

Therme
2022
M
MANCHESTER
MARATHON



SUPPORTER & WEEKEND GUIDE

FRIDAY 1 – MONDAY 4 APRIL 2022

WELCOME!

Whether this is your first ever Therme Manchester Marathon, or you've run plenty before, we are very excited for you to join us in this incredible city. As this rather special event continues to grow, we have expanded this guide so that it is more comprehensive than ever. The truth is there is an almost infinite number of options of how to enjoy the weekend, but we've done our best to highlight a range of options.

You'll find this guide split into a few different sections:

SUPPORTER GUIDE

This focuses on how best to support loved ones as they attempt their 26.2-mile challenge on Sunday 3rd April. There are some top tips on how to get the best views, plus how those who

can't make it this year can watch from home.

WEEKEND GUIDE

We've pulled out some of the biggest activities and hidden gems Manchester has to offer across Therme Manchester Marathon weekend. Perfect for runners looking

to make the most of their trip, but also for supporters who deserve a treat for putting up with your training stories over the last few months.

For the more logistically specific stuff for runners we have created a separate event guide which is also available on our website.

A huge part of the success of this marathon is the atmosphere. It's the top

comment on our feedback surveys every single year. We hope you will enjoy the electric feeling in the air on Sunday 3rd April, and be part of the claps, cheers, high-5s and jokes that will spur our runners on to a monumental achievement they will never forget.

HAVE FUN.

Therme Manchester Marathon Team





WATCHING IN MANCHESTER

Being a supporter at a marathon is an underrated task. It takes planning, dedication and patience to be there cheering for your loved ones for hours. Then

they take all the credit and leave wearing a medal as if they did all the hard work.

The following tips are crucial advice to help you complete your supporter duties:

TOP TIPS

- 1** Don't go to the start. It's a common mistake. Transport will be saturated with runners, and there are no good vantage points. The city centre is the best place to start. It's early in the route, has some awesome live music, and you get two opportunities to see runners in quick succession.
- 2** Agree a clear and specific location to meet after finishing. Ideally select somewhere away from Emirates Old Trafford which is likely to be very congested.
- 3** 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.
- 4** Check the weather and plan your outfit accordingly.
- 5** Bring something distinctive (like a sign) so runners can spot you easily when running.
- 6** Share pictures and videos on social media using #ManchesterMarathon and they will appear on our social wall.

RUNNER LOCATION UPDATES

The most common question people want to know is where their friend/colleague/loved one is on the course. There are a few tricks to help you get this information:

WEBSITE PROGRESS UPDATES

An upgraded feature on our website will track each runner's progress round the course. Timing mats situated in seven locations will be triggered when run over, allowing you to see when your favourite runner has reached this point. Using their speed so far, the website will also predict their progress onward from that point,



giving you a reasonable estimate of when they will reach you/the finish line.

This page will be live on event day and is likely to be very popular. Whilst we have made significant upgrades and investments to ensure it can cope with heavy traffic, it is worth checking out the other options below as a back-up.

SHARE LOCATION

Most smart phones now have the ability to share their location with select people. On Apple this is the 'Find My' app where you can link devices. You can also choose to share your location on messenger or WhatsApp. Strava also has a premium option which offers location tracking.

Using any of these functions will give you an accurate GPS location of your runner, giving you the best chance of finding them during the day.



TOP LOCATIONS TO WATCH THE THERME MANCHESTER MARATHON

SALE

11 & 21/22 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.

