



THERME MANCHESTER MARATHON 2022



EVENT
GUIDE

SUNDAY
APRIL 3

WELCOME



Welcome to the Therme Manchester Marathon, the UK's largest marathon this spring.

You may be a new runner, fancy dress shuffler, marathon veteran or an elite, but we want to welcome you all and encourage you to read this Event Guide as an important tool of your preparation.

Manchester is a city that's full of music, culture, and kind people. You are set for a unique course that explores the distinctive and individual charm of Manchester, winding through areas such as the City Centre, Trafford, and Altrincham. Throughout the 26.2 miles look for iconic landmarks and soak up the atmosphere, as you'll be encouraged by some of the loudest and friendliest spectators and incredible event volunteers.

Alongside the 26,000+ other runners, you'll be on the same route as current and future athletic stars. This year the marathon hosts qualifiers for both the Commonwealth Games and European Athletics

Championships.

Together with the Manchester Half, we're extremely proud to say that our events have raised over £3,000,000 to date for charity and bring an even larger financial boost to the local communities. On top of this, £1 of every entry goes into the Trafford Active fund, which helps local organisations and charities fund their needs over the year.

It's a powerful feeling running together with others who share the same passion, goals, and targets. Making the start line is already an achievement, but when you cross the finish line make sure to enjoy and savour the moment – you'll never forget it.

Enjoy,
and good
luck!

Ben Wray
Race Director



THERME GROUP



Our partner, Therme Group, is driven by an inclusive vision of 'Wellbeing for All'. Therme Group's city-based wellbeing resorts combine traditions of thermal bathing with a next generation waterpark, 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.



TRAVEL TO THERME MANCHESTER MARATHON 1/2



For more information on any of the getting to and from the event, head to our Travel page on manchestermarathon.co.uk/event-info/travel

METROLINK

The tram network is the best and easiest way to get to and from the event for both runners and spectators. The Athlete Village, Start Line & Finish Line are a short walk from the recommended tram stations: Old Trafford (1 min walk), Trafford Bar (10 min walk) & Imperial War Museum (20 min walk). These tram stations have designated route crossing points which allow safe access across the run route. Do not use the following tram stations as you will not be able to cross the run route: Wharfside Way, Exchange Quay or Pomona. For further Travel information visit Transport for Greater

Manchester website, or our dedicated travel webpage www.manchestermarathon.co.uk/event-info/travel

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. For further information on parking please visit [TRANSPORT FOR GREATER MANCHESTER](#)



TRAVEL TO THERME MANCHESTER MARATHON 2/2



RAIL SERVICES

If you are travelling 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.

Some engineering works are planned throughout March and April which could impact the frequency of services. Manchester United are also scheduled to play at home on Saturday 2nd April. If travelling by train, we recommend booking as soon as possible to secure your seat at the best value.

DISABLED PARKING

We offer a limited amount of disabled parking for our athletes that require it. It must be booked in advance, with a deadline of Friday 25th March. Our team will be happy to help

via the following link.

www.manchestermarathon.co.uk/contact/

NEED ANY HELP?

If this is your first race or you're unfamiliar with the area, we understand you might have a lot of questions. Most key questions and common queries are answered in this Event Guide and on the website, and you'll likely find what you need here. If you have any remaining questions, please visit our

HELP CENTRE



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 28 January 2022 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!



RACE 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' at UA92 on Saturday 2nd April between 9am and 3pm to collect a replacement pack. For any International entries, you will also need to visit Pack Pick Up on Saturday 2nd April. Full details will be emailed to you closer to event day, including location and a reminder to bring photo ID to collect the pack.

Our Pack Pick Up is also an excellent opportunity to pick up some official merchandise, chat to our team about any questions you may have and plenty more.

Visit our dedicated Pack Pick-Up page for further information.

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 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.

Please note that packs CANNOT be picked up on event day.



