



## CONTENTS

- 3 MARATHON CHECKLIST
- 5 WELCOME
- **6** ABOUT THE MARATHON
- 7 A FEW WORDS
- 8 INTRODUCING THERME GROUP
- 9 EVENT TIMETABLE
- 10 COVID-19
- 11 GETTING TO THE EVENT
- 13 YOUR NUMBER
- 14 ROUTE MAP
- 15 START AND FINISH AREA
- 16 THE START
- **18 COURSE INFORMATION**
- 22 ATHLETE'S VILLAGE
- 23 RELAYS
- **25 EVENT MERCHANDISE**
- **26 EVENT PHOTOS**
- 27 RACE PACK PICK UP
- **28 THANK YOU**
- **30 ADVERTISEMENTS**



## MARATHON CHECKLIST 1/2



our Therme Manchester Marathon race day checklist is below. Please plan ahead and prepare well to get the most of your event day experience.

#### **READ**

This race booklet before the race. It contains essential and important information.

ARRIVE IN PLENTY OF TIME
Your arrival time will be sent to you in advance.
Where possible, we advise using Metrolink to
travel to the event. Old Trafford Metrolink stop is the
closest to bag drop but others are available
near the start – plan your journey HERE

- BRING YOUR PRE-BOOKED PARKING TICKET OR METROLINK PASS
- RACE NUMBERS

  Bring your race number and make sure the emergency information is filled in on the back.



## MARATHON CHECKLIST 2/2



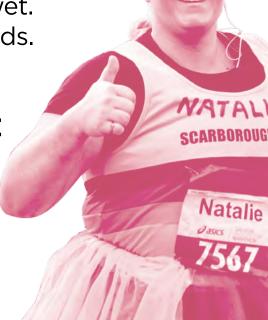
0

#### YOUR RACE KIT

Check out our event merch available to buy **HERE** 

- If using the bag drop put your kit in a small backpack or gym bag with easily accessible handles. To avoid queues we suggest you leave it with friends and family.
- RACE PINS
  Safety pins or other way of attaching your number, such as race pins.
- Warm top or even a bin bag to discard at the race start if it's cold or wet.

  Plus spare kit to change into afterwards.
- BE AWARE OF OUR COVID-19
  SAFETY MEASURES IN PLACE
  More information
  found HERE





## WELCOME

Thank you for choosing to run the Therme Manchester Marathon on **Sunday 10th October 2021**. Our team have been working hard for the last 18 months to ensure the event is safe, whilst still offering you a first class experience throughout your journey.

We know each of you has a key motivation to get round our 26.2 mile course, and we are here to support you every step of the way. Whether this is your first marathon or your 50th, we wish you all the best with achieving your goals.

This guide aims to cover every aspect of the Therme Manchester Marathon, and reading it will enhance your experience on event weekend. It contains important details concerning your safety, logistics, and other items we feel you will find interesting.



## ABOUT THE MARATHON



Lee Dickinson

This is an event that aims to truly represent all the great people of Manchester, and celebrate our achievements. Since its return in 2012 it has received rave reviews from participants, thanks to its professional delivery, flat route and amazing support from crowds around the course.

You've helped make this one of the largest marathons in Europe, and the 2nd most popular in the UK. We are equally as proud to welcome world-beaters aiming for a world class qualifying time, as we are the 14,000 people who are attempting their very first marathon with us.

Together with our sister run (the Manchester Half), we are proud to say that these events raise over £3,000,000 for charity, and bring an even larger financial benefit to the local communities. Additionally £1 of every entry goes into the Trafford Active fund, which helps organisations and charities to fund their needs. Earlier this year we awarded £46,000 of this money to local organisations to ensure they could continue to

operate during the pandemic.

Moving forward we have an ambitious vision to make the Therme Manchester Marathon one of the world's premier running events. Further becoming a best in class experience for our runners of all abilities, spectators, and in the eyes of the millions watching. One of the first steps in that is our new city centre route section, along with improvements we have made to the event's accessibility and sustainability. Thanks for being part of this exciting journey, and we look forward to seeing you on

Sunday 10th October 2021.

