



SUPPORTER GUIDE

12TH OCTOBER 2025



WELCOME

We're delighted you've chosen to support our incredible participants at the Manchester Half 2025! This handy guide includes the best places to spectate, as well as tracking information, tips on supporting from afar, and much more.

So, are you ready to help create the incredible atmosphere the event is known for?

Let's start with some top tips.



ON THE DAY TIPS



PLAN YOUR JOURNEY: Familiarise yourself with the tram routes beforehand, as they are the best way to access the route.



AGREE ON A MEETING POINT: The finish line will be very congested, and queues can cause long wait times. We suggest agreeing on a meeting point in the EVENT VILLAGE or away from the finish area.



BE PREPARED FOR ALL WEATHERS: Make sure to have those sun hats and umbrellas. It is Manchester after all!



TRACKING: Know where your loved one is along the route. Check out our guide on tracking your participant [here](#).



DESIGN THOSE SIGNS: Bring a sign, or design one at the PUMA x Up & Running pop-up (see below).



TAG US: Share photos and videos on social media by tagging us using @mcrhalf and #MCRHalf so we can reshare your amazing pictures!

PUMA CHEER SIGNS

Create your custom cheer signs at the PUMA x Up & Running pop-up on event weekend!

WHERE: **PUMA x Up & Running pop-up** Unit 4, Barton Arcade, Deansgate, Manchester, M3 2BH

WHEN:
Sat 4th Oct
– Sat 11th Oct
(9:30am-6pm)
and Sun 12th Oct
(11 am–5 pm)





WHERE TO WATCH

WHARFSIDE

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

STRETTFORD

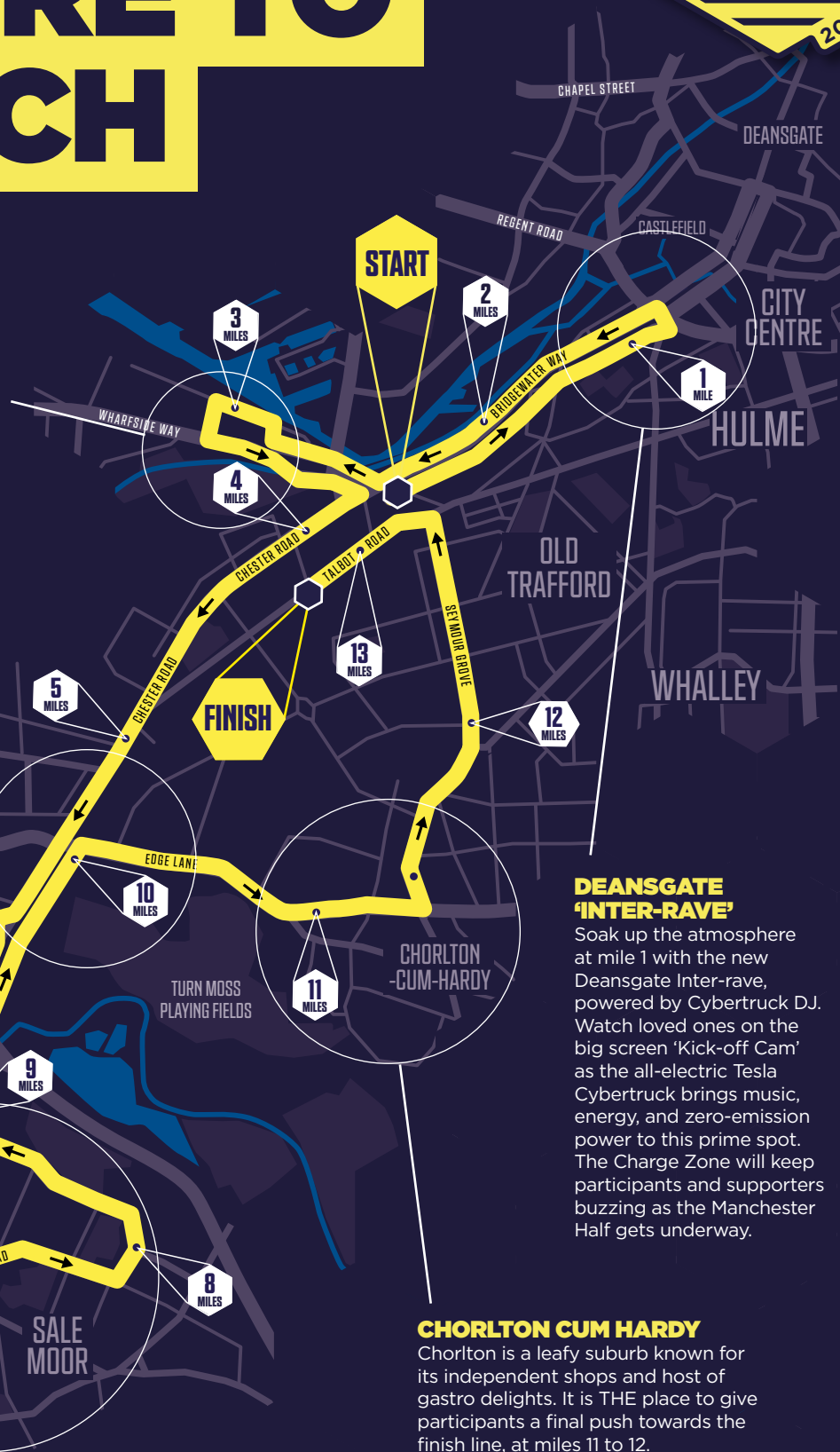
Stretford is a lively supporter spot. Catch participants twice as they head out and back (through Sale) at roughly at miles 5.5 and 10. Fast becoming a foodie hub, don't forget to fuel up with some good grub!

