



# PARTICIPANT GUIDE

13 | 10 | 2024



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# WELCOME

Welcome to the Manchester Half 2024! We're delighted to have over 24,000 of you join us for the biggest half marathon Manchester has seen. Get ready to embrace the amazing atmosphere and community spirit that make the Manchester Half an unmissable event.

**HERE'S A  
SUMMARY OF  
WHERE YOU CAN  
GET ALL THE  
INFORMATION  
YOU NEED**

**THIS  
GUIDE**



**EVENT  
EMAILS**



**WEBSITE NEWS  
PAGE & INFO  
HUB**



**SPECTATOR HUB  
& WEEKEND  
GUIDE**



**SOCIAL  
MEDIA**







# EVENT PACKS

If you live in the UK, your pack will be posted and should arrive by **Friday 11th October**. If your pack does not arrive or you live outside of the UK, we have the pack collection service on Saturday 12 October at the Holiday Inn, Manchester City Centre between 10am and 6pm.

## YOUR NUMBER EXPLAINED

### NAME AND NUMBER

Your name so supporters can cheer you on and your unique number



## #MCRHALF

### PINS

Don't forget you will need 4 safety pins to secure your bib in place



SEBASTIAN

12345

START AREA: BLUE

13 OCTOBER 2024

EXCHANGE FOR T-SHIRT AT FINISH LINE

### START AREA

Your start wave is shown by the colour and description here. Should you wish to run with someone in a different wave, you'll need to drop back to the later of the two. Sorry, you cannot move to an earlier wave.

### FINISHER T-SHIRT STRIP

If you pre-purchased a finisher tee, your bib will feature a tear away strip with the size you ordered. Keep it attached to your bib until after you have crossed the finish line and don't put any safety pins through the tear away strip.





# GETTING TO AND FROM THE EVENT

For more information on any of the below please head to the Travel page on our [website](#).

## METROLINK TRAMS



The tram network is the best and easiest way to get to and from the event. Recommended tram stations

**CLOSE TRAM STOPS:** Quieter

● **Imperial War Museum** on the Trafford Centre (red) line – 15 min walk

**CLOSEST TRAM STOPS:** Congested and you may experience long wait times

● **Old Trafford**, located on the Altrincham (purple/green) line – 3 Min Walk

● **Trafford Bar** on the Altrincham (purple/green) line – 10 min walk

Further Travel information can be found [HERE](#).

## RAIL SERVICES



If you are travelling from outside Manchester by rail we recommend using either Manchester Piccadilly or Manchester Victoria stations. Both stations have Metrolink connections.

## PARK AND RIDE



There are over 100 park and ride locations in Greater Manchester. For more information visit [Transport for Greater Manchester](#).

## DISABLED PARKING



We offer a limited amount of disabled parking for our participants who require it. It must be booked in advance, with a deadline of Friday 4th October. Our team will be happy to help via [EMAIL](#).

## PARKING



Manchester United FC (located approx a 20min walk to the event village) has a limited number of car parking places available. These spaces must be secured in advance and will not be available to pay for on the day. As many roads will be closed for the Manchester Half, please ensure you plan a route to the car park that avoids closures - check them here.

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

## BOOK YOUR STAY WITH STAY 22

Looking for overnight accommodation? You can use our handy widget here to filter and search for the perfect night's sleep to suit your budget.





# START TIMES

START WAVE NUMBER	START WAVE COLOUR	ENTER START PROCESS	ESTIMATED START TIME
1	ELITE WHEELCHAIR	-	08:55
2	ELITE	-	09:00
	WHITE	08:05 - 08:15	09:00
3	RED	08:15 - 08:25	09:09
4	LIGHT BLUE	08:30 - 08:40	09:18
5	BRONZE	08:40 - 08:50	09:27
6	GREEN	08:50 - 09:00	09:36
7	PURPLE	09:00 - 09:10	09:45
8	YELLOW	09:10 - 09:20	09:54
9	DARK BLUE	09:20 - 09:30	10:03
10	GREY	09:30 - 09:40	10:12
11	MAROON	09:40 - 09:50	10:21
12	ORANGE	09:45 - 09:55	10:30
13	BLACK	09:55 - 10:05	10:39

IF YOU ARE USING BAG DROP PLEASE ARRIVE AN ADDITIONAL 30 MINUTES BEFORE YOU ARE DUE TO ENTER THE START PROCESS.

