

asics **MCR** *HALF*



PARTICIPANT GUIDE
4TH OCTOBER 2026

WELCOME

31,000 will take to the streets of Greater Manchester on the 4 October 2026 for one of the UK's largest half marathons. Expect incredible support, unbeatable atmosphere, and a day you'll remember long after you've crossed the finish line.

WHERE TO FIND ALL THE KEY EVENT INFO

- THIS GUIDE
- [EVENT EMAILS](#)
- [PARTICIPANT HIVE](#)
- [SUPPORTER HUB & WEEKEND GUIDE](#)



EVENT PACKS

UK based participants should receive their pack by Friday 2nd October. If your pack doesn't arrive, or you live outside the UK, you can collect it from our dedicated Pack Collection. You can find the location and timings [HERE](#).

YOUR NUMBER EXPLAINED

NAME AND NUMBER

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

PINS

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

START AREA

Your start wave is shown by the colour and description. Taking part with someone in a later wave? You're welcome to move back and start together. For safety reasons, we can't move participants into earlier waves.

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 this attached to your bib as you'll need it to collect your finisher tee after you finish.

PLEASE NOTE

It is essential to complete your medical and emergency contact details on the reverse of your bib.



This form must be completed before participating in the event.
If unable to take part then please do not give this number to anyone else.

Full name, address & date of birth	
Emergency contact: Full name, address & telephone number	
Medical problems (eg. Heart disease, Asthma, Diabetes)	
Current Medication	
Allergies Medication	
Details of anyone with you on race day: Full name & telephone number	

**Your Number also contains your tag. Do not cover your race number.
Do not fold your race number along the tag. Enjoy your race.
For all event day information please visit www.manchesterhalfmarathon.com**

GETTING TO AND FROM THE EVENT

You'll find full travel details on our [WEBSITE](#). Our top tip? Travel by Metrolink if you can. It's the easiest way to get to and from the event and helps avoid road closure delays. Recommended tram stations:

CLOSE TRAM STOPS | QUIETER

Imperial War Museum (recommended)

On the Trafford Centre (red) line.

15 min walk. This may take longer after 9:15am due to need to cross over the event route.

CLOSEST TRAM STOPS | CONGESTED

You may experience long wait times when departing from:

Old Trafford (recommended) On the

Altrincham (purple/green) line - 3 min walk

Trafford Bar on the Altrincham (purple/green) line - 10 min walk

THE LATEST TRAVEL INFORMATION

The latest travel information and updates can be found [HERE](#).

With more information on:

- **RAIL SERVICES**
- **PARK AND RIDE**
- **ACCESSIBLE PARKING**
- **PARKING**



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	BIB COLOUR WAVE TYPE	ENTER START PROCESS	START TIME
1	ELITE WHEELCHAIR	-	08:50
2	ELITE	-	09:05
	WHITE	08:05 - 08:15	09:05
3	RED	08:15 - 08:25	09:10
4	LIGHT BLUE	08:30 - 08:40	09:19
5	BRONZE	08:40 - 08:50	09:28
6	LIGHT GREEN	08:50 - 09:00	09:37
7	PURPLE	09:00 - 09:10	09:46
8	YELLOW	09:10 - 09:20	09:55
9	DARK BLUE	09:20 - 09:30	10:04
10	GREY	09:30 - 09:40	10:13
11	MAROON	09:40 - 09:50	10:22
12	ORANGE	09:45 - 09:55	10:31
13	BLACK	09:55 - 10:05	10:40
14	PINK	10:05 - 10:15	10:49
15	CYAN	10:15 - 10:25	10:58
16	DARK GREEN	10:25 - 10:35	11:07

If you are using bag drop please arrive an additional 30 minutes before you are due to enter the start process.

ERDINGER PACERS

Looking to hit a target time? Our ERDINGER pacers are there to help. You'll find them in the relevant start waves, carrying flags showing their target times. Find out more about our fantastic ERDINGER Pacers Team [HERE](#).