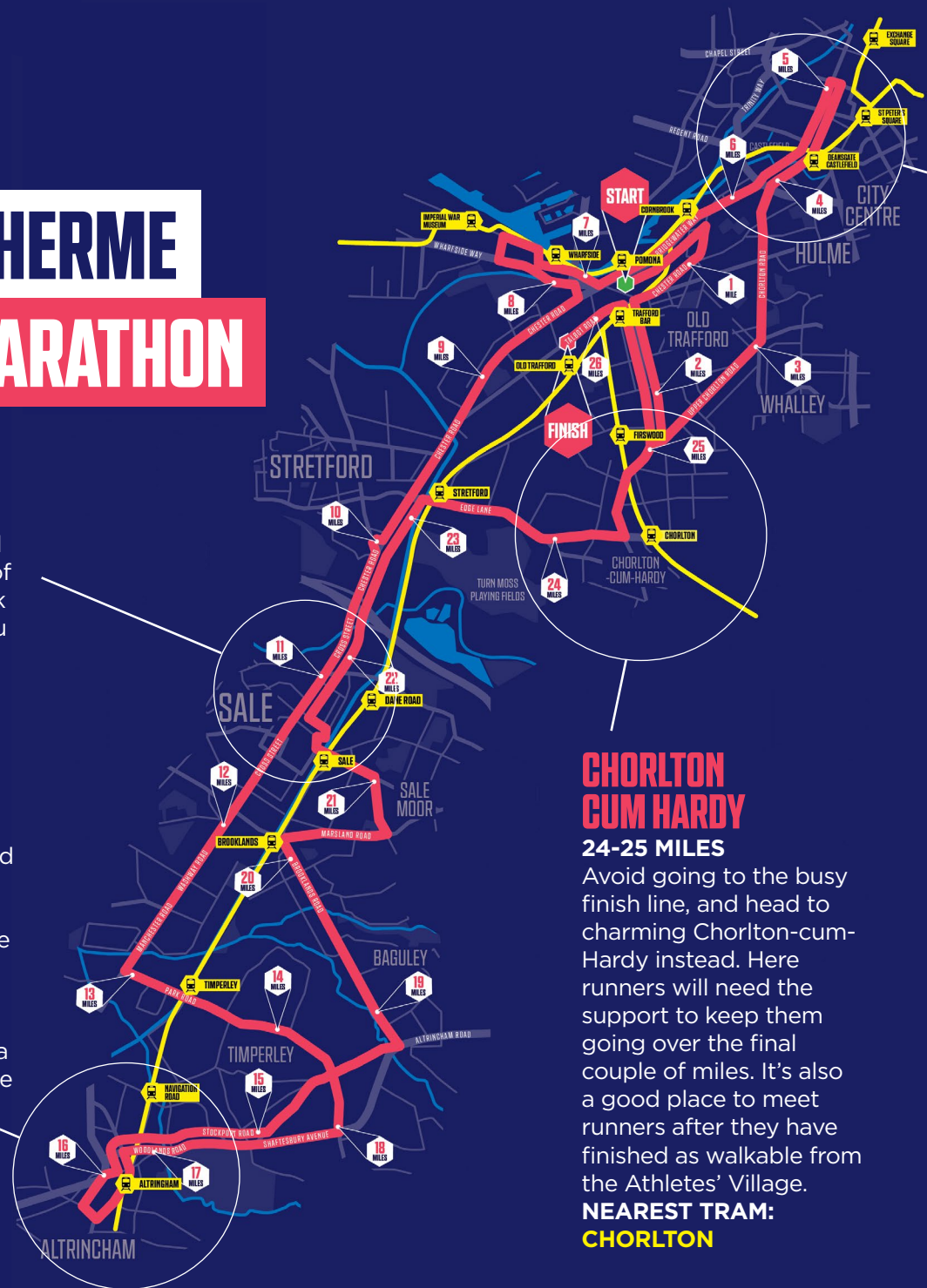
NEAREST TRAM: SALE

ALTRINCHAM

15.5-17 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 or dietary needs. There's also a bit of a hill round here, so runners need the support to keep them going.

NEAREST TRAM: ALTRINCHAM



MANCHESTER CITY CENTRE

4-6 MILES

Added for the first time in 2021 (to hugely positive feedback) is an early trip through the city centre. Avoid heading to the start line, which is not worth the hassle, and join us near Deansgate. Here runners will pass you twice, giving a double opportunity to spot loved ones and cheer them on through the early stages. Plus, there's live music which helps keep everyone upbeat. The city centre is full of great places to grab food and drink, plus activities if you don't fancy trying to chase runners around the course. You can meet them in the city later.

NEAREST TRAM:

DEANSGATE CASTLEFIELD

CHORLTON CUM HARDY

24-25 MILES

Avoid going to the busy finish line, and head to charming 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:

CHORLTON

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.

WATCHING FROM HOME

Can't make it out onto the route to support your friend or loved one this year? We'll do our best to make you feel part of the action.