ROUTE MAP

Therme

2022

MANCHESTER
MARATHON

WATER



WATER BOTTLE



WATER BOTTLE + SIS

ACTIVITY POINTS

- A SENSE BRITISH SIGN LANGUAGE CHOIR
- B THE HORSE PUPPETS & HONEYFEET
- C BEN WILLIAMS & ELYSSE MASON
- D THERME MOTIVATION STATION
- E CONUNDRUM (SAMBA BAND)
- F MUSIC ZONE
- G BRITISH HEART FOUNDATION CHEERLEADERS
- H DAVE BRADLEY (SWING SINGER)
- I UNDERGROUND KOLLECTIV
- J SALE SALVATION ARMY BAND
- K ALZHEIMER'S SOCIETY CHEER POINT
- L ROCK CHOIR
- M CANCER RESEARCH UK CHEER POINT
- N MUSIC PLACE CHOIR
- O DTF CHEER POINT
- P LITTLE BELTERS KIDS CHOIR
- Q ALTRINCHAM FC CHEER POINT
- R GYM CHEER POINT
- S MUSIC FROM ST JOHN'S CHURCH
- T CHESHIRE POP CHOIR
- U MUSIC ZONE
- V MITCHELL BROUGH (DJ)
- X HOKA ONE ONE #TIMETOFLY ZONE



START & FINISH AREA MAP

2022



**MANCHESTER
MARATHON**

EXCLUSIVE TO RUNNERS

START AREA

CHESTER ROAD

FAST ACCESS ROAD

IMPORTANT —
ENTRY TO START AREA IS **ONLY**
VIA THIS ACCESS ROAD



FINISH AREA

THE FINISH LINE

FINISH AREA

OLD TRAFFORD
CRICKET GROUND

ATHLETES' VILLAGE AND BAG DROP

OLD TRAFFORD
METROLINK

COURSE INFORMATION 1/3



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 line, so don't worry if you don't begin at exactly your allocated time. There are several timing mats on the course which will register your progress as you pass over them. These are located at roughly: 10km, 21km and 30km.

WATER & NUTRITION

There are eight water stations on the route, and SIS GO Isotonic Energy Gels and GO Energy + Caffeine Gels will be available at specific water stations. Nutritional information

can be found on our website and packet. We recommend trying these before event day to ensure you are comfortable with them.

You can order through the **Science in Sport** website.

FIRST AID

There are regular first aid posts along the course, which are shown on the course map. Volunteers and event stewards also have the ability to request medical assistance, so please speak to them if you need help.

ON COURSE TOILETS

Toilets are located at key locations on route, including all water stations.



COURSE INFORMATION 2/3



UKA RACE RULES

The race is licenced by UKA and their race rules apply. Additional rules may apply if competing in qualifiers for the Commonwealth Games and European Athletics Championships.

UKA Rules can be found [HERE](#).

ROUTE CUT OFF TIMES

The finish line will close six hours after the last person begins the Therme Manchester Marathon. Due to the staggered road opening and closure times, you will be asked to move onto the pavement if you do not keep within the six-hour pace. This is so we can facilitate roads reopening for local businesses and residents.

HELPING THE ENVIRONMENT

No planet, no sport. To protect the environment and to respect our neighbourhoods – 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'll be helping us to recycle and run a litter free race. It also helps local residents as we can get the roads cleaned up and reopened swiftly.

Remember to run tidy – let's have a litter free race.



COURSE INFORMATION 3/3



HEADPHONES

Headphones are permitted according to UK Athletics rules if you are not competing for a prize. However, headphones stop you from hearing what's going on around you, possible emergency instructions and most importantly the support from spectators. Please consider running without headphones.

ENTERTAINMENT

Throughout the course you'll encounter live bands, music points and charity cheer points alongside encouragement from spectators and volunteers. We also have live DJs performing before and afterwards in our athlete areas.

DROPPING OUT

If you've 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 back to the Athletes' Village. There is a sweeper bus at the back of the race, however it will likely be quicker for you to use 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



Within our Athletes' Village you will be able to use the bag drop, grab a massage, enjoy live music, and grab some rewards.