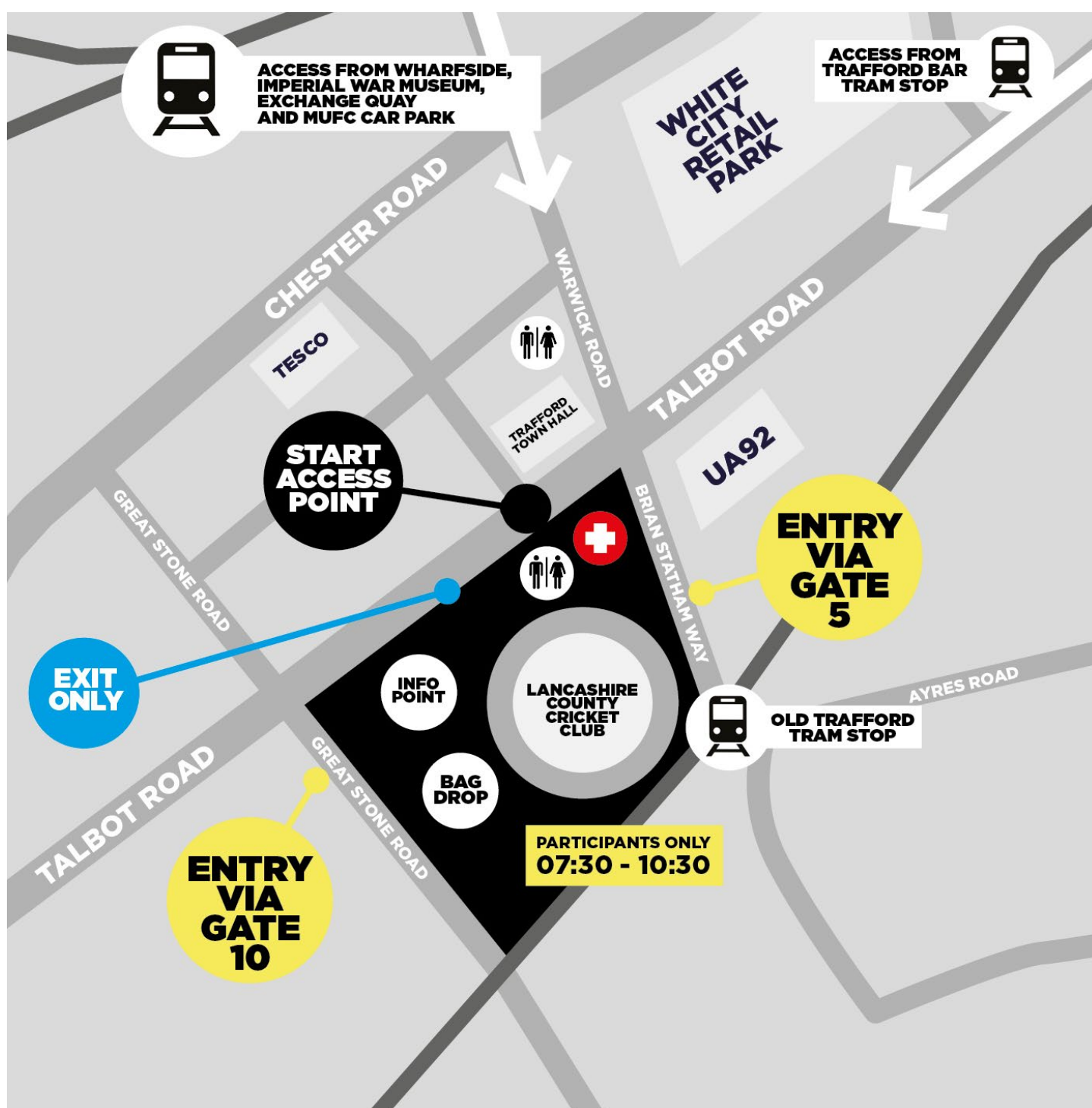


START AREA

1. Enter the **Start Access Area**.

2. Enter the **holding area**. If you've brought an old top to donate, keep it on until you reach the clearly marked donation points in the start area.