Your destination to get everything you need is our official website:

[ManchesterMarathon.co.uk](https://manchester-marathon.co.uk)

Our coverage will include:

LIVE STREAM

A live video stream will be available to watch through the website and our YouTube channel. This will initially cover the elite runners battling for the title (and this year Commonwealth Games qualification) at the front of the pack. The camera will then remain live at the finish line with a wide view showing every finisher as they cross the line completing their

marathon. This is a chance to look out for runners you might know, especially when combined with the location updates (see below).

RUNNER FINISH TIMES & LOCATION UPDATES

Individual runner finish times will appear on our website soon after they complete the course. You'll need the bib number or name of the person you are following to

check this.

Additionally, we will have a map showing the predicted location of each runner on the course during their run. Timing points scattered around the course will be triggered when runners cross them, allowing you to see their progress. Using the data of each runner so far, the map will make a rough prediction of where an individual is positioned, allowing you to look out for them at that spot in person or

the live video stream.

SOCIAL MEDIA WALL

Our nifty social media wall will be featuring posts using #ManchesterMarathon throughout the day so you can keep an eye on the content from around the city as the event progresses. You can even join in yourself to give your special runner a shout-out, or just upload a selfie eating cornflakes on the sofa, the choice is yours!



MANCHESTER WEEKEND GUIDE

WHERE TO EAT

Whether you're into hearty British food, a spicy Nepalese curry, fragrant Thai, vegan delights, or authentic Spanish flavours, there's a reason why our city is often regarded as one of the most exciting places to eat. We have rounded up a few of our favourites that we recommend you try!

FIG + SPARROW

This fun local café offers trinkets designed by local artists, as well as a delicious range of coffees and cakes to choose from.

OSMA

A classy combination of flavours and style from Oslo and

Manchester, where the menu uses only seasonal locally sourced produce.

MANA

The first restaurant in Manchester to get a Michelin star! Whilst this might be the priciest option, the food will not disappoint, and it'll be one of the most innovative menus you will ever see. Reindeer moss anyone?

TEACUP KITCHEN

This café is the perfect place to get a proper English cuppa, or really any type of tea! Loose leaf or infusion? What takes your fancy...

TOKYO RAMEN

A small, stripped back venue, but with the

most incredible ramen you will find in the North. The billing of 'Manchester's #1 ramen shop' rings very true.

DISHOOM

Expect lots of Indian street food and traditional dishes inspired by the old Irani cafes of Mumbai. Hearty portions, spicy and comfort food at its best.

GREENS

The oldest and most popular vegetarian restaurant in the city with a multi-award winning menu!

MR THOMAS'S CHOP HOUSE

Enjoy signature British dishes at this restaurant that has been open since 1870!

RUDY'S PIZZA

Listed amongst the world's best pizzerias, expect a long queue for mouth-watering pizza. Rudy's dough is made on site every single day so it is the freshest purest dough you will find. Flashed into the wood fired pizza ovens for 60 seconds, the pizzas are super light and tasty.

BUNDOBEST

Think Indian street food and craft beer – what a great combo. With a retro Bollywood interior, this restaurant fuses northern produce with Gujarati street food.

PORTA ALTRINCHAM

A smash hit serving up authentic flavourful tapas and an excellent range of wines.

ALBERT'S SCHLOSS

One of our favourite Bavarian-inspired party restaurants with a DJ and a network of beerpipes and tanks.

BLUES KITCHEN

Serving a taste of the Deep South of America, the restaurant has become a huge hit with its mix of BBQ dining and live music inspired by the US.

YARD AND COOP

A Northern Quarter original, Yard and Coop's boasts it is the home of buttermilk-fried chicken with its own top secret recipe.



MANCHESTER WEEKEND GUIDE

THEATRE AND LIVE GIGS

HIT PRODUCTIONS

JOSEPH AND THE AMAZING TECHNICOLOUR DREAMCOAT

Opera House

FRI 19:30 | SAT 14:30 & 19:30

Close your eyes, draw back the curtain, and imagine pop heavyweights Jason Donovan and Alexandra Burke on stage together. That dream can come true thanks to Manchester Opera House's hit production of Joseph.

LES MISERABLES

Lowry Salford

FRI 19:30 | SAT 14:30 & 19:30

If a rousing performance of 'One Day More' doesn't get you in the mood for an epic achievement, then nothing will. This is Cameron Mackintosh's acclaimed production of this enduring classic



musical featuring 'I Dreamed a Dream', 'Bring Him Home', 'Master of the House', plus many more.