We will be publishing a separate Supporter Weekend Guide in March. This will include guidance on good places to support from, and advice on meeting afterwards.

BAG DROP

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 belongings with a loved one.

MEDAL & FINISHER T-SHIRT

Once you've crossed the Finish Line and caught your breath, you will be able to collect your Therme Manchester Marathon 2022 medal and technical t-shirt. All t-shirts are unisex and ordered according to the sizes supplied on your registration form. Any medal and t-shirts remaining after the event are donated to charitable schemes. If you have

selected our Green Runner option, your bib will indicate to our team which items you are due to receive.

Many people also choose to purchase one of the popular finisher hooded tops, which can be ordered for a reduced price in advance.

OUR PARTNERS

Around the Athletes' Village you can meet our partners, including Therme, HOKA ONE ONE, Erdinger Alkoholfrei, Science in Sport, Ailuna and our wonderful charities. There will be lots of exciting activity going on and goodies to pick up!

Check out these items below, and please ensure you always check specific packaging for allergen information before consuming.

**www.
manchestermarathon.
co.uk/**



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.

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

Therme
2022
M
MANCHESTER
MARATHON

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 and family.



STARTING OFF 1/2



The colour of the numbered bib you receive in the post will relate to your allocated start time. The process is very simple, you just need to arrive at our start access point at the relevant time. For those who want to understand a little more about the starts you can find further information on the next page.

BIB COLOUR		ACCESS TO START PROCESS	ESTIMATED START TIME
WHEELCHAIR			09:00
WHITE + ELITE		08:10 - 08:20	09:05
RED	A	08:20 - 08:30	09:15
	B	08:30 - 08:40	09:25
PINK	A	08:45 - 08:55	09:35
	B	09:00 - 09:10	09:45
BLUE	A	09:10 - 09:20	09:55
	B	09:20 - 09:30	10:05
ORANGE	A	09:30 - 09:40	10:15
	B	09:40 - 09:50	10:25
YELLOW	A	09:50 - 10:00	10:35
PURPLE	A	10:00 - 10:10	10:45
YELLOW	B	10:10 - 10:20	10:55

PLEASE ARRIVE 30 MINUTES BEFORE ENTERING START PROCESS IF USING BAG DROP.
FULL DETAILS ON TRAVEL & THE EVENT ON OUR WEBSITE.

STARTING OFF 2/2



It takes roughly 30 minutes from being called through the start access area until you begin your marathon challenge. You'll go through three short stages:

STAGE 1

START ACCESS AREA

- Only accessible from Talbot Road
- Checks will be in place to ensure you have the correct colour for your time
- Don't leave any clothes here (there is a chance later)
- You'll be called through by our host when the next stage is ready to welcome you

STAGE 2

WARM UP

- Your coloured wave will be allocated a space
- Toilets are available. Your last chance before you begin
- Music and a chance to limber up with our team
- You can leave unwanted clothes in the relevant bins which will be donated to charity
- You'll be then called down for your countdown...

STAGE 3

START LINE

- You'll receive any important reminders and information, then begin your 26.2-mile pursuit



MERCHANDISE



Back for 2022, due to popular demand, is our gorgeous high-quality finisher hooded top. Check out our dedicated **MERCHANDISE SHOP** for more details.



VOLUNTEERS



As a supporter, running might not be your thing but you likely want to be close to the action. Our volunteer team are the unsung heroes of our events and hold a variety of important and fulfilling roles, you might even place the medal on your runner!

Volunteering is a fantastic way to engage with sporting events, develop skills and make a valuable contribution as part of a team. We're looking for enthusiastic, proactive and practical volunteers to fulfil a variety of roles across the event; this could include marshalling along

the running route, helping direct our arriving runners, or supporting activity in the Athlete's Village – and much more.

