

A photograph of a crowd of spectators, including women and children, standing behind a metal barrier at a marathon event. Some are wearing festive hats like a Santa hat. In the background, a blue sign with a white arrow and the word 'City' is visible.

asics

2019

MCR MARATHON

**SPECTATOR
BOOKLET**

**2019
SUNDAY
7th APRIL**

#MANCHESTERMARATHON

LANCASHIRE CRICKET CLUB, TALBOT ROAD,
OLD TRAFFORD, MANCHESTER, M16 0PX

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WELCOME TO THE 2019 ASICS MANCHESTER MARATHON

If you are feeling adventurous why not get out on the course to support all the runners? Don't forget your runners need support on the course, not just at the finish line. For ease of travel and due to road closures for the event, we recommend that spectators use the metrolink as the easiest way to travel around the course.

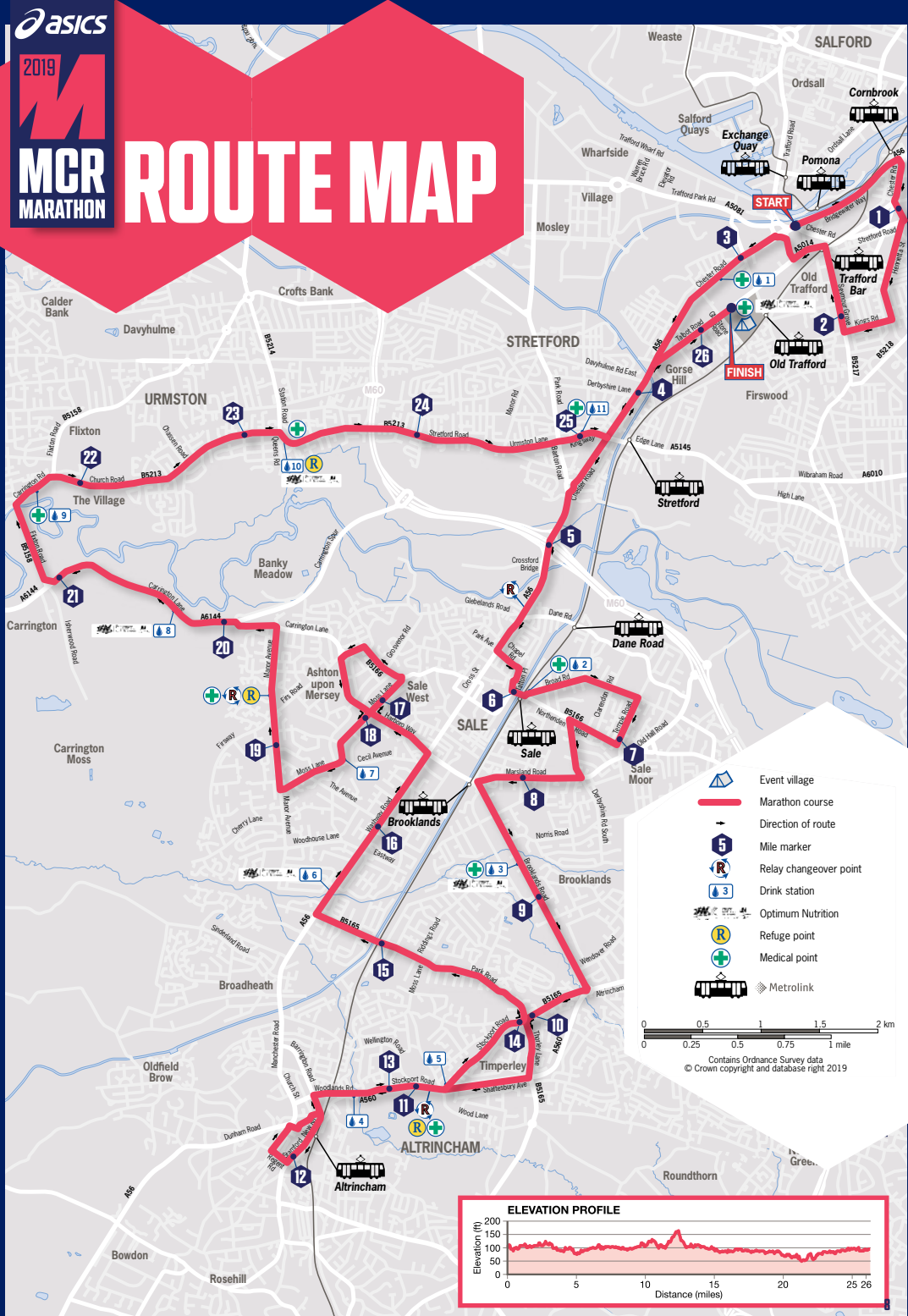
Based at Lancashire Cricket Ground for friends and family, the hangout will feature a stage and big screen where spectators can watch live coverage of the event. A DJ will be on set, along with a choir and prize giving. Our title partner ASICS will be in the area along with three different food stalls and a bar, making this a great spot to relax whilst waiting for friends and loved ones taking part in the event. Please note there is a strict capacity policy at this venue, and entry will be on a first come first served basis.