3. **START!** Time to get going... **you're off.**



BAG DROP

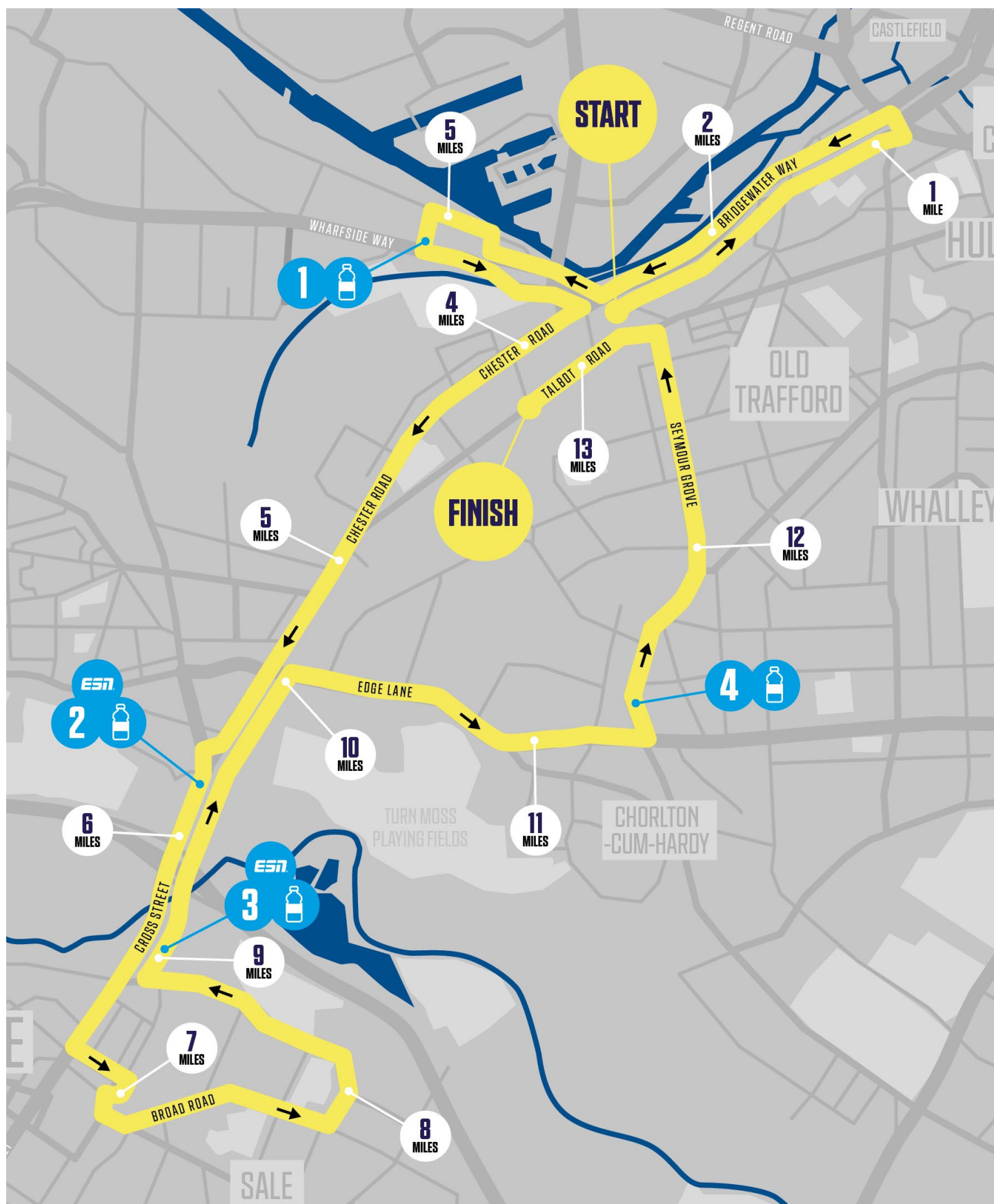
If you are using bag drop, please arrive 30 minutes before your start access time.