## A FEW WORDS...



Natalie

fter an unprecedented year and a half, we are very excited to be delivering our biggest Therme Manchester Marathon event yet. To add to an already exciting day, the Manchester Half Marathon, our sister event, is also taking place on the same day. The marathon will be entering into the city centre for the first time, where our runners can soak up the city atmosphere and run past iconic landmarks. After all the months of training for the marathon, in and out of lockdown, we really want you to embrace the moment and enjoy every minute. Look out for our friendly volunteer marshals who will be cheering you all the way along the route; without these incredible volunteers our event simply could not take place. Every person involved in this event is so passionate about making this a success, and we hope this is shown in abundance on the race day. Finally, have an amazing day, we look

> Aimée Baker, Race Director

forward to seeing all of your excited

faces at the start and finish lines!



## INTRODUCING THERME GROUP



We're thrilled to announce our new partner, Therme Group! Driven by an inclusive vision of 'Wellbeing for All', Therme Group develops city-based wellbeing resorts that combine traditions of thermal bathing with modern technology for a truly unique experience.

For the first time, Therme is bringing its wellbeing concept to the UK right here in Manchester. Located in Trafford City, Therme Manchester will be an urban oasis on your doorstep.

With hundreds of family-friendly and adult activities, Therme Manchester will have something for everyone. Guests can enjoy relaxation pools, fitness programming, waterslides, wave-pools, wellness therapies and nutritious food grown on-site, all surrounded by luscious botanical gardens. As much as a fun and relaxing experience, Therme Manchester will also benefit the mental and physical health of all who visit and make a long-term impact in the Greater Manchester community.



## EVENT TIMETABLE



#### SUNDAY 10TH OCTOBER

**07:00** Live Coverage begins on ManchesterMarathon.co.uk

10:20 Wheelchair Elites start

10:25 Elite Race Begins

10:30 - 12:30

Therme Manchester Marathon starts

20:00 Athletes' Village closes

In line with a staggered arrival process, all runners will be emailed in advance with a specific time to arrive at the start access area, based on their finisher time. This will also include the time to arrive at bag drop if you wish to use this facility. Please do not arrive before or after this time given.





### COVID-19

To ensure a safe and comfortable experience for all our runners, the Therme Manchester Marathon has been planned in a socially distanced way. We are grateful for the support of the local councils and other stakeholders who have helped make the event possible at a difficult time.

We have invested in a range of measures to ensure our runners are more spread out than at previous events and in facilities which are suitable for the current climate. There will be various measures in place and things that you will need to do, and we'd like to thank you in advance for the important part you will play in keeping you and your fellow runners safe.

Further relevant information regarding the measures in place will be shared with you via email to help you to understand what to expect on Sunday 10th October. Please ensure you open and read the emails as they will include crucial information on what you need to do and bring. If for any reason you do not receive any communication emails from us they can also be found on this section of our website.

In addition, our website has a dedicated section that will be updated with the information you need to know.

You can click **HERE** to view it.

## GETTING TO THE EVENT 1/2



For more information on any of the below please head to the Travel page on our website www. manchestermarathon.co.uk/event-info/travel

#### **METROLINK**

We advise getting to the event via the reliable tram network. There are a number of cost effective ticket options for both runners and spectators. The Event Villages and start line are a short walk away from our recommended tram stops: Trafford Bar, Old Trafford, & Imperial War Museum (latest arrival 11:30). These are our recommended tram stops due to

proximity to the event site, and to access designated crossing points to avoid crossing over the run route. If starting at a later arrival time (you will be issued your start arrival time), please use Old Trafford or Trafford Bar to avoid crossing the route. Please do not arrive at the following tram stations as you will not be able to cross the running route: Wharfside Way, Exchange Quay or Pomona.

For further Travel information please head to the Transport for Greater Manchester website, or the dedicated page of our website



## GETTING TO THE EVENT 2/2



9408

#### **PARK & RIDE**

There are over 100 park and ride locations in Greater Manchester. It's easy to park up and hop on the tram for a hassle free journey to the event. Parking at tram stops is free for all Metrolink customers.

#### **RAIL SERVICES**

If you are travelling to the event from outside Manchester by rail we recommend using either Manchester Piccadilly or Manchester Victoria stations. Both stations have Metrolink connections so you can quickly hop on a tram to continue your journey.

#### **DISABLED PARKING**

If you require disabled parking place contact us by Friday 1st October on: info@manchestermarathon.co.uk

#### **NEED ANY HELP?**

If this is your first race, or if you are unfamiliar with the area, we understand you might have a lot of questions. We've tried to answer as many queries as possible in this booklet and on the website, so please look here first and you might find what you need. If you have any remaining questions, please visit our help centre. If you cannot find the answer to your question, please feel free to contact our customer service team via email by Friday 1st October

on: info@manchester marathon.co.uk



## YOUR NUMBER



In your race pack you will receive a running number, this must be attached to your outside garment on your front with safety pins (we do not supply the safety pins so don't forget them!). This must be visible at all times. On the reverse of your number please complete the required details. You might see your name on the front of your running number for cheering purposes.

