

Therme

2021



MANCHESTER
MARATHON



SPECTATOR GUIDE SUNDAY 10TH OCTOBER



 MARATHON_MCR

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WELCOME



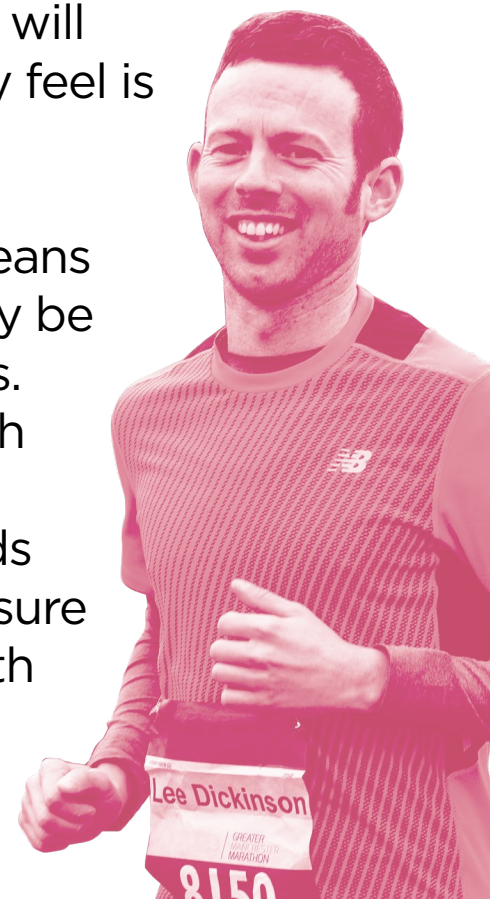
Welcome to the 2021 Therme Manchester Marathon & Manchester Half spectator guide. This year we have released two separate guides. This one for watching in person, and another for those who are planning to follow from home.

Spectators are a huge part of what makes our events so special and beloved. Nothing motivates runners more than your cheers and support as they try and achieve something incredible. This year planning for spectators has been a little more difficult for two reasons:

- The ongoing COVID pandemic has led to rules and guidelines changing regularly, and people will likely have different opinions on what they feel is an acceptable level of contact or space.

- Industrial action by Metrolink drivers means tram services around Manchester will likely be heavily disrupted on the day of our events.

We have tried to take a sensible approach in this guide, so as many people as possible can support their friends and loved ones, but also ensure everybody has a smooth and safe day



KEY REQUESTS



1

Please leave space between yourself and other groups or supporters where possible.

2

Please avoid high fiving and touching runners as they pass you

3

No access will be available to the Athletes' Village, start and finish areas for supporters

4

Try and limit your movements on public transport, and walk between supporter locations where possible