PLEASE NOTE

- Only one small bag is allowed. (e.g. rucksack or small sports bag)
- Join any available queue and make sure everything you need is already inside your bag before reaching the front.
- You'll get given a numbered wristband, keep this on you to collect your bag, the number is unrelated to your bib number.
- If you can leave item with family, friends or at your hotel, even better, this will help you avoid queues.



ROUTE MAP



9 ESSENTIAL THINGS TO KNOW ABOUT THE ROUTE

1. DISTANCE & TIMING

- The half marathon course is UKA certified, and their event rules apply, find them [HERE](#).
- Mile markers will be positioned along the course (plus markers every 5km).
- Your official timing starts when you cross the start mat.

2. WATER & NUTRITION

- There are 4 drinks stations on the course, with water provided.
- ESN Energy Gels will be available at selected stations, find out more [HERE](#). These gels are supplementary to your own. It is strongly advised to train with what you will consume on the day. Claim an exclusive 25% off with ESN using code: [RUNMCR26](#)
- At the finish, all participants will receive water, an Erdinger Alkoholfrei, ESN Recovery Bar, and a Vitamin Well.

3. DROPPING OUT

- If you're unable to continue, the quickest route back to the Event Village is via the nearest tram stop. A sweeper bus will also follow along the course.
- Make sure to let your friends and family know so they don't worry (and also if you are going a lot slower than planned).

4. MEDICAL

- Medical teams will be positioned throughout the course. If you need assistance, speak to the nearest steward.
- Please complete any allergies and medical information on the back of your bib before event day.

5. ON COURSE TOILETS

- There are toilets located at regular intervals along the route.

6. COURSE CUT OFF TIMES

- As with all major running events the event has a cut-off time, which is three-hours.
- Participants outside this pace may be asked to continue on the pavement so we can clean the roads and re-open them for local businesses and residents.

7. SUSTAINABILITY

- Keep the course clean by dropping your water bottles and gels in the relevant recycling bins and /or designated drop zones, located after each drink station.
- Only clean, empty water bottles can be recycled.
- Don't forget: Drink - Drain - Aim

8. ROAD SURFACE

The route is generally flat and ideal for achieving PBs, but it is important to note that the road surface may not be completely even. Look out for:

- Potholes & uneven surfaces
- Speed bumps
- Manhole covers
- Cycle lane bollards
- Traffic islands and other structures

9. HIGHLIGHTS

Our Partners, Charities & incredible supporters will be out on route to get you to the finish line. Check out the highlights [HERE](#).

HEADPHONES

These are allowed unless competing for a prize, but note these may prevent you from hearing emergency instructions and detract from the event atmosphere. Please consider this, along with having headphones in one ear only.