If you registered for the event after 5th of August 2021 your number will not have your name on it, please feel free to write your name on the front of it so we can cheer you around the course! Your race number will also indicate which wave you are in. Please check the colour of the bottom strip, and which letter you are if applicable. For example, 'Start Area: Red A 'is the Red A wave, and 'Start Area: White' is the White wave.

PLEASE NOTE This running number also contains your timing chip so don't forget or lose it!



### CITY CENTRE START WHARFSIDE WAY HULME MILE 8 MILES OLD TRAFFORD FINISH STRETFORD TURN MOSS Playing Fields SALE SALE Moor • BAGULEY 2021 ALTRINCHAM ROAD TIMPERLEY

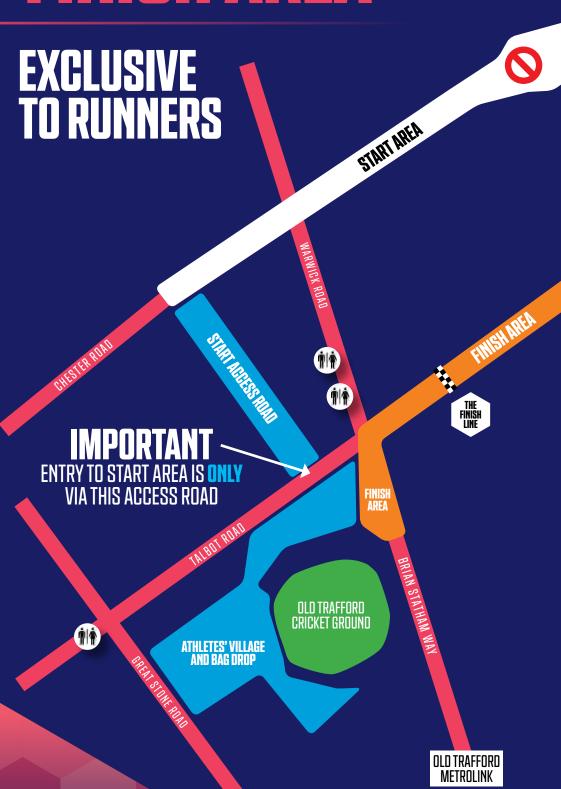
**Therme** MANCHESTER MARATHON

ALTRINCHAM

## START AND FINISH AREA



TALBUT RUAD



## THE START 1/2



ee Dickinso

Both the Manchester Half Marathon and Therme Manchester Marathon will take place on the same day this year. The Therme Manchester Marathon starts are from 10:20am onwards. You will be emailed your arrival time for the start access point. Please ensure to arrive in the time block that is provided in the starts email.

Therme Manchester Marathon start access point Trafford Town Hall (off Talbot Road)

**PACERS** A great team of pace runners are available to help you achieve your goal finish time. These pacers will run the following times:

3:00, 3:15, 3:30, 3:45, 4:00, 4:15,

4:30, 4:45, 5:00, 5:15, 5:30 & 6:00.

There will be several pacers for each time to spread you out along the course and make running more comfortable for you and your fellow runners. They will be easily identifiable with back packs and flags showing their time, positioned in the relevant start areas.

You can find out more on our dedicated **webpage**.



## THE START 2/2



#### **FACILITIES**

There will be a limited number of toilets near the start area and the queues may be long. We recommend using the toilets on Warwick Road and Talbot Road before you get to the start area. Make sure that you allow for plenty of time for whichever toilet option you choose.

#### **SPECTATORS**

For 2021 no spectators are allowed at the start area, finish area or Athletes' Village. This will allow us to ensure there is a comfortable amount of space for our runners on the Metrolink, and in the appropriate areas before and after the run.

If meeting up with friends or family who are not running after you finish, please nominate an area away from Old Trafford for repatriation.

For more information on spectators at the Therme Manchester Marathon please see our dedicated guide.



## COURSE INFORMATION 1/4



#### **DISTANCE AND TIMING**

The Therme Manchester Marathon is UKA certified as an official marathon distance. There are markers placed at one mile intervals along the course, as well as markers every 5km.