Whatever your role on the day, you'll be making a vital contribution to the success of this fantastic event. If you want the buzz of the event, volunteering is a great way to be part of our community.

Visit the dedicated page on our **WEBSITE** or email **volunteers@humanrace.co.uk** for further information.



SUSTAINABILITY



We are constantly striving to improve the sustainability of Therme Manchester Marathon, continuing to work closely with stakeholders and councils in Greater Manchester, along with all our suppliers, to reduce the impact on the environment. Our overall approach for 2022 is to reduce, re-use and recycle wherever possible.

You can find out more about the measures we are putting into place on our website [HERE](#), but we have split them into the following categories:

- Recycling and reducing waste
- Water stations
- Race packs & pre-event communication
- Finish line items and gifts
- Clothing donations

GREEN RUNNER

For 2022, we are delighted to announce the launch of our Green Runner team. When entering the Therme Manchester Marathon, you will have the option to enter as a Green Runner, a new eco-friendly option where you can forego your finisher t-shirt and/

or medal in favour of donating to support this year's beneficiary, The Ocean Cleanup.

AILUNA

In a bid to continue improving sustainability at our events, we are extremely excited to announce our partnership with Ailuna, a UK based sustainability training app which makes it fun to develop habits that are good for you and the planet, one new habit at a time. Habits with impact.

Backed by behavioural science, Ailuna allows you to set green goals, embrace the low-waste and low-carbon habits needed to achieve them, and track the positive impact you're having on the planet. Find out more about this new partnership [HERE](#)



THANK YOU



It 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.

PARTICIPANTS

Simply, there would be no point in the Therme Manchester Marathon without you. You are all amazing and we thank you for choosing to run with us.

CHARITIES

The charities who have runners taking part, including those for our official charities Sense, Alzheimer's Society, Cancer Research UK and British Heart Foundation.

LOCAL COMMUNITIES

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

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, HOKA ONE ONE, Erdinger Alkoholfrei, Science in Sport and Ailuna.





SUNDAY
9TH OCTOBER
2022

ENTER HERE

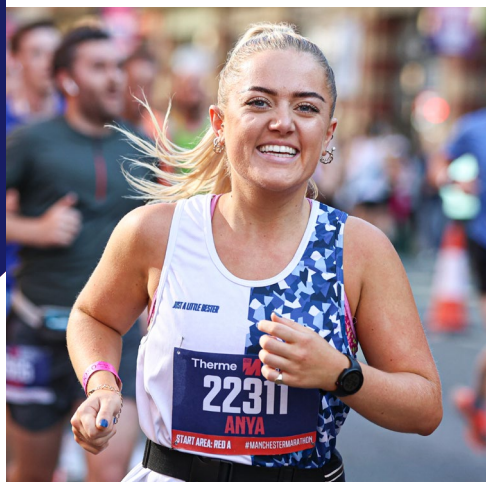
PRE-ORDER YOUR PHOTOS TODAY



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 2nd April.

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



The HOKA logo is located in the top right corner of the image. It consists of the word "HOKA" in a bold, blue, sans-serif font, with a stylized blue swoosh above the letter "O".

HOKA

The background of the advertisement features three runners in motion against a grey concrete wall. On the left, a woman in a light blue tank top and black shorts runs. In the center, a man in an orange t-shirt and black shorts runs. On the right, another man in a black t-shirt and black shorts runs. They are all wearing HOKA Clifton 8 running shoes. The text "SMOOTH ON DOWN THE ROAD" is overlaid in the center of the image in a large, white, sans-serif font.