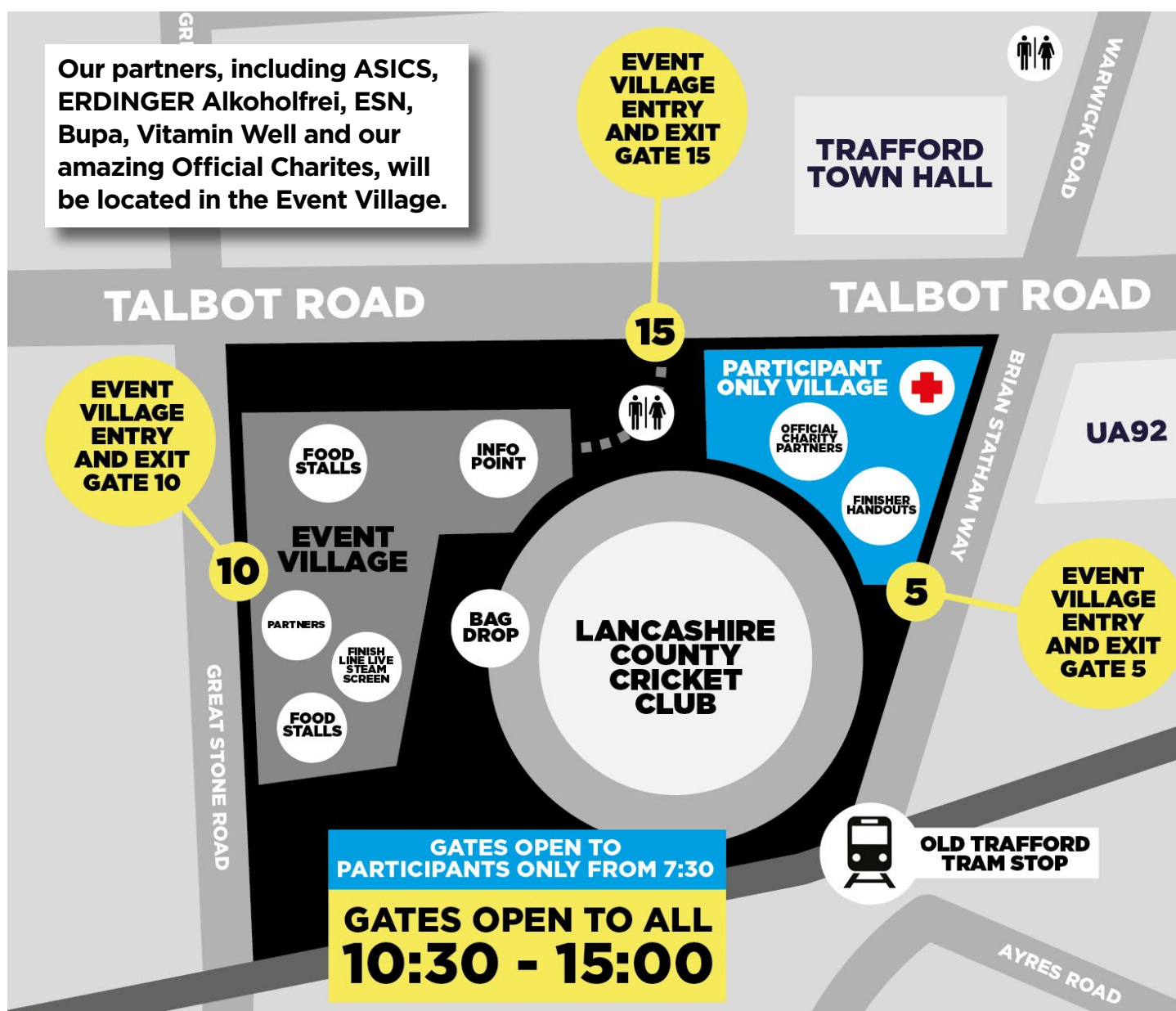
EVENT VILLAGE

We love seeing supporters on event day, but the finish area gets very busy. We recommend arranging a meeting point away from the finish area before the event, like a café or transport link.

If supporters 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.

Important! When you depart ensure you choose the right gate for your intended destination from the map [HERE](#), as the area will be very busy with crowds. Pay attention to signage on the day.

Make sure your loved ones visit the [SUPPORTER HUB](#) to plan their day and find the best places to watch.



MANCHESTER HALF TAKEOVER AT ASICS HOUSE



ASICS was founded on the belief that a Sound Mind lives in a Sound Body, and event week in Manchester is the perfect moment to bring that to life. As you prepare to take on the Manchester Half Marathon on Sunday 4th October, make ASICS House your home away from home, your dedicated space to move, connect and feel event-ready.