Your official time will be measured by your timing chip which is inside your running bib, and your time will be calculated from when you cross the start mat. There are a number of mats on the course to cross check your times. It may take a while for you to pass over the start line, but please be reassured your chip time will not start until you pass the start line.

We will have split point timing mats located at:

10km, 21km and 30km.



#### **WATER & NUTRITION**

There will be 8 water stations located on the route, and SiS GO Isotonic Energy Gels will be available at specific water stations across the route. Nutritional information can be found on our website.

Make sure you pick up your own supply today at Science in Sport website.



## GOURSE INFORMATION 2/4



#### HELPING THE ENVIRONMENT

We try our best to recycle, to protect our local environment and to respect our neighbourhood – but we need your help. Only clean water bottles can be recycled. Those thrown into hedgerows, gardens and trees cannot. Look out for the drop zone and target bins just after the water stations. Whilst there are no prizes for the distance you can throw your water bottle, by aiming it at the target bins, you will be helping us to recycle and run a litter free race. This also helps our local residents as it means we can get the roads cleaned up and reopened swiftly. Remember to run tidy – let's have a litter free race!

**FIRST AID** There are first aid points along the course, please refer to the route map.

#### **ON COURSE TOILETS**

There are toilets located at each water station across the route.

UKA RACE RULES The race is licenced by UKA and their race rules apply. Please click HERE for the rules.



## GOURSE INFORMATION 3/4



#### **ENTERTAINMENT**

Throughout the course you'll be encountering a number of live bands, music points, and charity cheer points. We'll also have live DJs performing before and afterwards in the exclusive participant areas.

#### **ROUTE CUT OFF TIMES**

The finish line will close 6 hours after the last person has crossed the start line. Due to our staggered road closures, you may be asked to move onto the pavement if you do not keep within the 6-hour pace, so we can appropriately facilitate the roads reopening for local businesses and residents.

#### **HEADPHONES**

Headphones are permitted according to UK Athletics rules if you are not competing for a prize. However, we ask you to consider that headphones prevent you from hearing what's going on around you, possible emergency instructions and most importantly the support from spectators.



## COURSE INFORMATION 4/4



#### **SPECTATORS**

Spectators play a huge part in our events, and help create a brilliant atmosphere to support all our runners. We are keen to ensure all our runners, spectators and volunteers feel safe and comfortable, and have therefore put some guidelines in place for our 2021 events. You can find the full Supporter Guide HERE.

#### **DROPPING OUT**

If you have started the Therme Manchester Marathon and cannot continue, we recommend that you head to the nearest tram stop, as this will be your quickest way to get to the Athletes' Village. There is a sweeper bus at the back of the race, however it may be quicker for you to get on the nearest public transport link. If you do drop out, if possible, let a marshal know your race number. Make sure you try to let your friends and family know so that they do not worry if you are not back in the expected time. If you need medical assistance please inform a member of the team

who will be able to assist.

## ATHLETES' VILLAGE



Lee Dickinson

The Athletes' Village will be open for runners to drop their bag before they start the race. Please note, the bag drop will be busy, therefore please arrive with enough time to queue, or alternatively leave your bag with a loved one before entering the areas reserved exclusively for runners.

Once you finish the race, you will be directed back into the Village, where a range of goodies will be made available. Please note this is a participants only area, spectators will not be able to access.

#### **MEDAL AND FINISHER T-SHIRT**

At the finish line, you will be able to collect your Therme Manchester Marathon 2021 medal and technical t-shirt.

All t-shirts are unisex and ordered according to the sizes supplied on your registration form. As in previous years, any remaining t-shirts and medals will be donated to charitable schemes.

#### **OUR PARTNERS**

Head over to see our partners, Hoka One One, 2XU, Erdinger Alkohfrei, KIND, Science in Sport, Tenzing and our wonderful charities. There will be lots of exciting activity going on and goodies to pick up!

For more specific information on finisher handouts, please visit HERE





Natalie

## RELAYS 1/2

#### **RUNNER A**

The person allocated as 'Runner A' will start the Therme Manchester Marathon at the appropriate time allocated to them.

#### **ALL OTHER RELAY TEAM MEMBERS**

The other runners in the team will need to make their own way to the designated start points on the route. All of the points are within 1km of a Metrolink. The relay locations will be signposted, and marshals will be in place to point you in the right direction.

Do not travel to the changeover points by car as there will be road closures in place for the event and you will not get through. We have provided jogging maps (to the nearest tram stop) on the website that you can use to get to the start point and back to the Athletes' Village at the end of your leg. These maps can be found here.