## ERDINGER PACERS



Achieve your goal with the help of our expert ERDINGER pacers. We have pacers available for various popular finish times, ensuring you're well-spread along the course for a more comfortable and enjoyable run for you and your fellow participants. They'll be easy to spot with their backpacks and flags displaying their target times, strategically placed in the appropriate start waves. Find out more about our fantastic ERDINGER Pacers Team [here](#).





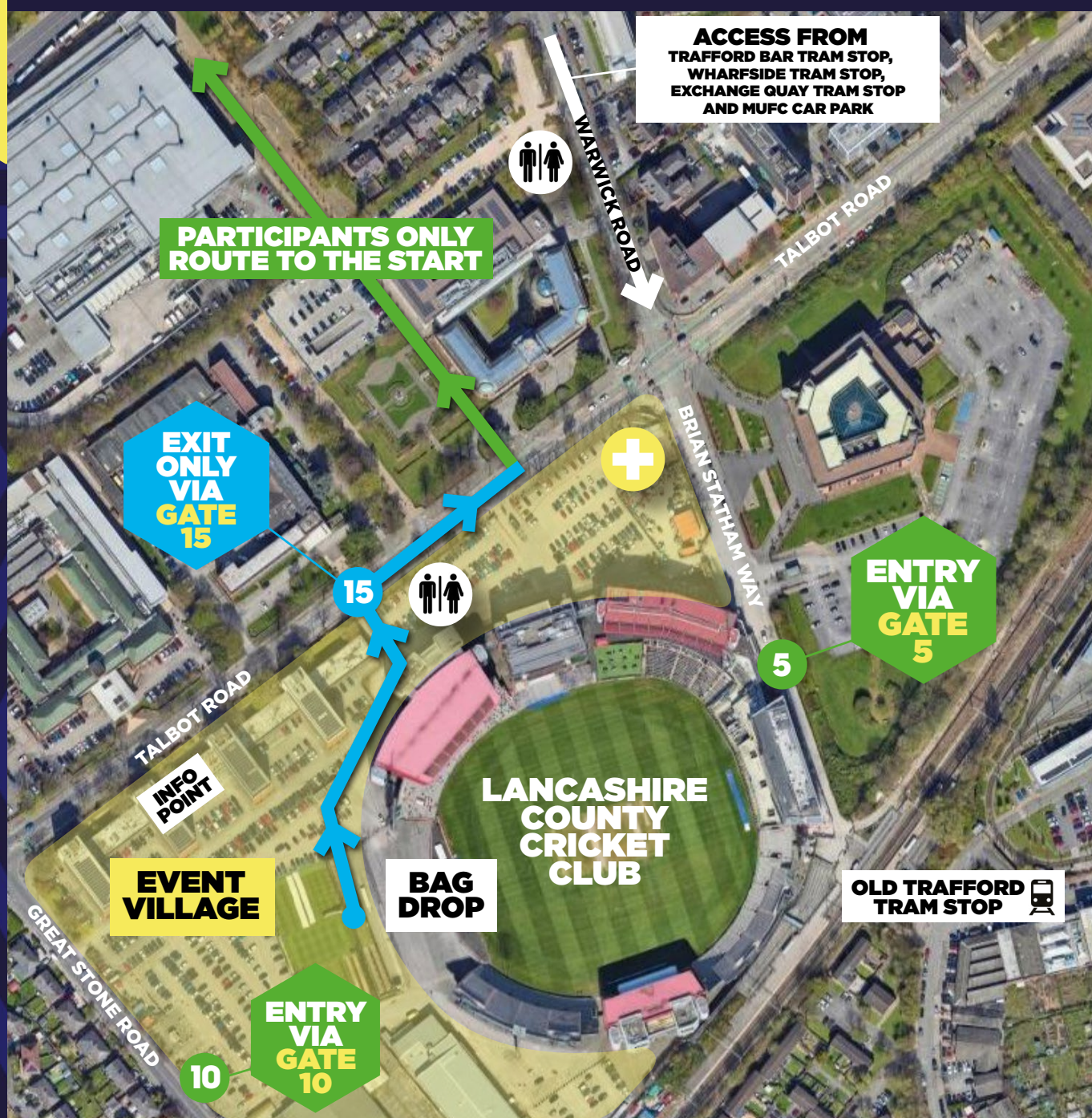
# START AREA

**BAG DROP AND  
START ACCESS  
OPENS 7:30**

Participants journey  
to the start



Exit route from bag  
drop and event village







# START ACCESS AND BAG DROP

## ARRIVAL PROCESS

### STEP 1 BAG DROP

If you are using bag drop, please arrive **30 minutes before your start access time.**

#### PLEASE NOTE

- Only one small bag (e.g. rucksack or small sports bag) is allowed.
- You'll get a numbered wristband to collect your bag, unrelated to your bib number.
- Ensure all belongings are in your bag before reaching the front of the queue.
- To avoid queues, consider leaving items with a supporter or at your accommodation.

### STEP 2 TOILETS

Please make use of the toilets in the Event Village before heading to the Start Access Area.

## START PROCESS

The coloured bar at the bottom of your bib correlates to the time you must arrive at the Start Access point for you to make your allocated start time.

### STEP 1 THE START ACCESS AREA

You'll be called forward by our host when the next stage is ready to welcome your wave.

### STEP 2 START LINE HOLDING AREA

Please wear a top you want to donate to charity to keep you warm - keep wearing this until the end of the start chute where you will see signs to show you where to donate it as you get close to the start gantry - please don't drop it too early! When your donated pre-loved items are sold in their stores or marketplaces, you help keep products in use for longer making more use of the energy and resources used to make them.

### STEP 3 THE START LINE

Your #MCRHalf adventure begins!



# ROUTE MAP





# RUN PUMA HOUSE RETURNS!



PUMA is back and opening its doors to runners and spectators across event weekend. Expect pre-shakeout runs, tips from elite athletes & limited-edition personalised sliders for course finishers (there is a limited quantity available, so don't miss out!)

