



SUPPORTER AND WEEKEND GUIDE

13TH OCTOBER 2024



WELCOME

We are delighted to welcome you to the Manchester Half 2024 - the largest and best of its kind yet!

This year, a record-breaking 24,000 people line up to take on the 13.1-mile challenge, making it hands down the biggest half marathon in the North West. We're ready to welcome everyone - old or young, local or international - with open arms and energy that will knock your socks off!

In the meantime, our Supporter and Weekend Guide is here to help you make the most out of what Manchester has to offer over the event weekend.

SUPPORTER GUIDE

Find suggestions on how best to support friends and loved ones taking on the 13.1-mile challenge on Sunday 13th October. Including tips and the best places to cheer, as well as tips on how to track loved ones.

WEEKEND GUIDE

We've scoured the city to bring you all the coolest things to do in Manchester from 11-13th October. From foodie finds to family fun, this guide is perfect for those wanting to make the most of the weekend - including supporters who deserve a treat for their support!





SPECTATING TIPS


Going between spectating points with snack-laden backpacks while cheering your heart out is arguably a sport in itself. To help, we've put together a handy list of tips below:

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PLAN YOUR JOURNEY: Familiarise yourself with the tram routes beforehand, they are the best way to access the route.
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AGREE ON A MEETING POINT: The finish line will be very congested so we suggest agreeing on a meeting point in the event village or away from the finish line area.
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BE PREPARED FOR ALL WEATHERS: Make sure to have those sun hats and umbrellas. It is Manchester after all!
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TRACKING: Know where your loved one is along the route. Check out our guide on tracking your participant [here](#).
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DESIGN THOSE SIGNS: Bring along a sign, funny or motivating -the choice is yours.
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TAG US: Share photos and videos on social media by tagging us using @mcrhalf and #MCRHalf so we can reshare your amazing pictures!
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GET NOTIFIED: Participants can nominate one supporter to receive a text when they're 2 miles from the finish line. Sign up before the deadline of Monday 7th Oct [here](#)

 **IMPORTANT** We highly recommend meeting loved ones away from the finish area. If you attend the area and nearby tram stops please be aware that there will be large crowds, one-way systems in place, queues, and some delays to your walking journeys. Space near the finish line is limited. You can meet with your finisher in the Event Village inside the Lancashire Cricket Club, however we recommend checking out ['Where to Meet Up After the #MCRHalf'](#) for great alternative options and ideas. You can also view a map of the layout of the finish area [here](#).

MAKE PERSONALISED SIGNS AT RUN PUMA HOUSE

Our friends at Run PUMA House will have signs ready for you to get creative and stand out from the crowd. Simply drop by to get involved!

WHERE: 293 Deansgate, Manchester, M3 4EW
WHEN: 12th & 13th October 9:00-16:00
 Find out more what else is on offer [here](#).






WHERE TO WATCH

WHARFSIDE ('BUZZ HUB')

Give participants a boost at the brand new 'Buzz Hub' at Wharfside. Spectators can see participants twice as they blast by the iconic Old Trafford stadium to DJ tunes. What's more, don't miss our inflatable bees dancing to some epic tunes.

STRETFORD

Stretford is a lively supporter spot where you can catch participants twice as they head 'out' towards the local suburbs of Sale and Sale Moor and then 'back' again (roughly at miles 5.5 and 10). It is also fast becoming known as a foodie hub with loads of options for a bite to eat.

SALE

Situated slightly further out from the bustle of the centre, Sale strikes a charming balance of both city and countryside. With Bridgewater Canal running through its centre, Sale is home to friendly residents and many parks. See participants here from mile 6.5 to 9.

DEANSGATE INTERCHANGE (PUMA CHEER ZONE)

Soak up the atmosphere at mile 1 on the course at the brand new PUMA Cheer Zone at Deansgate Interchange. Watch loved ones start the challenge live on the 'Kick-off Cam' on our big screen along with lively beats from a DJ truck, cheer signs and more.