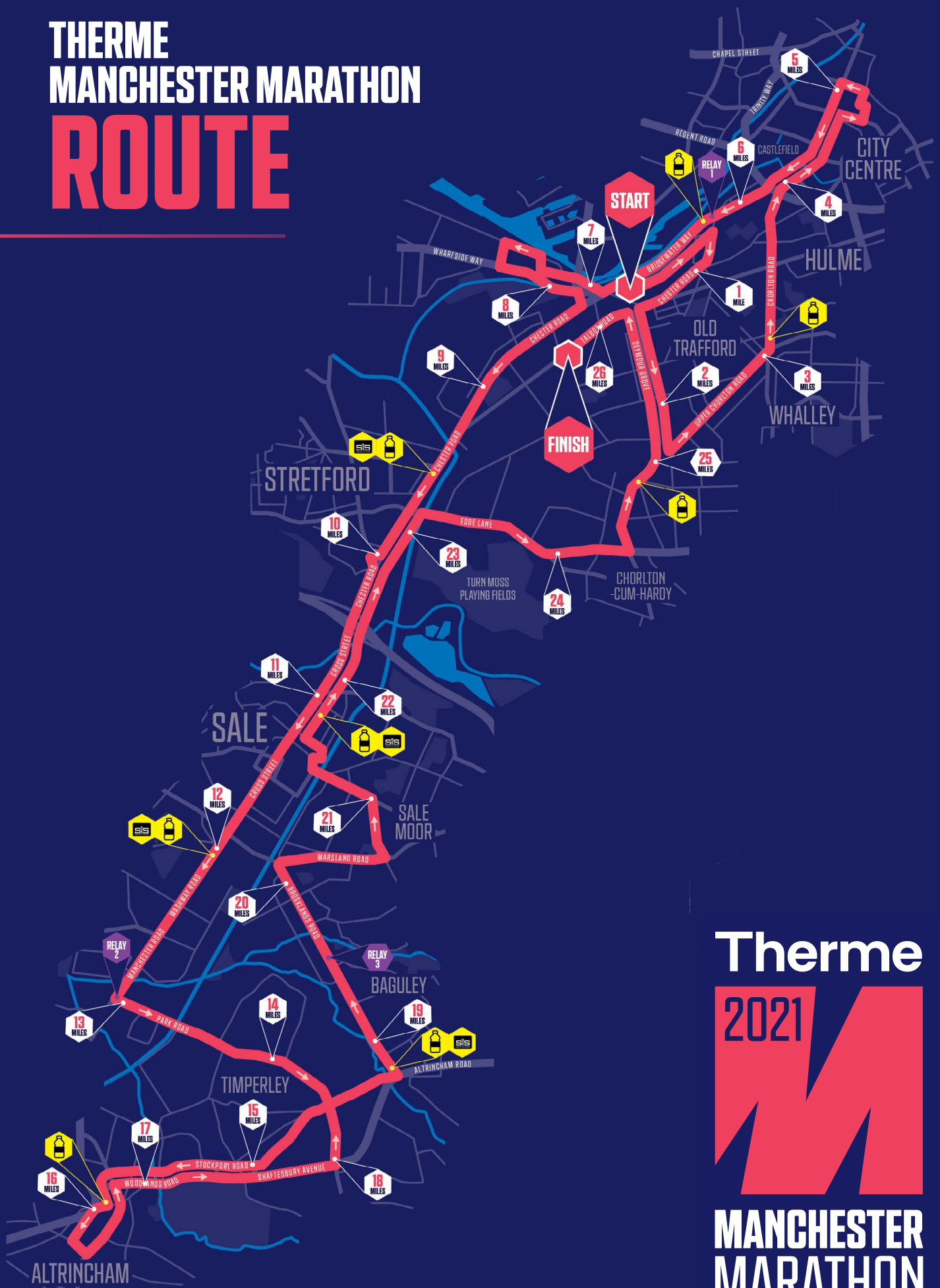
TOP ADVICE



- Agree a clear and specific location to meet with your group after finishing. Ideally select somewhere away from Emirates Old Trafford which is likely to be very busy
- Make sure you know your runner's estimated start time as these vary significantly and will impact when they reach certain parts of the course
- Check the weather and plan your outfit accordingly
- Bring something distinctive (like a sign) so runners can spot you easily when running
- Regular updates will be posted on our live blog on our official websites mcrhalf.co.uk and manchestermarathon.co.uk
- You'll be able to track your runner's progress on the official website
- Share your pictures and videos on social media using #MCRHalf or #ManchesterMarathon and they might feature on our website and social media channels



