

ASICS MANCHESTER HALF SUPPORTER GUIDE 2026



WELCOME

We're delighted you've chosen to support our incredible participants at the ASICS Manchester Half 2026! 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. However getting between places on the route is walkable and the canal path can also connect areas, if you are able to then we also suggest you consider some walking as an option too.

TRACKING

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

BE PREPARED FOR ALL WEATHER

Make sure to have those sun hats and umbrellas. It is Manchester after all!

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 completely.

DESIGN THOSE SIGNS

Bring a sign to cheer on participants! Your message could give them the boost they need when they see you on the route.

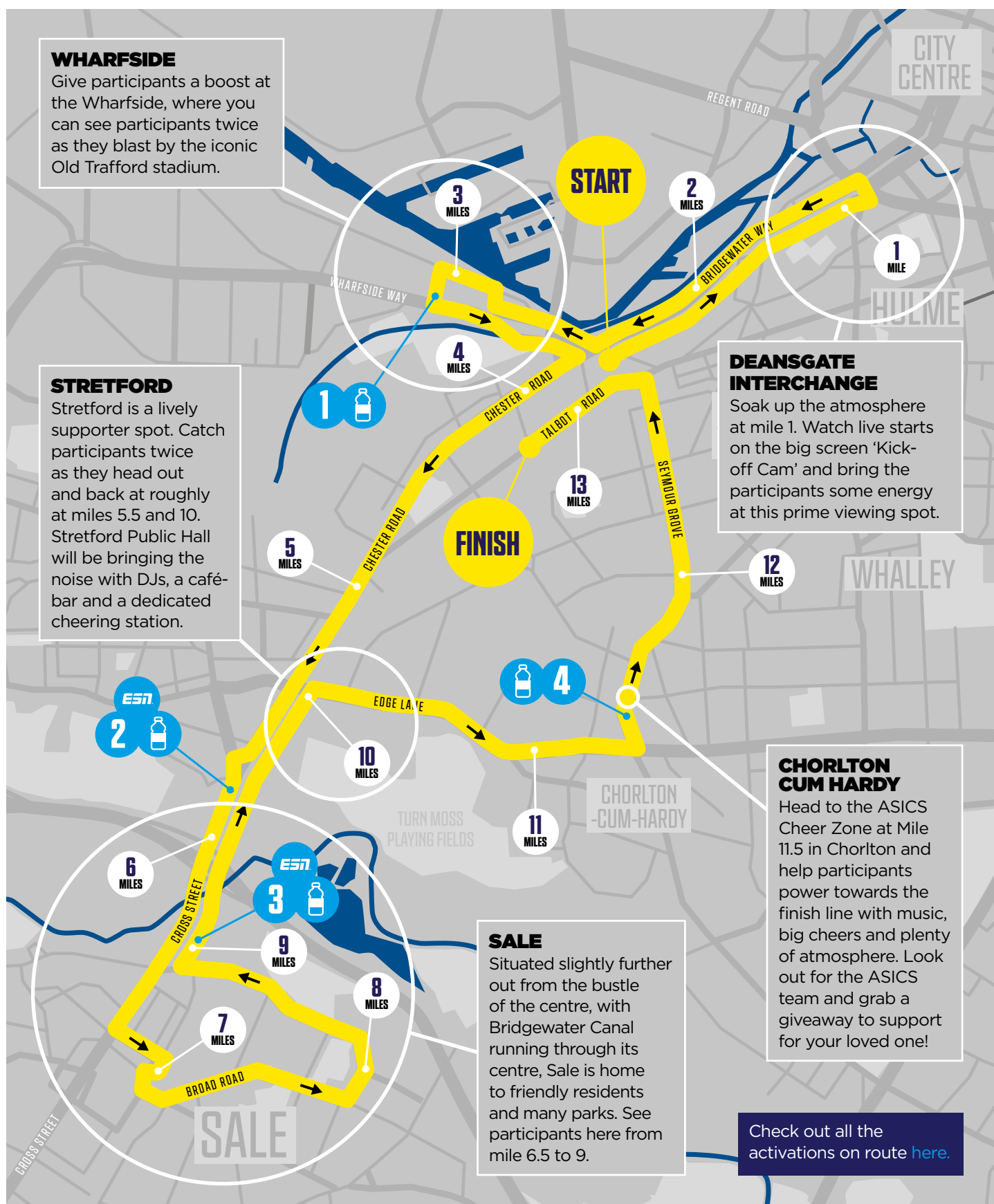
FIND OUT WHAT'S ON

Make the most of your day by checking out the [Weekend Guide](#) for partner activities, entertainment and other things happening across the event.