## WHEN

**Sat 12th Oct** 08:30 - 16:00

**Sun 13th Oct** 09:00 - 16:00

## WHERE

293 Deansgate, Manchester, M3 4EW

Find out all the latest info [here](#).







# COURSE INFORMATION 1/2

## DISTANCE & 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 several mats on the course to cross check your times. Passing the start line may take up to 30 minutes, but 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, water is in 330ml bottles, please throw these in the bins provided. Applied Nutrition Isotonic Energy Gels will be available at specific water stations [see more here](#).

Locations and Nutritional information can be found on our [website](#). All finishers will receive a 500ml bottle of water at the finish line. Applied Nutrition will also be handing out Endurance Carb & Electrolyte sachets pre and post run in the Event Village.

## DROPPING OUT



If you've started the event and things don't go to plan and you have to stop we recommend 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 event, however, it may be quicker for you to use the nearest public transport link. If things do not go to plan and you are slower than expected or need to drop out don't forget to let your friends and family know so they don't worry.

## MEDICAL



There are regular first aid posts along the course. Event stewards also have the ability to request medical assistance, so please speak to them if you need help.

Please list any allergies or any medical information that you didn't give when you entered that might be useful to know on the back of your race bib.



# COURSE INFORMATION 2/2

## ON COURSE TOILETS

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

## COURSE CUT OFF TIMES



The minimum speed that you must keep to is a 3 hour pace. The finish line will close 3 hours after the last person crosses the start line. Roads are also re-opened in stages. 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.

## NO PLANET, NO SPORT!



Only clean water bottles can be recycled, those thrown into hedgerows, gardens and trees cannot.

Please look out for the drop zone and target bins after the water stations. Don't forget to drain your bottle prior to discarding it in the bins provided. This ensures the bottle can be recycled.

