



# WEEKEND GUIDE

**12TH OCTOBER 2025**





# WELCOME



**W**elcome to the Manchester Half 2025 Weekend Guide. We've scoured the city to bring you the best things to do in Manchester over event weekend. From foodie finds to family fun, this guide is perfect for participants and supporters looking to make the most of the amazing city of Manchester.

If you're a participant, you can get all the event-specific information on our [Participant Hive](#).

If you have loved ones supporting in person or from home, make sure to direct them to the [Supporter Hub](#) for on-the-day information including tracking and travel.

Now... bring on the weekend!

## GETTING AROUND THE CITY

**M**anchester has a wide range of travel options to help you move around the city. If you are travelling in from outside the city, we recommend that you use the train to reduce congestion in the area. Then, after you arrive we also advise that you familiarise yourself with the [Metrolink tram system](#) which is widely used across the city.



# YOUR EVENT WEEKEND SCHEDULE

## PARTICIPANTS

SATURDAY 11TH OCTOBER

**OFFICIAL  
SHAKEOUT RUN**  
PUMA X RUNNA

[FIND OUT MORE](#)

SUNDAY 12TH OCTOBER

**EVENT VILLAGE**  
PUMA RECOVERY  
ZONE AND PARTNER  
ACTIVITIES

## SUPPORTERS

SAT 4TH - SUN 12TH OCTOBER

**SIGN MAKING**  
PUMA X RUNNA  
POP UP

[FIND OUT MORE](#)

SUNDAY 12TH OCTOBER

**DEANSGATE 'INTER-RAVE'  
CHEER ZONE**

**EVENT VILLAGE**  
LIVE SCREEN AND  
PARTNER ACTIVITIES

**PUMA X UP & RUNNING POP-UP** UNIT 4, BARTON ARCADE, DEANSGATE, MANCHESTER, M3 2BH



# WHERE TO EAT



Looking for carbs or somewhere to toast a new achievement? Check out our recommended eateries and bars to keep you fuelled up over the weekend. You can also check out our Exclusive Discounts page [here](#) for the latest food and drink deals for Manchester Half finishers.

## EASY-GOING EATS

### LINA STORES

Lina Stores has brought its long legacy of exceptional Italian food to Manchester. Having opened in April in Spinningfields, this versatile eatery serves daytime plates, aperitivos and of course, fresh homemade pasta.

### 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 in Deansgate 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. Located in Deansgate, Rosa's serve up amazing thai classics 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! Located on Beech Road, Chorlton.

### NELL'S

Nell's Pizza has become a top pizza spot in the Northern Quarter thanks to their huge New York-style slices and innovative toppings. Located in the Northern Quarter.

### PIEMINISTER

Who doesn't love pie and mash? Pieminister serves up both traditional pie favourites and those with a twist, and can be found in the Northern Quarter.

### THE DROP CAFÉ BAR

This bonafide institution is serving up some of the best Caribbean dishes around. Get 50% off food for you and a +1 after the event.

[Read the T&Cs](#)

### BUNDOBUST

With a retro Bollywood interior, this restaurant fuses northern produce with Gujarati street food. Head to Piccadilly or Oxford Road to get your fix.

### THE OAST HOUSE

This city centre pub is a favourite for its huge outdoor terrace, good beer and famous hanging kebabs. A place to get stuck in and soak up the rustic, yet lively, atmosphere.

## SOMETHING STRONGER...

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

### YES MANCHESTER

Gig venue, club, bar and restaurant, YES is home of the very best up and coming music in Manchester. All finishers get a free slice of pizza with every pint. [Read the T&Cs](#)

### THE SALUTATION

Located in the heart of Manchester's student area, The Salutation is offering 10% off pints of draft beers, £2.50 soft drinks and £4.50 for house fries. [Read the T&Cs](#)

### NANCY SPAINS

Nancy Spains has landed in Manchester's Northern Quarter, bringing a proper taste of Ireland to the good people of the north. Expect music, flowing pints and good craic.

### MOTHER MARY'S

Mother Marys brings Irish bar vibes to Oxford Road with live music and some of the best drink deals in town. They're also offering finisher's a complimentary glass of prosecco! [Read the T&Cs](#)

### THE GROSVENOR

The perfect place for a post-event party - The Grosvenor are offering a free pint for Manchester Half finishers. Get involved! [Read the T&Cs](#)

# THINGS TO DO

## LIVE MUSIC

### ARCHITECTS

#### Co-op Live

FRI 10TH 18:30

British metalcore legends Architects will bring their intense energy to Manchester, having toured stadiums with Metallica.

### LEVEL 42

#### Bridgewater Hall

FRI 10TH 19:00

English jazz-funk outfit Level 42 return to Manchester as part of their 'World Machine' 40th Anniversary tour.

### THE WEDDING PRESENT

#### O2 Ritz Manchester

FRI 10TH 19:00

Join The Wedding Present on tour as they celebrate 40 years of music.

## ATTRACTIONS

### SCIENCE & INDUSTRY MUSEUM

FRI - SUN 10:00 - 17:00

Discover a fascinating world in the heart of the city. Don't miss the family friendly exhibition Operation Ouch! Brains, Bogies and You - a journey through the human body.

### 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?



LEVEL 42

### 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 is an elevated park with trees, plants and flowers. Visitors can learn about the viaduct's heritage and the city's relationship with green spaces.

### NATIONAL FOOTBALL MUSEUM

FRI - SUN 10:00 - 17:00

Discover football-themed interactive fun for all the family. Don't miss the new exhibition From Pitch to Page

- a nostalgic journey through football annuals.

### EMIRATES OLD TRAFFORD STADIUM TOUR

Various times (booking required)

Book a guided tour at the world-famous Emirates Old Trafford, home of cricket in the Northwest and Lancashire Cricket since 1864.

### 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, The North Face, Wagamama, TGI Fridays and a 20-screen ODEON cinema.

## THEATRE

### 13 Going On 30

#### Manchester Opera House

FRI 10TH - SUN 12TH VARIOUS TIMES

The surprise hit movie of 2004 starring Jennifer Garner is making its way to Manchester in 2025, in a brand-new stage musical adaptation, just in time for the movie's 20th anniversary!



13 GOING ON 30





## MEET OUR AMAZING OFFICIAL CHARITIES!

**W**e 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**