CHORLTON CUM HARDY

Chorlton is a leafy suburb for its independent shops and artisan coffee houses. Barlow Moor Road presents a host of gastro-delights. It is THE place to give participants a final push in the event, from miles 11-12.





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 participants 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 to offer location tracking. Using any of these functions will give you an approximate GPS location of your participant allowing you to 'follow' them at home or find them during the day (due to the large volume of people tracking may not be 100% accurate). 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.



WHERE TO EAT



When it comes to food, Manchester needs no introduction, from the World-famous Curry Mile to local delicacies like the raspberry jam-filled Manchester Tart. Mancunians certainly know how to eat well. 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.

LILY'S DELI

Lily's Deli in Chorlton offers a unique flavour with its vegetarian and vegan Indian Cuisine. Fill

up on a delicious curry or get snacky with their amazing small bites and sweet treats.

MANCOCO COFFEE BAR

Make your way down to ManCoCo Coffee Bar for speciality grade single origin coffees from around the world, hand roasted in Manchester.

ROSA'S THAI CAFE

Rosa's prides itself on its authentically Thai cuisine which diners can enjoy in an easy-going atmosphere. They serve up amazing classics such as Pad Thai and Thai green curry, as well as an exciting vegan menu.

THE LAUNDERETTE

When the restaurant themselves claim that their favourite things are cocktails and carbs you know they'll do a post half marathon meal correctly!

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 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.

THE UGLY DUCKLING

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



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...

COTTONOPOLIS

Visit this well-loved Japanese inspired cocktail-bar (and late-night snack destination) with a nod to Manchester's industrial past. Cottonopolis feels ambient and luxurious, without costing a fortune!

RUM RABBIT RUM

Take a tumble into the boozy burrow of Manchester's coolest new rum-based bar. We'll take a Thumper Spritz please...

BLUES KITCHEN

Serving a taste of the deep South of America, the restaurant has become a huge hit with its mix of BBQ dining and live music inspired by the US.

THE LIQUOR STORE

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



THINGS TO DO

THEATRE AND LIVE GIGS

THE 100 STORY HOTEL Z-arts, Manchester

FRI 11TH 10:00
SAT 12TH VARIOUS

Developed in collaboration with bestselling author Rob Biddulph, this interactive world of play and storytelling offers something for everyone, from children aged 1-8 and their families.

JANE EYRE Altrincham Garrick

FRI 11TH - 19:30
SAT 12TH - 14:30, 19:30

This daring adaptation of Charlotte Brontë's literary masterpiece brings the inner world of the novel to life on stage. Written in 1847, Jane Eyre continues to captivate and inspire audiences today.

BURLESQUE THE MUSICAL Manchester Opera House

FRI 11TH - 19:30
SAT 12TH - 14:30, 19:30
SUN - 14:30

Whether you're a fan of the classic burlesque charm or new to the scene, *Burlesque: The Musical* offers a thrilling celebration of glitz, glam and unforgettable performances.

DALISO CHAPONDA Octagon Theatre

FRI 11TH - 19:30

Hilarious Manchester-



based Zambian-born Malawian comedian Daliso Chaponda shot to fame in 2017 when he finished third in Series 11 of Britain's Got Talent. This sharp and well-crafted show is a do-over which explores time, age and experience over 20 years of Chaponda's life.

BARBARA NICE Waterside

FRI 11TH - 20:00

The Stockport housewife, star of Britain's Got Talent, *Take a Break* reader, and cleaner to the stars will be showcasing her best moments from her 25 years of entertaining live audiences. Laughs guaranteed!

LIVE MUSIC

SAINT MOTEL New Century Hall

FRI 11TH - 19:30

Get ready for an unforgettable night as Saint Motel takes the stage at the New Century Hall. With hits like their UK Top 40 single 'My Type', the Los Angeles-based band bring a

larger-than-life energy to every performance.