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

## 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. Please be aware of and look out as you go for: | Potholes | Uneven surfaces | Speed bumps | Manhole covers | Cycle lane bollards | Traffic islands and other structures

## UKA RACE RULES



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

Headphones: Headphones are allowed unless competing for a prize. While music can boost your run, it may prevent you from hearing emergency instructions and detract from the event atmosphere. Please do consider this along with having headphones in one ear only.

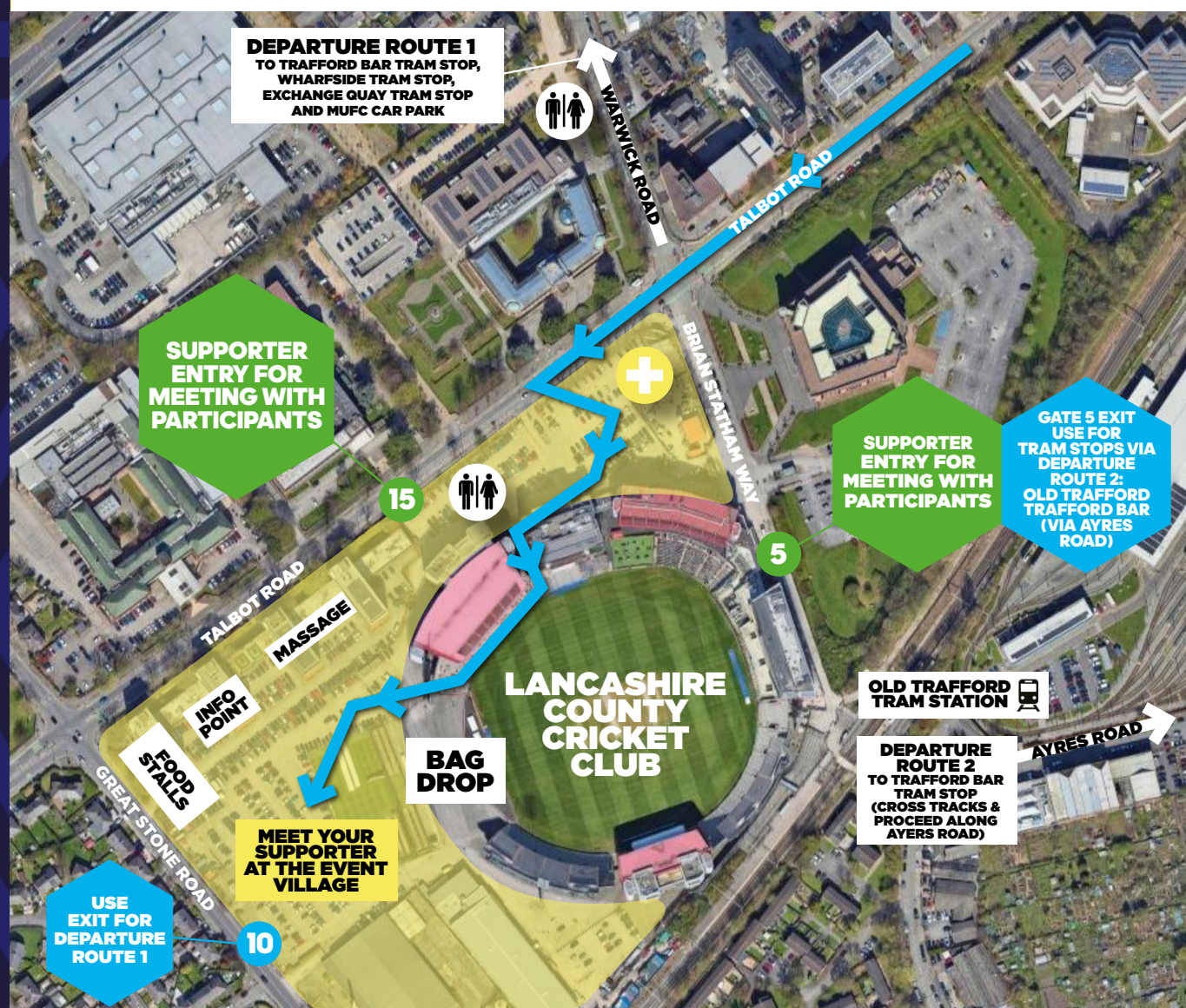




# EVENT VILLAGE

We love having supporters at the event, but we strongly encourage them to cheer you on along the course and meet you away from the finish area. Talbot Road gets very busy, and we're limiting access to the finish stretch. Instead, consider meeting loved ones at a pre-decided location like a café or transport link.