NORA: A DOLL'S HOUSE

Royal Exchange Theatre

FRI 19:30 | SAT 14:30 & 19:30

A new spin on the classic Ibsen tale. Set across three different time periods (1918, 1968, 2018) it features three distinct and remarkable women struggling with married conventions.

NOTHING HAPPENS (TWICE)

Lowry

FRI 20:00 | SAT 20:00

A hilarious and sometimes moving exploration of companionship, co-dependency and what motivates us to keep going, even in the face of failure and bureaucratic brick walls. Plus, it's 60 minutes long, which is the perfect pre-run length to concentrate.



VAGINA CAKE

Hope Mill Theatre

FRI 19:30 | SAT 14:30 & 19:30

Vagina Cake is a comedy drama about five friends who just can't give each other up. But they're about to discover that life plans are like arseholes; everybody has one and they all stink.

SHEILA'S ISLAND

Lowry

FRI 20:00 | SAT 14:30 & 20:00

The Office meets Lord of the Flies meets Miranda. Sheila's Island is a sparkling, sharp-witted new comedy from writer Tim Firth (Calendar Girls, Kinky Boots, The Band).

THEATRE FOR ALL THE FAMILY

JEFF WAYNE'S THE WAR OF THE WORLDS

AO Arena

FRI ONLY 20:00

The much-adored musical version of HG Wells's classic invasion novel. Jaff Wayne conducts a huge live performance starring a who's who of early 2000s entertainment, including Blue's Duncan James, Steps' Claire Richards, and Strictly Come



Dancing's Kevin Clifton. Oh, and there is a hologram of Liam Neeson apparently. If that doesn't get you pumped for 26.2 miles of running, nothing will.

GANDEYS CIRCUS PRESENTS ROAR!

Trafford Centre

FRI 18:30 | SAT 15:00 & 18:30
SUN 15:00 & 18:30

A collection of some of the most dazzling circus acts from around the world. Mixes daredevil stunts featuring high-wires and motorbikes, with some traditional clown-based mayhem.

DISNEY'S BEAUTY AND THE BEAST

Palace Theatre

FRI 19:30 | SAT 14:30 & 19:30 | SUN 14:30

A state-of-the-art production of the blockbuster Disney hit. This 'tale as old as time' is the perfect family outing featuring classic songs such as 'Be Our Guest' using modern theatrical innovations. With Emma Watson unavailable, Courtney Stapleton (Six, Bat Out of Hell, Les Mis) steps in to play Belle.



MANCHESTER WEEKEND GUIDE

LIVE MUSIC

ROYAL BLOOD

ROYAL BLOOD

AO Arena

SAT ONLY

Brilliant rock duo who have hit big with tracks such as 'Figure It Out' and 'Out of the Black'

HEATHER SMALL

Bridgewater Hall

FRI ONLY

Former lead singer of M People, Heather is maybe best known for anthem 'Proud' which was used heavily during the 2012 Olympics.

THE UNDERTONES

Manchester Academy

FRI ONLY

Northern Irish punk rockers known for tracks such as 'Teenage Kicks'.

NATHAN CARTER

Bridgewater Hall

SAT ONLY

Hugely popular and prolific Irish country music singer with 13 albums to his name. Nathan is playing one night at this stunning concert venue.

LESS THAN JAKE

O2 Ritz

SUN ONLY

Ska punk collective from Florida who have been releasing music since 1995. Their track 'All My Best Friends Are Metalheads' has had over 41,000,000 streams on Spotify.

AURORA

Albert Hall

FRI ONLY

Singer & songwriter from Norway who's had massive hits with 'Runaway', 'Running with the Wolves', and 'Into the Unknown'.

KILLING JOKE

Albert Hall

MON ONLY

Rockers, first formed in 1979, who have songs including 'Eighties' and 'Love Like Blood'.

McLUSKY

Manchester Gorilla

SAT ONLY

Welsh post-hardcore three-piece. Their most popular song has a title that is too rude to print here. Edgy!

MANCHESTER WEEKEND GUIDE

ATTRACTIONS

SCIENCE & INDUSTRY MUSEUM

FRI 10:00 - 17:00 | SAT 10:00 - 17:00 | SUN 10:00 - 17:00

Discover Manchester's rich legacy at this awesome museum in the city centre. Explore 250 years of innovations that started life in our fabulous home.