STRETFORD

SALE

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 'INTER-RAVE'

Soak up the atmosphere at mile 1 with the new Deansgate Inter-rave, powered by Cybertruck DJ. Watch loved ones on the big screen 'Kick-off Cam' as the all-electric Tesla Cybertruck brings music, energy, and zero-emission power to this prime spot. The Charge Zone will keep participants and supporters buzzing as the Manchester Half gets underway.

CHORLTON CUM HARDY

Chorlton is a leafy suburb known for its independent shops and host of gastro delights. It is THE place to give participants a final push towards the finish line, at miles 11 to 12.



OTHER WAYS TO EXPERIENCE THE EVENT

Unable to attend the event or cheer on the course? Check out other ways to experience the action, and more information about the Event Village.

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.

SHARE LOCATION

Find out how to use the Share Location function on your smart phone to track your participant during the event. Please note that your loved one must be carrying their

phone on the course for these methods to work, and that GPS location will be an approximate. 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 as the challenge unfolds. Share your photos, videos and messages with us using the **#MCRHalf** hashtag.

EVENT VILLAGE

The Event Village at Lancashire Cricket Club will show live finish line coverage, along with food outlets and activities from our partners. 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 delays to your walking and tram journeys. Visit the [SUPPORTER HUB](#) for our **top 6 meet up locations** after the event.





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 participants? Consider the following options:

- Get creative - Design up funny signs, flags, or even songs to motivate participants. A sense of humour can go a long way, especially in the later stages of the event.
- Supply some fun fuel - lots

of residents like to support by handing out treats like flapjacks or gummy sweets.

- Bring the good vibes - loud cheers and music will bring the energy 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? Why not set up a Facebook or WhatsApp group outlining your plans for the day for all to join in.

BE ORGANISED

Create your signs, buy your snacks, and check the forecast in advance (you may need a Plan B if there is adverse weather!).



ON THE GO FUEL

Reward yourself for your great effort at these on-route refreshments spots. From coffee and a flapjack to on-the-go brunches, these are our top picks!

KIM'S KITCHEN MANCHESTER

An independent cafe and bar in Hulme offering authentic English & Caribbean breakfasts, lunches and tipples – a must visit!

UPLIFT @ THE SQ.

Stretford supporters – don't miss this family run café offering a wide variety of breakfasts and light lunches to go. We love the waffles!

MANCOCO COFFEE BAR

If you're making your way up from Deansgate, don't miss ManCoCo Coffee Bar – serving speciality grade single origin coffees from around the world, hand roasted in Manchester.



BARBAKAN DELICATESSAN

Barlow Moor Road presents a host of gastro-delights – not forgetting the award-winning Barbakan Delicatessen, hailed for its fresh lunch options, bakes and much more.

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.

THE BEAGLE

The Beagle in the lively Chorlton-cum-Hardy neighbourhood serve delicious pizzas and pub grub – a favourite in the neighbourhood!

AMPHORA CAFE

Nestled just off the route in Sale, this family run cafe specialises in homemade food & coffee. Includes an amazing array of cakes and macaroons!

LOOKING FOR SIT DOWN MEAL RECOMMENDATIONS OVER EVENT WEEKEND?

Make sure to check out our dedicated [Weekend Guide](#) for the best restaurants (carbs guaranteed), as well as activities, entertainment and much more.

EVENT DAY DISCOUNTS

Find local offers and discounts for Manchester Half finishers on our dedicated webpage [here](#).



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, St Ann's Hospice (who come event day will have a new name,

Moya Cole Hospice) and the Christie Charity.

You can support these charities and their incredible Manchester Half participants.

Make a donation to their team JustGiving hubs below.

Alzheimer's Society is the UK's leading dementia charity, providing information and support, improving care, funding research and creating lasting change for people affected by dementia.



DONATE NOW

Cancer Research UK are the world's leading independent cancer charity dedicated to saving lives through research, influence and information.



CANCER RESEARCH UK

DONATE NOW

St Ann's Hospice provides specialist care for those with life-limiting illnesses in Greater Manchester. Our vital care relies on generous supporters.



St Ann's Hospice

DONATE NOW

The Christie's 20:20 vision: leading cancer care through best outcomes, experiences, and research, nationally and internationally, for patients, families, and staff.

The Christie
Charity



DONATE NOW