HERE'S WHAT YOU CAN EXPECT

- Get hands-on with kit personalisation and one-to-one support from our ASICS running specialists.
- Gain expert insight from panel sessions designed to set you up for event day.

- Lace up for community shakeout runs with our Front-Runners, especially the official shakeout run on the Saturday!

Find out more about ASICS at this year's Manchester Half Marathon [HERE](#).

Already a OneASICS member? Make the most of your exclusive rewards and experiences throughout event week.

Not yet signed up? Head [HERE](#) to join and unlock the benefits.



FINISH LINE REWARDS

Your 2026 medal is inspired by the 13.1 mile route, celebrating the streets, landmarks and corners that make Greater Manchester amazing. A well earned reminder of every mile you've conquered.

IF YOU PURCHASED A FINISHER TEE, PLEASE COLLECT IT AS FOLLOWS:

1. Go to the finisher tee collection area located after the finish.
2. Find the section that corresponds to the size indicated on your bib.
3. Tear off the strip at the bottom of your bib and hand it to or get it marked by 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 after the event.

For the avoidance of doubt, these are not ASICS t-shirts, but are great quality, and will sport the fact you completed the 2026 event as part of the design. We're committed to zero waste for all finisher handouts and all leftover items are recycled or reused, find out more [HERE](#).

Once you've finished, take some time to explore the Event Village, where you'll find activities, giveaways and experiences from our event partners. Celebrate with Erdinger Alkoholfrei, recover with ESN Goat Bar & refresh with Vitamin Well.

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



EVENT VOLUNTEERS

Know someone who loves the event day atmosphere but doesn't fancy the 13.1 miles?

Direct them to our dedicated volunteer [WEBPAGE](#) or [EMAIL](#) for information on how to join our incredible team of volunteers who help make event day happen.



EVENT PHOTOS



Cherish your ASICS Manchester Half memories forever with your digital event photos from Sportograf. Sign up [HERE](#) to be notified as soon as your Official Photos are available.

YOUR OFFICIAL PHOTOS



FUNDRAISING

Your ASICS Manchester Half journey can change more than your own finish-line story. Every pound raised helps support incredible causes doing important work.

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 HERE



THANK YOU

ASICS Manchester Half wouldn't happen without the thousands of people who give their time, expertise and support. Thank you to our amazing event team and volunteers, Trafford & Manchester City Councils, TfGM, Greater Manchester Police, local communities, supporters, local services, charities, and our wonderful partners.



Make moves. Earn rewards.

Our all-new **OneASICS™** membership gives you next-level access to rewards.



Free 90-day
gear trials



Members-only
offers



VIP experiences
and events



Scan here and sign up
to OneASICS™



Runna by STRAVA

Your personalised running coach

With tailored training plans to achieve your goals. From running a faster 5k to finishing your first marathon.



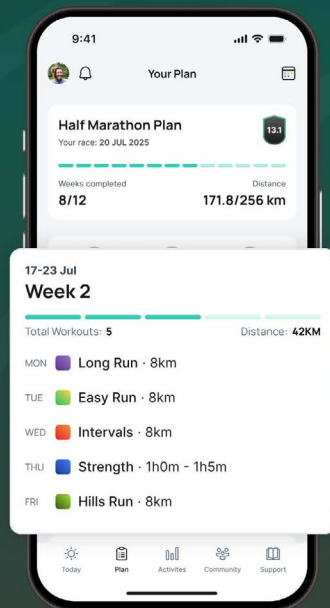
Plans for any Goal

Beginner to elite, we've got you covered for any goal

- FIT** Get Fit Plan
8 weeks
- 5K** 5K Improvement Plan
8 weeks • 5km
- 10K** 10K Plan
10 weeks • 10km
- 13.1** Half Marathon Plan
12 weeks • Half Marathon
- 26.2** Marathon Plan
16 weeks • Marathon
- 50K** 50km Ultramarathon Plan
16 weeks • 50km
- ...and 10+ more

