of humorous verse I have seen in a long time'. Enjoy a unique evening out with Brian and his musings!

THE LIBRARY OF ENCHANTMENT Z-ARTS

THURS 12TH - SUN 15TH (VARIOUS TIMES)
This fun-filled -friendly escape room puts little ones and big ones to the test, as you'll help capture Billi the bookworm and put the chaos right before the Library Inspector arrives. This is a great way to have fun while also building logic, persistence and teamwork skills in kids 8+.

ATTRACTIONS, FAMILY FUN AND MORE

SCIENCE & INDUSTRY MUSEUM

FRI 10:00 - 17:00 | SAT 10:00 - 17:00 | SUN 10:00 - 17:00

Discover Manchester's rich legacy at this awesome museum in the city centre. Don't miss the new exhibition 'Operation Ouch! Food, Poo and You' which teaches kids about what happens to food in our bodies in a fun and interactive way. 'Power UP!' is also the ultimate hands-on, interactive gaming experience.

PINK FLOYD'S 50TH ANNIVERSARY OF 'THE DARK SIDE OF THE MOON'

**JODRELL BANK CENTRE
FOR ENGAGEMENT**

SAT 19:30 - 20:30 |
21:00-22:00

This one-of-a-kind event combines cutting-edge technology with the heart of Pink Floyd's music. Step into an

immersive 3D world that will transport you through captivating visuals and surround sound. Don't miss out on this incredible opportunity to feel the music like never before.

CRYSTAL MAZE LIVE EXPERIENCE

PRE-BOOKING REQUIRED

Get hands-on with the classic Channel 4 gameshow. Will you and your team conquer the dome, or get locked in long before?

CASTLEFIELD VIADUCT

VARIOUS OPENING TIMES -
SEE WEBSITE FOR DETAILS.

In July 2022, Manchester welcomed the Castlefield Viaduct into its body of urban spaces. Known as Manchester's 'sky park', it was transformed by the National Trust, from a giant 330 metre steel viaduct into an elevated park with trees, plants



and flowers. Visitors can learn about the viaduct's heritage and the city's relationship with parks and trees.

EMIRATES OLD TRAFFORD STADIUM TOUR

PRE-BOOKING REQUIRED

You can now book a guided tour of the world-famous Emirates Old Trafford, home of cricket in the North-west and Lancashire Cricket since 1864. This great stadium has been home to England and International greats, staged world class events and welcomes 450,000 guests a year.

PEOPLE'S HISTORY MUSEUM

FRI 10:00 - 17:00 | SAT 10:00 - 17:00 | SUN 10:00 - 17:00

A visit to the National Museum of Democracy takes you through the past, present and future of ideas worth fighting for.

IMMERSIVE GAMEBOX

FRI 11:00 - 21:00 | SAT 10:00 - 21:00 | SUN 11 - 18:00

Cutting-edge immersive entertainment. 30-60 minutes of gameplay using projection mapping, motion tracking, and other clever stuff.

MUSEUM OF TRANSPORT GREATER MANCHESTER

SAT 10:00 - 16:30 |
SUN SAT 10:00 - 16:30

Buses, trams, and much more! Look at classic vehicles and find out more about the evolution of public transport in Greater Manchester.

THE FIRST LIGHT PAVILION

PRE-BOOKING REQUIRED

The First Light Pavilion is an architectural wonder. It takes the form of a grass-topped dome to cleverly mirror the Lovell telescope and was created to tell the inspirational stories of Jodrell Bank's world-leading contribution to science and culture.

NATIONAL FOOTBALL MUSEUM

FRI 10:00 - 17:00 | SAT 10:00 - 17:00 | SUN 10:00 - 17:00

Football based interactive fun for all the family. Includes a new permanent museum display dedicated to the life and legacy of Lily Parr - one of football's first female superstars.

FROG & BUCKET COMEDY CLUB

FRI 20:00 |
SAT 16:00 & 20:00

One of the most renowned comedy clubs in the UK, with the popular Barrel of Laughs shows with multiple comedians on Friday and Sunday.

TRAFFORD CENTRE

FRI 10:00 - 22:00 | SAT 10:00 - 21:00 | SUN 10:00 - 18:00

Enjoy a selection of luxury and high-street offerings from brands including Selfridges, John Lewis, Zara, Michael Kors, JD Sports, The North Face, Ted Baker, wagamama's, YO! Sushi and a 20-screen ODEON cinema.

THE COMEDY STORE AT THE BIERKELLER MANCHESTER

FRI 20:00

A great place to kick off your weekend. The Comedy Store is famous for its high-quality acts. Prepare yourself for a night of entertainment, live music, and plenty of laughs from start to finish.



MEET OUR AMAZING OFFICIAL CHARITIES!



We are proud to support the vital work of our Official Charity Partners at the Manchester Half. **The Alzheimer's Society, Cancer Research UK** and **The Christie** undertake life-changing work that help to improve the lives of those living with disease. You can help them to continue this work by setting up a JustGiving page and fundraising by being involved in the event. This is regardless of being a participant or a spectator coming to support for the day.

JustGiving is a free fundraising platform that makes it easy to raise money for charity. You can create a page in minutes and share it with your friends

and family on social media, email and text. When you set up a JustGiving page, 100% of your donations will go directly to the charity you choose. You can also choose to Gift Aid your donations, which means the government will add an extra 25% to your fundraising total!

Through fundraising, you'll be helping to make a difference to the lives of people affected by dementia, cancer, and other life-limiting illnesses.

Set up a JustGiving page with one of our amazing Official Charity Partners and start fundraising today - you can make the difference for a lot of people in need!



**CANCER
RESEARCH
UK**

The Christie
Charitable Fund





MANCHESTER
MARATHON



14TH APRIL 2024

**MAKE THIS
YOUR 2024
CHALLENGE**