CRYSTAL MAZE LIVE EXPERIENCE

PRE-BOOKING REQUIRED

Get hands-on with the classic Channel 4 gameshow. Will you and your team conquer the dome, or get locked in long before?

PANKHURST CENTRE

THURS ONLY 11:00 - 16:00

Discover the extraordinary story of the Pankhurst family and the suffragette campaign for votes for women, from the place it all began.



MUSEUM OF TRANSPORT GREATER MANCHESTER

SAT 10:00 - 16:30 | SUN SAT 10:00 - 16:30

Buses, trams, and much more. Take a look at classic vehicles and find out more about the evolution of public transport in Greater Manchester.

PEOPLE'S HISTORY MUSEUM

FRI 10:00 - 16:00 | SAT 10:00 - 16:00 | SUN 10:00 - 16:00

A visit to the national museum of democracy takes you through the past, present and future of ideas worth fighting for.

NATIONAL FOOTBALL MUSEUM

FRI 10:00 - 17:00 | SAT 10:00 - 17:00 | SUN 10:00 - 17:00

Football based interactive fun for all the family. Includes some valuable collections and the English Football Hall of Fame.

NIGHT OUT BOON ARMY LIVE

Deansgate Mews
FRI ONLY

Mancunian icon Clint Boon welcomes upcoming acts and talented DJs to his new regularly monthly residency. He'll be spinning a few indie classics himself too!

FROG & BUCKET COMEDY CLUB

FRI & SAT

One of the most renowned comedy clubs in the north. On Friday and Saturday night it is due to host Alex Boardman, Thomas Green, and Scott Capurro.

NOUGHTIES BABY

Albert Hall
SAT ONLY

A huge rush of nostalgia the night before the 2022 Therme Manchester Marathon. Includes performances by Cascade, Fatman Scoop, N-Trance, Phats & Small, plus Ultrabeat. This is a very late finish, so likely most relevant for spectators who can handle burning the candle at both ends!

SHOPPING & SPORT TRAFFORD CENTRE

FRI 10:00 - 22:00 | SAT 10:00 - 21:00 | SUN 10:00 - 18:00

Enjoy a selection of luxury and high-street offerings from brands including Selfridges, John Lewis, Zara, Michael Kors, JD Sports, The North Face, Ted Baker, wagamama's, YO! Sushi and a 20-screen

ODEON cinema. Plus, new for this spring is the Chocolate Factory Experience!

MANCHESTER UNITED VS LEICESTER CITY

OLD TRAFFORD

SAT 17:30

Watch Ronaldo, Pogba, Maguire and co take on Brendan Rodgers visitors. If you can't bag a ticket in person, check out the match in an authentic Greater Manchester pub.

MANCHESTER REMEMBERS CHARITY GAME

ETIHAD STADIUM
SUN 15:00

A match welcoming football legends to take on a team of celebrities,

commemorating the victims of the Manchester Arena attack. The game will feature Jason Manford, Paddy McGuinness, Trevor Sinclair, plus many more.

CHILL FACTORE

FRI 10:00 - 22:00 | SAT 8:00 - 22:00 | SUN 8:00 - 22:00

Home to the UK's longest indoor ski slope, plus plenty of other family activities.

ELECTRIC GAMEBOX

FRI 11:00 - 21:00 | SAT 10:00 - 21:00 | SUN 11:45 - 18:00

Cutting-edge immersive entertainment. 30-60 minutes of gameplay using projection mapping, motion tracking, and other clever stuff.



GREATER MANCHESTER

PARKRUN LOCATIONS



For those wanting to stretch their legs on Saturday morning, there is a choice of welcoming and inclusive parkruns in Greater Manchester to

choose from. For those who might be new to parkrun, parkruns are free, weekly, community events that take place all around the world every Saturday at 9:00am. They offer a

fantastically inclusive experience, as there is no time limit and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate. Here are four parkrun

1 PEEL PARKRUN

Taking place at Peel Park, The Crescent, Salford, Greater Manchester, M5 4PD. The course starts and finished by the statue in the middle of Peel Park, near the playground. This is a two lap course by the river and around a football pitch and the park. The course is run on a mixture of tarmac paths and grass.