TAG US

Share photos and videos on social media by tagging us using [@mcrhalf](#) and [#ASICSMCRHalf](#) so we can reshare your amazing pictures!

WHERE TO WATCH



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 on YouTube [here](#). The camera will remain live at the finish line with a wide view showing every finisher as they cross the finish line.

TRACK YOUR PARTICIPANT

Find out how to use the Share Location function on your smartphone to track your participant during the event. Please note that your loved one must be carrying their phone on the course for this method to work and that GPS location will be approximate. To learn more about how to use this read our [Guide to Tracking at the ASICS Manchester Half](#).

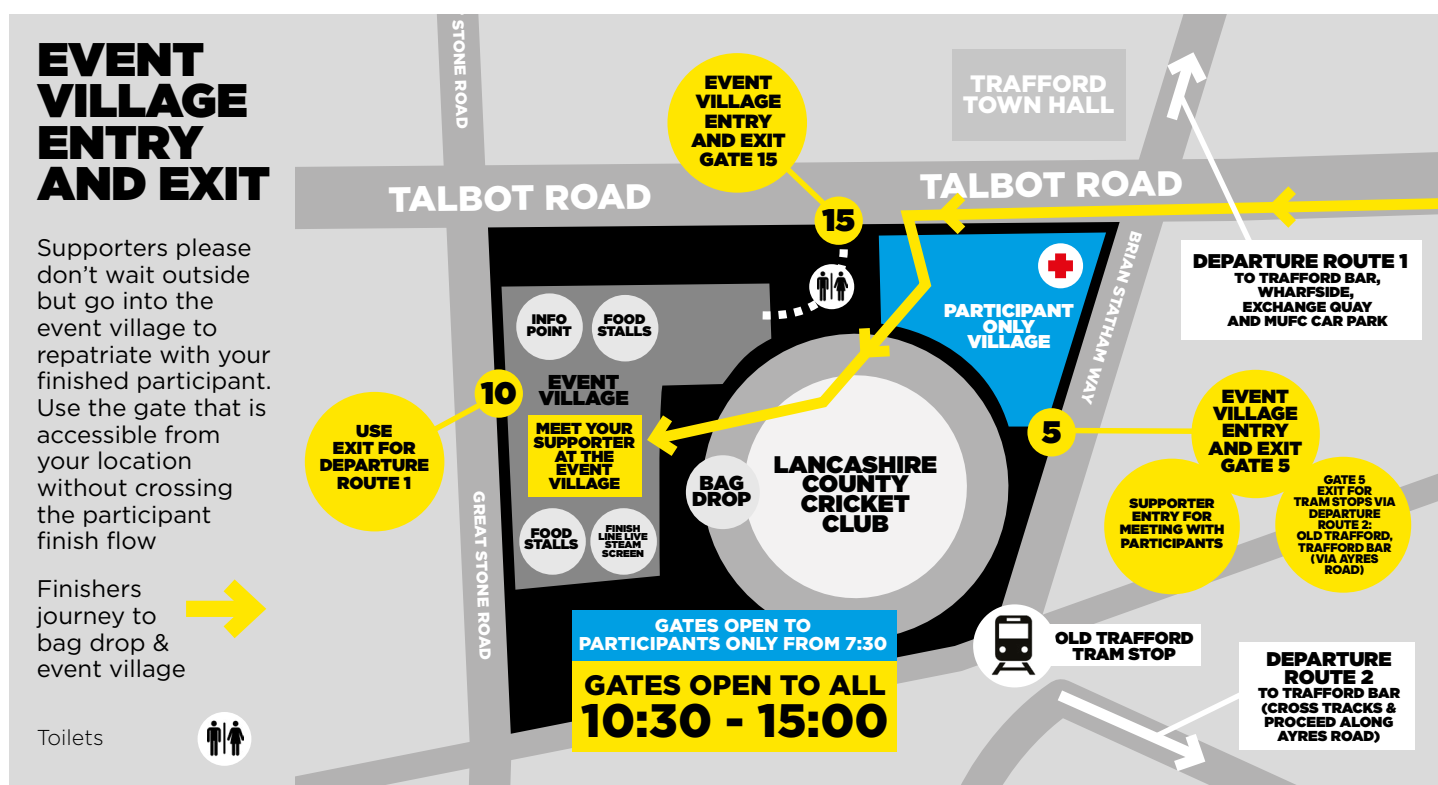
SOCIAL MEDIA

The official ASICS 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 #ASICSMCRHalf 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, oneway systems in place, queues and delays to your walking and tram journeys. Visit the [SUPPORTER HUB](#) for our top meet up locations after the event.

The Event Village will feature the ASICS Celebration Zone, Bupa Recovery Zone the ESN Performance Hub, and Vitamin Well Victory Vault.





RESIDENT 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.

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!).

PLAN IN ADVANCE

What kind of support can you provide for tired participants? Consider the following options:

- 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!

ACCESSIBLE VIEWING

Ensuring our event is accessible is important to us. All tram stops are accessible for wheelchair users to access the finish or the route, check out [this page](#) from TfGM.

ROUTE VIEWING

Much of the route does not have barriers and has unrestricted viewing. Where there are barriers in place, which may restrict wheelchair viewing, there should be a distance of no more than 200 metres in either direction until unrestricted viewing is possible.

FINISH AREA VIEWING

The finish area is narrow and can become extremely crowded, so we recommend spectators head to the Event Village at Lancashire Cricket Club, where a big screen will show a live feed of the finish line.

There is no general seating but a limited

number of chairs will be available near the Information Desk for those who need to sit for a short time.

ROUTE PARKING

If you are unable to use the tram network there is a Morrisons carpark in Chorlton (parking restrictions apply).