EVENT VILLAGES



ROUTE MAP



Getting There



- Metrolink is a great way to get to the race and show your support around the course. (12-minute frequency after 09:00am). There will be additional carriages on the trams on race day to provide extra capacity, particularly on the Altrincham line.
- The nearest stops to the start area are Pomona, Exchange Quay and Trafford Bar. The nearest stops to the finish line, the hangout, bga drop, and main toilets is Old Trafford. For more information please go to:
<https://www.greatermanchestermarathon.com/event-info/travel-and-parking/>
- Metrolink offer a number of cost effective ticket options for both runners and spectators. Weekend adult travelcards are available for only £6.60 and this entitles you to for travel from 6.00pm Friday evening to end-of-service on Sunday evening. 1 – day anytime travelcards are also available from £4.80. Download the getmethere app to buy your ticket up to a week in advance and avoid queues! If you're travelling with your family, it's just £9.20 for the whole weekend and covers up to two adults and three children*. You must buy your ticket before you board. Both of these travelcards allow you to make an unlimited number of journeys across the whole network over the entire the weekend. It couldn't be easier to get to and from the race and support your runner right round the course all the way to the finish line!



For some good views of the race, you may want to alight at the following stops:

Tram Stop	Distance into race	Distance from course	Runners going past (fastest-slowest)	Viewing points
Trafford Bar	0km 4.4km 42.2km	0km	09:00 09:11-10:11 11:01-15:41	Close to the race start, event village and finish. Runners also run directly past this stop
Exchange Quay	0km 4.8km 42.2km	0.5km	09:00 09:11-10:11 11:10-15:41	Close to the race start, event village and finish
Old Trafford	0km 4.8km 42.2km	0.5km	09:00 09:11-10:11 11:10-15:41	Close to race start, event village and finish
Stretford	7km 40.5km	0.5km	09:19-09:54 09:59-11:44	The runners will go past the junction of the A56 7km in and will re-join the A56 via Kingsway at 40.5km into the route.
Dane Road	8.8km	0.5km	09:22-10:52	The runners will first go past the junction of Dane Road and Cross St (A56)
Sale	10.2km	0km	09:26-11:06	The runners will pass directly in front of the Sale stop.
Brooklands	14.1km 25.7km	0km	09:34-11:33 10:00-13:01	An excellent place to watch! The runners pass this point twice (14.1km & 25.7km)
Timperley	17km 23km	1km	09:41-12:01 09:53-12:42	Watch the runners as they pass through Timperley village (17km & 23km)
Altrincham	19km	0km	09:45-12:28	The runners pass directly in front of this stop
Navigation Rd	18.7km 21.2km	0.6km	09:40-12:30	The runners will come along Stockport Road, which is 0.6km away from the tram stop and pass by at 18.7km and 21.2 km

There will also be a number of charity cheering points on the course:

CHARITY	Location	Distance into race
The Christie	Outside Pure Gym, Stamford New Road, Altrincham	12
The Christie	A56/Edge Lane junction	5.5/24.75
CRUK	B5165 Stockport Road, Timperley at the junction of Park Road	10.4/14.25
Alzheimer's Society	B5165 Stockport Road, Timperley 150 yds east of Co-op Store	10.5/14.4
RMCH	Brooklands/Marsland junction	8.5
RMCH	A56/Harboro/Marsland junction	16.5

RACE DAY TIMETABLE

SUNDAY 7TH APRIL

06:00

Pre-paid Car parks open at Manchester United FC

07:00

Athlete's Village & The Hangout at Lancashire Cricket Club opens

07:00

Information Point at Trafford Town Hall opens

08:00

Start areas open

08:00

Mancunian Mile start (A56 near Tesco)

08:55

Wheelchair athlete's start

09:00

Start of ASICS Greater Manchester Marathon, following ASICS Warm Up

09:35

Last runners cross the start line

09:40

Relay teams event starts

10:30

First wheelchair racers approach finish line

11:10 – 16:00

Runners finish

12:30

Prize ceremony at the Hangout on Main Stage

16:15

Athlete's Village at Lancashire Cricket Club closes

16:15

The Hangout at Trafford Town Hall closes

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**MCR
MARATHON**

For all the latest on the day of the **ASICS Manchester Marathon** head to **ManchesterMarathon.co.uk**

On our website you will find:

- Live results
- Live broadcast of the event, including finish line stream. Smile if you see one of our cameras!
- Live coverage including pictures, your social media posts and the latest updates throughout the day
- Further maps and travel information

Inspired to run
yourself next
time? Why not join
us for the Wiggle
Manchester Half
on Sunday 13th
October



WIGGLE MANCHESTER HALF

SUNDAY 13TH OCTOBER 2019

A rare opportunity to run on closed roads.
The biggest Half Marathon in the North West.

FIND OUT MORE AT:
www.manchesterhalfmarathon.com

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