2 STRETTFORD PARKRUN

A little on the outskirts of Manchester, but still

a viable option! Taking place at Longford Park, Longford Park Stadium, Ryebank Rd, Stretford, Manchester, M21 9TA. The course is run on a mixture of tarmac paths, trail paths and running track.

3 ALEXANDRA PARKRUN

Taking place at Alexandra Park, 180 Russell Street, Manchester, M16 7JL. The course consists of a short start loop, two laps of the park perimeter and a separate loop to the

finish. The course is all tarmac, very flat and is wheelchair, buggy and dog friendly.

4 SOUTH MANCHESTER PARKRUN

Taking place at Platt Fields Park, use postcode M14 6LA to navigate to the free car park (access via Mabfield Road) or alternatively there is street parking on Grangethorpe Road (M14 6HS). It's run in Platt Fields Park, Fallowfield entirely on good quality paths.



SUNDAY
9TH OCTOBER
2022

ENTER HERE

THERME MOTIVATION STATION

Head down to the Therme Motivation Station in Manchester City Centre (close to mile 5) to give your best support to all our runners. Hosted by our special MC, accompanied by music and a lively atmosphere, this will be the perfect spot to cheer on your family and friends.

Come find us on Deansgate at the John Dalton Street and Bridge Street crossroads to support your loved ones taking on the Marathon. Be

sure to arrive early as the first runners will be passing from 9.15am.

You'll be a 5-minute walk from Great Northern Shopping Centre where you can grab a quick bite to eat or a coffee. Spinningfields is also just a 3-minute walk offering ample choice of restaurants and bars in case you want to stop by for lunch.

TRAM STOPS:

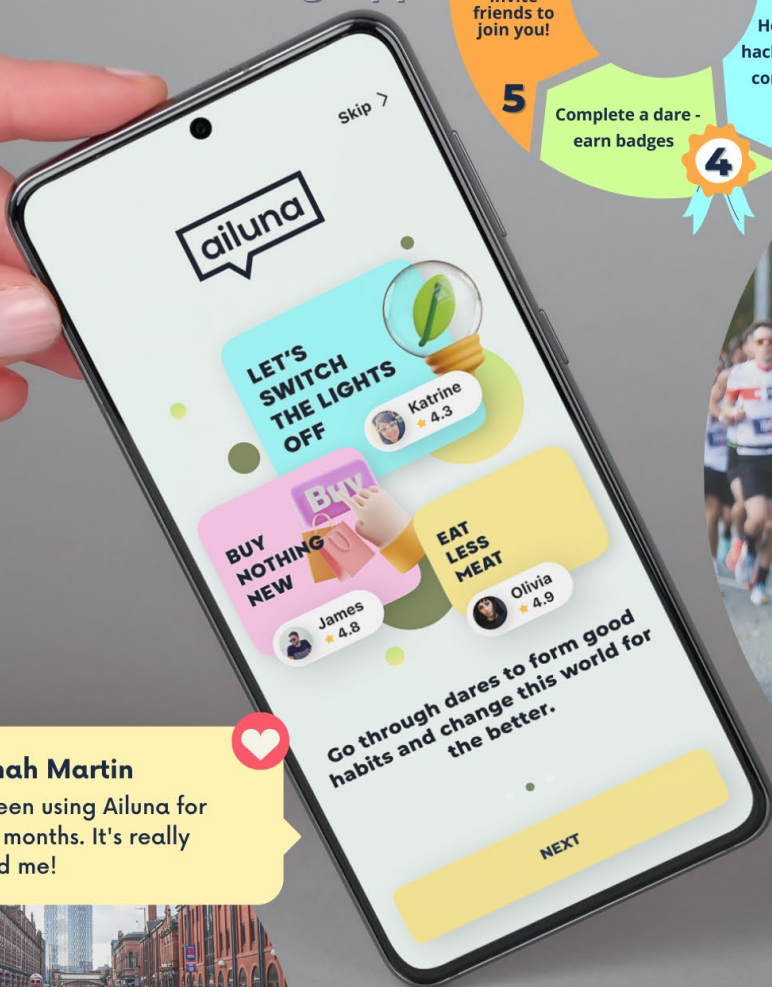
St Peter's Square
(8 min walk)

Castlefield (11 min walk)



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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