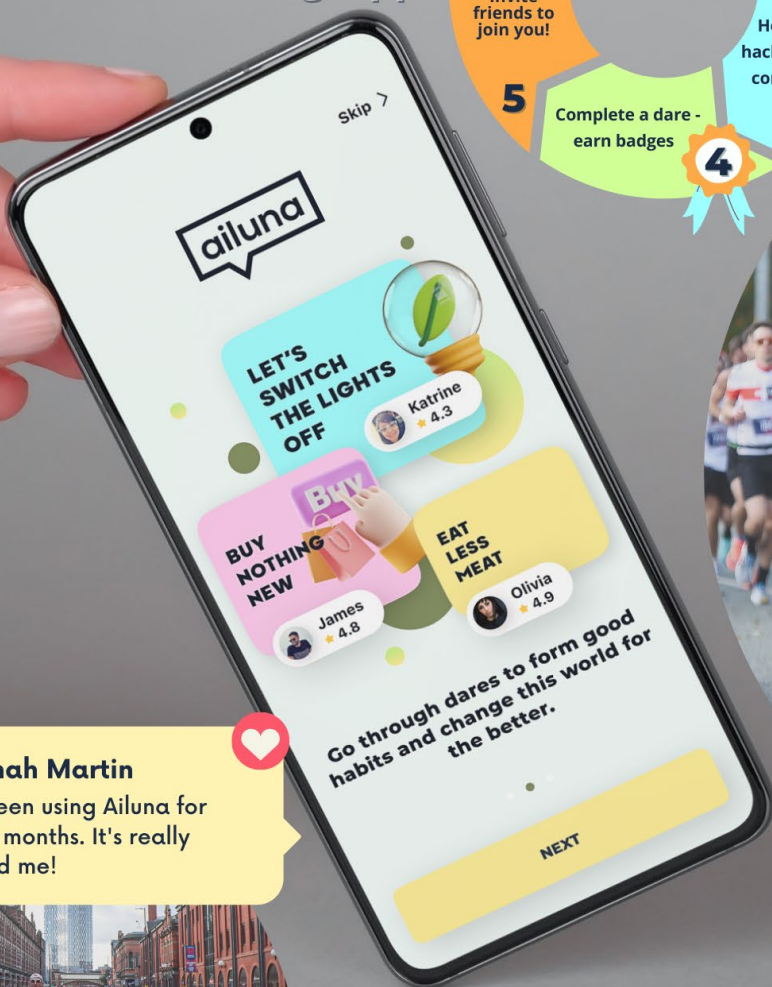
SMOOTH ON DOWN THE ROAD

THE LEGENDARY CLIFTON RIDE,
NOW EVEN SMOOTHER.

CLIFTON8

Ailuna

Your sustainable living app



Hannah Martin

I've been using Ailuna for a few months. It's really helped me!



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<https://ailuna.com>

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available at all major supermarkets

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&

BEERHUNTER



Good luck Team Sense!

There is still time to join our team of incredible runners who are changing people's lives. Sense is here to support children and adults who are deafblind or living with complex disabilities. We believe that no one, no matter how complex their disabilities, should be isolated, left out, or unable to fulfil their potential.

Run with Team Sense at the Therme Manchester Marathon



sense.org.uk/manchestermarathon



0300 330 9257



eventsteam@sense.org.uk



**Dementia is the
UK's biggest
killer.**

**Turn your miles
into life-changing
research.**

**Run with us at
the Manchester
Marathon.**

**[alzheimers.org.uk/
manchestermarathon](http://alzheimers.org.uk/manchestermarathon)**



Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 296645





You're amazing!

Our life-saving work is only made possible by the extraordinary efforts of people like you.

Thank you to all of our runners taking part in the Therme Manchester Marathon. Together we will beat cancer.

It's not too late to join our team and fundraise for research into more than 200 types of cancer.

Sign up today at: cruk.org/team



Together we will beat cancer



British Heart
Foundation



Thank you Team BHF

For taking part in the 2022 Thermø Manchester Marathon

Every donation you make helps fund scientific breakthroughs and save lives. Our fundraisers play a key part in helping us beat heart and circulatory disease once and for all.

From stem-cell coated plasters to 3D printed hearts, the research we fund helps deliver lifesaving breakthroughs and turns science fiction into reality.

Donate today – bhf.org.uk/donate