Please be aware that extensive road closures will make driving challenging, with open roads likely to be busy. Check [here](#) when planning your journey.

FINISH AREA PARKING

Whilst it is not super close, parking is offered by Manchester United FC in some of their car parks for the event. All spaces must be booked in advance and there is a limited number available. Please refer to our Travel Page [here](#) for details and the link to book a space.



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 gastrodelights – 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 ASICS Manchester Half finishers on our dedicated webpage [here](#).

THE ASICS HOUSE

ASICS House is bringing the energy to Manchester throughout event week, creating a dedicated space to move, connect and soak up the atmosphere ahead of the ASICS Manchester Half.

Whether you're supporting a loved one or simply enjoying the event weekend, pop into ASICS House at North Bar, Circle Square and experience everything ASICS has to offer.

North Bar, Circle Square, Manchester, M1 7FA.
Wednesday 30 September –
Sunday 4 October.

Open from the afternoon of Wednesday 30 September through to Sunday evening.

WHAT'S ON

- Kit personalisation and one to one support from ASICS running specialists
- Community shakeout runs with our Front Runners, including the official shakeout run on the Saturday
- Panel sessions to set you up for event day

ONE ASICS members can make the most of exclusive rewards and experiences throughout event week.

Not yet signed up? Click [here](#) to join and unlock the benefits. More details on the full ASICS House programme and timings will be announced soon, so keep an eye out for updates [here](#).



MEET OUR AMAZING OFFICIAL CHARITIES

We are proud to support the vital work of our Official Charity Partners at the ASICS Manchester Half. Alzheimer's Society, Cancer Research UK, Moya Cole Hospice

and The Christie Charity. You can support these charities and their incredible ASICS Manchester Half participants. Make a donation to their team JustGiving hubs below. 2026



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.
DONATE NOW



Moya Cole Hospice provides specialist care for those with life-limiting illnesses in Greater Manchester. Our vital care relies on generous supporters.
DONATE NOW



The Christie Charity's leading cancer care through best outcomes, experiences and research, nationally and internationally for patients, families and staff.
DONATE NOW