THERME MANCHESTER MARATHON ROUTE

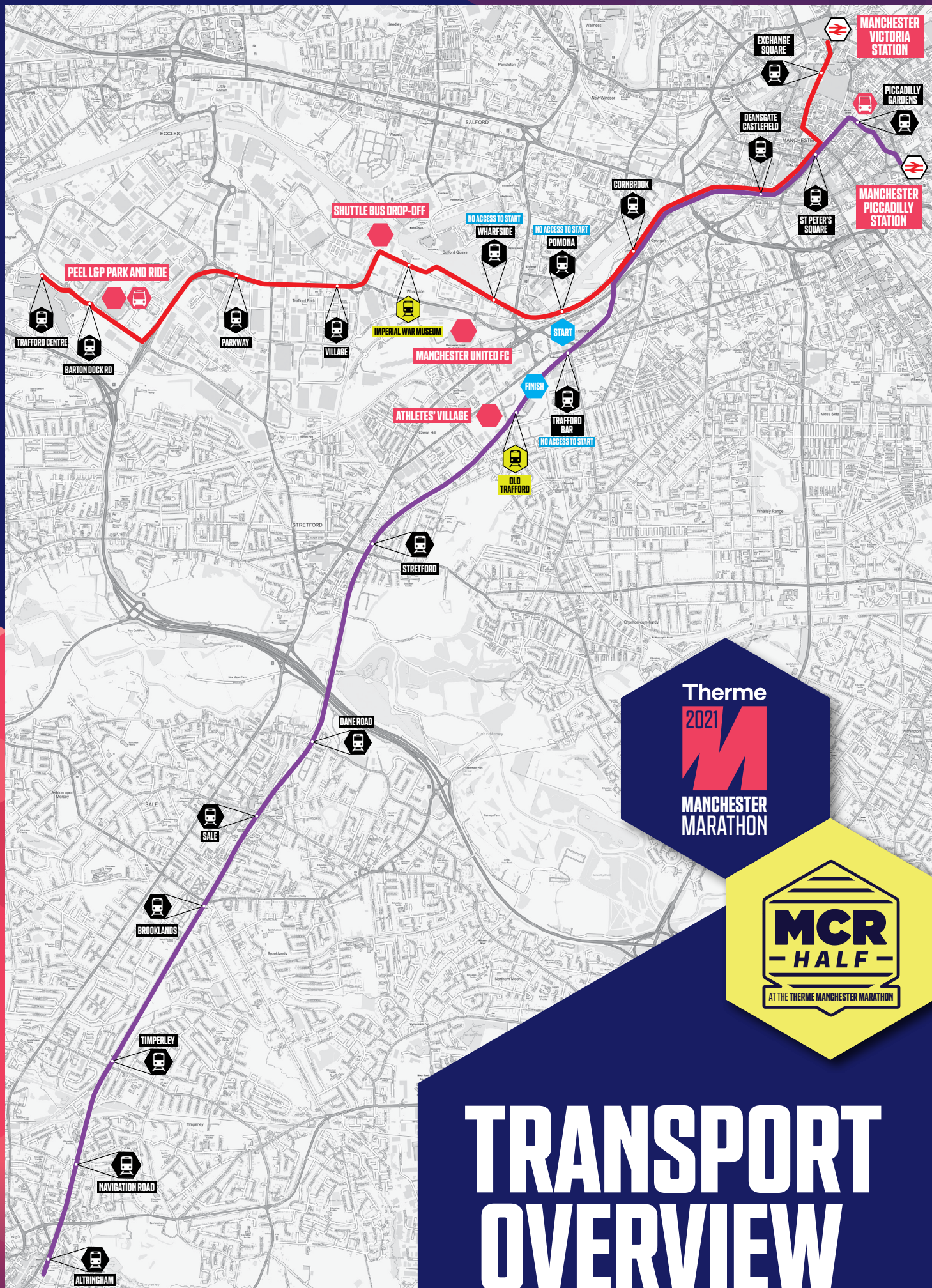


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MANCHESTER HALF MARATHON ROUTE





TOP PLACES TO WATCH ^{1/2}



Before noon, please avoid using transport routes that are likely to be used by our runner. We want to ensure they can arrive at their allocated slot, and routes are likely to be very busy at this time.

MANCHESTER CITY CENTRE MARATHON 4-6 MILES

New for 2021 is an early section of the route through the city centre. Avoid heading to the start at Old Trafford, and instead go a location close to Deansgate. Here runners will pass you twice, giving a double opportunity to spot loved ones and cheer them on through the early stages.

This location is also great as Manchester is full of great places to grab food and drink, plus activities if you're not planning to meet up with runners until later.

NEAREST TRAM: DEANSGATE CASTLEFIELD

ALTRINCHAM MARATHON 16-17 MILES

Our runners always rave about the Altrincham section of the route. It's packed full of energy, live music, and support. If you want to join the fun leave plenty of time as this is the furthestmost point on the course.

Like the city centre, Altrincham is a fantastic place to grab food and drink, with tons of lovely options regardless of your tastes.

NEAREST TRAM: ALTRINCHAM

TOP PLACES TO WATCH ^{2/2}



SALE

MARATHON 11 & 21/22 MILES HALF 2 & 8.5 MILES

Sale is tantalisingly close to the route, and runners go past twice, albeit with plenty of miles between, so don't expect them back quickly! It's a good spot to remain in if you don't want to travel around.

NEAREST TRAM: SALE

CHORLTON CUM HARDY MARATHON 24-25 MILES HALF 11-12 MILES

Avoid going to the finish line, and head to the wonderful area of Chorlton-cum-Hardy instead. Here runners will need the support to keep them going over the final couple of miles. It's also a good place to meet runners after they have finished as walkable from the Athletes' Village.

NEAREST TRAM: N/A

OTHER OPTIONS

You may also wish to consider Stretford, Brooklands, Timperley & Navigation Road. All of these are within one kilometre of the Therme Manchester Marathon route.



THERME COMPETITION



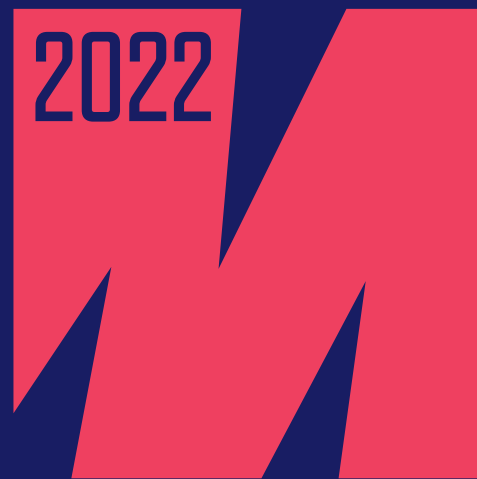
Fancy the ultimate Bucharest city break for two, worth £2000? Therme Group have got you covered! Therme Group are offering one lucky winner and their guest the chance to a four-day trip to Bucharest. Spectators and supporters are essential to this event, that's why you have the chance to enter too.

THE TRIP INCLUDES

- Return flights from Manchester to Bucharest
- Airport transfers from Bucharest to accommodation
- Two-day package to Therme Bucharest, including transfers, lunch and a wellness treatment
- 3 nights stay at a 4* hotel in Bucharest Old Town, with breakfast included
- A traditional Romanian dinner and transfer
- Bucharest city tour by private car with an English-speaking guide, including entry to the House of Parliament

Competition closes on 31st October so enter now to win this incredible prize and immerse yourself in the true Therme experience. Therme Bucharest is one of Europe's largest wellbeing facilities and will give the winners a taste of what is to come to Manchester! Entries are open to over 18's only, and for Therme Manchester Marathon runners and supporters alike. **Enter Now**

Therme



**MANCHESTER
MARATHON**

**3RD APRIL
2022**

**GENERAL ENTRIES CLOSE
WEDNESDAY 13TH OCTOBER**