NB - It is imperative that the person allocated the **D** bib does the last leg otherwise you will not get a time for your team.





## RELAYS 2/2

Please ensure that you have a contactless or Metrolink card if travelling on Metrolink between the relay points.

#### **FINISH**

Runners **A, B** and **C** will collect their medal and t-shirt at the relay changeover point. Runner **D** will collect theirs from the main finish line.

#### **BAGGAGE ARRANGEMENTS FOR RELAY TEAMS**

Rather than leave all bags in the bag drop, think ahead and make sure that your bag is ready for you at the changeover point:

Runner A give your bag to runner B to take to the changeover point
Runner B give your bag to runner C to take to the changeover point
Runner C: give your bag to runner D to take to the changeover point
Runner D: leave your bag in the bag drop at the Athletes' Village, in your car or with friends



## EVENT MERCHANDISE





## EVENT PHOTOS



#### PRE-ORDER YOUR PHOTOS TODAY

Cherish your Therme Manchester Marathon memories forever with your digital event photos from AWOL Adventure.

Your Therme Manchester Marathon race photos will be provided by AWOL Adventure. Pre-order your photo bundle today to get an exclusive 50% discount! This exclusive offer ends midnight 9th October.

### PRE-ORDER YOUR RACE PHOTOS FOR JUST £20 TODAY



## RACE PACK PICK UP



#### **PACK PICK UP**

All UK registered event packs will be posted out prior to the event. If your pack does not arrive for any reason, please visit the event 'Pack Pick Up' on Saturday 9th October at the Manchester Central Convention Complex to collect a replacement pack. Packs CANNOT be picked up on event day. For any international entries, please collect your event packs from the event 'Pack Pick Up' on Saturday 9th October at the Manchester Central Convention Complex. Packs CANNOT be picked up on event day. You can also pick-up some official event merchandise, chat to our team about any questions you have, and plenty more.

#### **CAN'T COLLECT YOUR RACE PACK?**

In the event you are unable to collect your race pack, someone can collect it on your behalf with a signed note providing permission from the original registrant. The original registrant must still run in the event. This is only a solution for pack collection and not a transfer model. As this event will be at full capacity, we will not be taking entries on the day.

#### PICK UP INTERNATIONAL AND LOST PACKS

WHERE: Manchester Central Convention
Complex M2 3GX. WHEN: Saturday 9th
October 10:00am - 5:00pm. Please
bring photo ID with you in order
to pick up your event pack.

## THANK YOU



t takes a large number of organisations working together to make a successful large-scale event and we are so grateful to the following:

#### **OUR AMAZING TEAM**

Our great event team and marshals from across Greater Manchester and further afield.

#### TRAFFORD & MANCHESTER CITY COUNCIL

Councillors and staff for their continuing support and help in making the race such a success.

#### **LOCAL COMMUNITIES**

The residents, places of worship and businesses from the local communities on the course for their support.

#### **PARTICIPANTS**

Simply, there would be no point in the Therme Manchester Marathon without you. This year we are especially grateful to the runners who have had to train multiple times due to postponements, and have supported the Therme Manchester Marathon by keeping their place.

#### **CHARITIES**

The charities who have runners taking part, including those for our official charities Alzheimer's Society, Cancer Research UK, ABF The Soldiers' Charity, The Christie and WWF.

#### THE SUPPORTERS

All the entertainers and support on the race route, and all those supporting you along your training journey.

#### LOCAL SERVICES

The local police and emergency services who work alongside us both on event weekend, and all year round whilst planning the Therme Manchester Marathon.

#### **OUR PARTNERS**

Our wonderful partners who have supported our runners throughout, including Therme Group, Hoka One One, Erdinger Alkoholfrei, 2XU, KIND, Science in Sport and Tenzing.