COULD BE REAL TRIBUTE FESTIVAL Manchester Cathedral

FRI 11TH - 17:00, 19:30

Held in the stunning and historic setting of Manchester Cathedral, the Could Be Real Tribute Festival features some of the UK's top tribute acts, celebrating legendary bands like ABBA, Fleetwood Mac, Oasis and Queen.

DEPTFORD NORTHERN SOUL CLUB

New Century Hall

FRI 11TH - 23:00
SAT 12TH - 23:00

Having performed at the likes of Glastonbury festival and Green Man, this DJ duo are known for reviving the best of Northern Soul with a modern twist.

NEW MODEL ARMY O2 Ritz

FRI 11TH - 18:30
SAT 12TH - 19:30

Prepare for an iconic night as New Model Army return to Manchester, continuing

their legendary career with the tour of their sixteenth studio album, *Unbroken* (2024). Formed in Bradford in 1980, the band remains a force in the music world.

WOMEN IN ROCK Stockport Plaza

FRI 13TH 19:30

Get ready for a night of unforgettable rock music with Women in Rock. Since 2016, this powerhouse show has been thrilling audiences across the UK and Europe, celebrating female rock legends like Cher, Pink, Blondie and plenty more!

THE LAST DINNER PARTY O2 Victoria Warehouse

FRI 11TH - 19:30
SAT 12TH - 19:30

Following their recent support with Florence and The Machine, this captivating all-female quintet have embarked on their own tour. Likened to Kate Bush, Sparks, Florence and the Machine, Queen, and Abba, this is a unique performance not to be missed!



ATTRACTIONS, FAMILY FUN AND MORE

SCIENCE & INDUSTRY MUSEUM

FRI - SUN
10:00 - 17:00

Discover a fascinating world at this brilliant museum in the city centre and don't miss the current exhibition 'Injecting Hope: The Race for a Covid-19 Vaccine. 'Power Up!' is also the ultimate hands-on, interactive gaming experience for kids on weekends.

CRYSTAL MAZE LIVE EXPERIENCE

PRE-BOOKING REQUIRED
FRI 13:00-21:00
SAT 09:00-21:00
SUN 09:00-18:00

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

MUSEUM OF TRANSPORT GREATER MANCHESTER

SAT-SUN 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.

PEOPLE'S HISTORY MUSEUM

FRI-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.

CASTLEFIELD VIADUCT

MON-SUN 10:30-16:30

Known as Manchester's 'sky park', Castlefield Viaduct was transformed in 2021 to form 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.

JURASSIC WORLD - THE EXHIBITION

Various times
(Pre-booking required)

Get closer to dinosaurs than ever before at Jurassic World: The Exhibition! Based on one of the biggest blockbusters in history, the exhibition will immerse audiences of all ages in scenes of the beloved movies. Located in the Trafford Centre.

NATIONAL FOOTBALL MUSEUM

FRI-SUN
10:00 - 17:00

Discover football-themed interactive fun for all the family. Includes a new permanent museum display dedicated to the life and legacy of Preston-born superstar Lily Parr.

TRAFFORD CENTRE

FRI-SUN 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, TGI Fridays and a 20-screen ODEON cinema.

EMIRATES OLD TRAFFORD STADIUM TOUR

Various times
(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.



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.

FROG & BUCKET COMEDY CLUB

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

Kick back at one of the most renowned comedy clubs in the UK, with the popular Barrel of Laughs shows and multiple comedians from Friday-Sunday night.

THE COMEDY STORE AT THE BIERKELLER MANCHESTER

FRI 19:00-23:00
SAT 15:00-23:30
SUN 18:00-22:00

Prepare yourself for an evening of entertainment, live music, and plenty of gags at The Comedy Store. Make sure you get there early to claim your front-row seat!



MEET OUR AMAZING OFFICIAL CHARITIES!



We are proud to support the vital work of our Official Charity Partners at the Manchester Half. 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!