If they do head to the finish, they can meet you inside the Event Village at Lancashire County Cricket Club, where a large screen will show the finish line coverage live, along with food outlets and activities from our partners.





# FINISH LINE REWARDS



If you purchased a finisher tee, you will be able to collect it at the end of the finish handout process. Your bib will have a strip at the bottom with the size tee you ordered displayed on it.

How to collect your finisher tee at the **finish line**

- Go to the finisher tee collection tables after crossing the finish line.
- Find the table that corresponds to the size indicated on your bib.
- Tear off the strip at the bottom of your bib and hand it to a volunteer, who will then give you your finisher tee.

The deadline has now passed to order a finisher tee, but there will be the opportunity to order one online for delivery within two weeks.

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 2024 event) as part of the design.

Doing our bit... We're committed to zero waste for all finisher handouts and all leftover items are recycled or reused, to find out more please click [here](#).

Our partners Including Runna, ERDINGER Alkoholfrei, Applied Nutrition, and our amazing Official Charities, will be located in the Event Village, where you can visit them and enjoy their exciting activities and goodies.

Please, make sure to check packaging for specific allergen information before consuming products. More details can be found [HERE](#).



# EVENT VOLUNTEERS

If someone wants the buzz of the event without doing the 13.1 miles part... then volunteering is a great way to be part of our community! If you know of any individuals, or any groups that may be interested in getting involved then please do direct them to our dedicated [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 12th October.



**PRE-  
ORDER  
NOW**



# MAKE YOUR MANCHESTER HALF CHALLENGE MATTER

Taking on a half marathon doesn't have to just be about crossing the finish line; it can be about so much more. As you train and prepare for the 2024 Manchester Half, consider turning your run into a force for good and make a positive impact.

## Why fundraise?

- **Make a real difference:** Every penny you raise can help funds for vital programs and services.
  - **Experience a sense of purpose:** Contributing to a cause you care about can provide a deep sense of satisfaction and fulfilment.
  - **Inspire others:** Your dedication and commitment can motivate others to support your chosen cause.
- Every donation, no matter how small, can make a big difference!



**1** CLICK ON THE 'START FUNDRAISING' BUTTON BELOW



**2** SEARCH FOR THE CHARITY YOU WANT TO SUPPORT



**3** ENTER YOUR FUNDRAISING GOAL



**4** SHARE YOUR PAGE WITH YOUR FRIENDS & FAMILY

# START FUNDRAISING

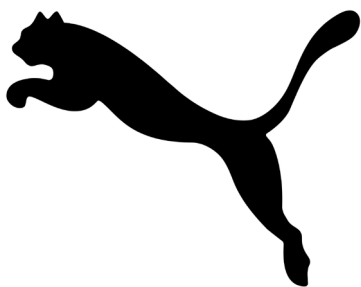




# THANK YOU

It takes a large number of organisations working together to make a successful large-scale event and we are so grateful to the following for their help in making our event possible.

Our amazing event team and volunteers, Trafford & Manchester City Councils, TfGM, Greater Manchester Police, Local Communities, Supporters, Charities, Local Services and our wonderful Partners.





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ATHLETES



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**WWW.APPLIEDNUTRITION.UK**



# 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)

  
**Alzheimer's  
Society**







**Thank  
you**

# You're amazing!

**Progress is only made possible by the extraordinary efforts of people like you.**

Thank you to all our supporters – you're powering research!

It's not too late to join our team and help 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 2024

**Together we are  
beating cancer**



# THANK YOU TEAM CHRISTIE

Thank you to all our 2024 Manchester Half Marathon runners for all your efforts in helping to raise vital funds for cancer patients across the North West and beyond.

**Good luck on  
Sunday 13 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)