# Therme 2022

MANCHESTER MARATHON

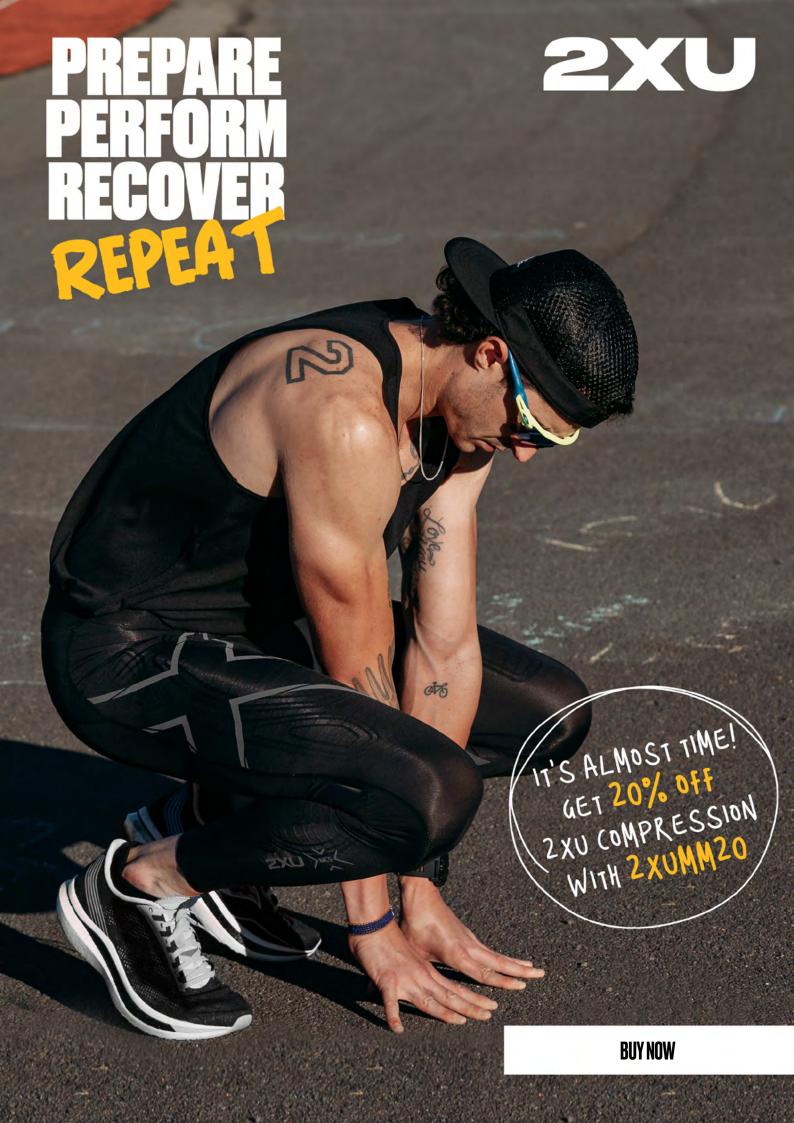
# SRIAPRIL 2022





THE LEGENDARY CLIFTON RIDE, NOW EVEN SMOOTHER.

**CLIFTON8** 





## ENERGY UNLEASHED

#### **NEW BETA FUEL RANGE**

A SCIENTIFICALLY SUPERIOR FUEL FOR ENDURANCE ATHLETES



GET 10% OFF YOUR ORDER CODE: SIS10EXTRA

SCIENCEINSPORT.COM/BETAFUEL





NATURAL. REFRESHING. ISOTONIC.





available at all major supermarkets









the Manchester Marathon.

alzheimers.org.uk/ manchestermarathon



#### GO TEAM WWF!

Good luck and thank you for running the Manchester Marathon as part of the most ROARsome team!



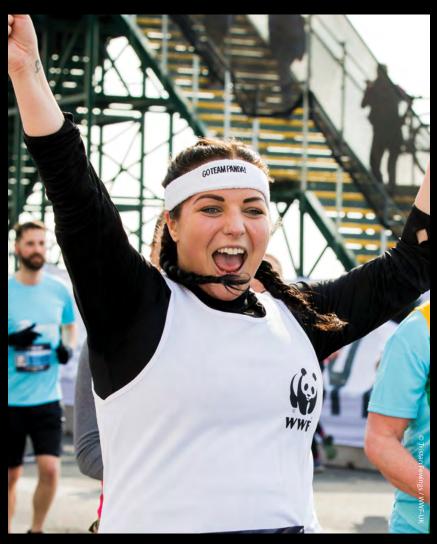


There's still time to **JOIN** the race to save our world and raise funds for our oceans, forests, and our wildlife.

wwf.org.uk/ <u>manchesterm</u>arathon







1 in 2 of us will get it.





# All of us can help beat it.

In the last 40 years our research has helped double cancer survival in the UK. Donate now to help us discover more ways to prevent, diagnose and treat cancer.

Donate now at cruk.org/donate







These are just some of the 43 charities and organisations we supported in the 2020-21 financial year:















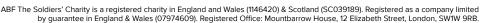














Unite against cancer and join Team Christie today!

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