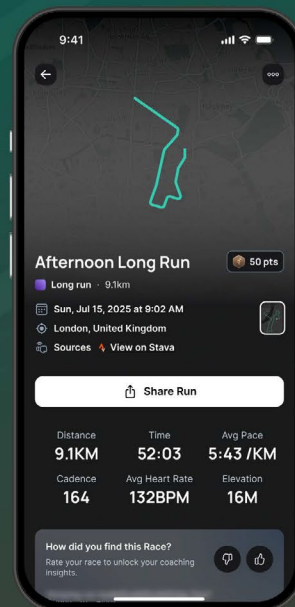
Training Plans

Personalized training plans with a variety of exciting workouts



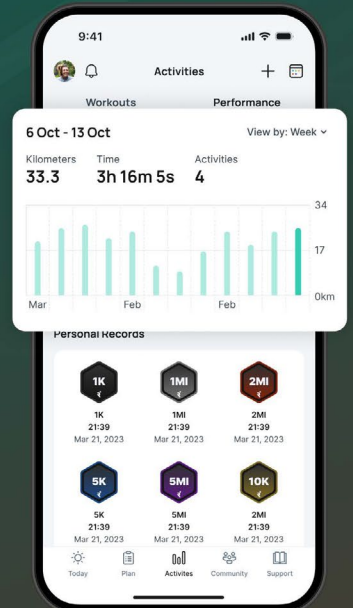
Record Activities

Record your workout or free run on your phone, watch or treadmill



Track Performance

See how you're progressing against your training plan & PB's



Scan the QR code for your exclusive joining offer!





Foundation

Leaving a healthier footprint

To celebrate **32,000 runners**, we've donated **£32,000 to plant trees** in Greater Manchester.

Since 2015, the Bupa Foundation has invested over £12m in creating healthier communities.



Bupa
Healthy Cities



@BupaFoundation



Bupa Foundation UK



bupafoundation.org

YOUR **RITUAL** AFTER **SPORT.**



ERDINGER
ALKOHOLFREI

ISOTONIC
REDUCED CALORIES
CONTAINS VITAMINS



1%
BETTER
EVERY
DAY

OFFICIAL
SPORTS
NUTRITION
SPONSOR



VITAMIN WELL

ENJOY A DRINK AT THE END OF YOUR RACE

vitaminwell.com



Out of breath. Full of pride.

Go Team Alzheimer's Society!

A huge thank you to all our incredible runners taking part in the **ASICS Manchester Half Marathon**.

There's still time to join Team Alzheimer's Society, use your place to help us beat dementia.

The miles you run will support thousands of people across the UK living with dementia.

Or, join us when you take on your next challenge.

Search "**Alzheimer's Society Running**".



 **Alzheimer's Society**

alzheimers.org.uk/running





**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 helping to power research!
It's not too late to join our team and help beat cancer.

Join our team here



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 2026

**Together we are
beating cancer**

Thank you, Team Moya Cole!

Good luck to our incredible team running for Manchester's hospice, the local charity partner of the Manchester Half Marathon.

Together, we're raising vital funds to provide exceptional care and support to patients and their loved ones across Greater Manchester.

You're making every mile matter.

We couldn't do it without you.

It's not too late to join our team! Fundraise with your own place at the Manchester Half and together, we can secure the future of local hospice care.

Visit moyacole.org.uk/run

ST ANN'S HOSPICE
IS NOW
Moya Cole
HOSPICE

@MoyaColeHospice



Registered charity number 258085

Thank You Team Christie

Thank you to all our 2026 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 4 October!

If you'd like to run for **TeamChristie** in future events, please visit our website.

Visit christies.org/manchesterhalf
Call 0161 446 3400
Email events@christies.org

Join the conversation



Join The Christie
against cancer

The Christie Charity

Registered charity no. 1201654