



MANCHESTER
MARATHON

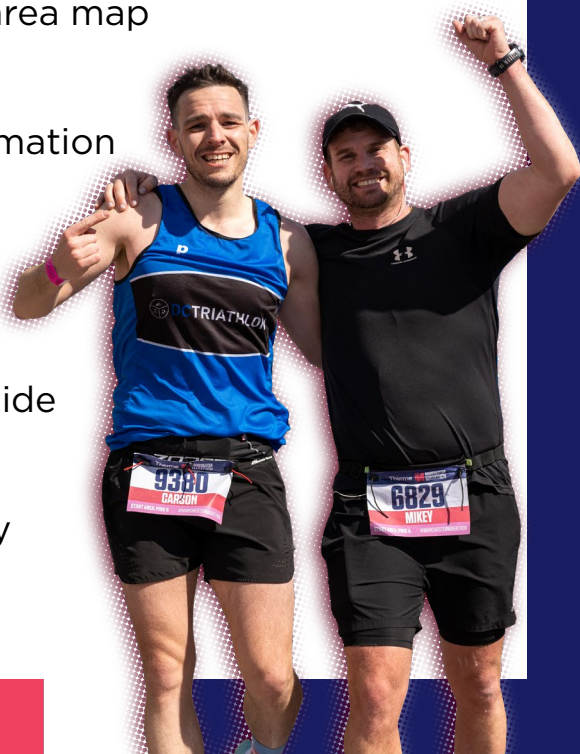


ESSENTIAL PARTICIPANT GUIDE 2023



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WELCOME

WELCOME TO THE ADIDAS MANCHESTER MARATHON 2023. WE'RE BUZZING TO GO – ARE YOU?

We pride ourselves on being the world's friendliest marathon. Everyone is welcome, whether you are attempting your first or 116th marathon (it does happen). From fancy dress-shufflers to elite athletes one thing remains the same for a marathon: preparation is key. That's why we encourage you to read this Essential Participant Guide as an important organisation tool before the big day.

There will be plenty going on across your 26.2-mile journey, so keep your eyes peeled for reveals on email and our website, plus a few extra surprises. Our team have been working year-round to create our greatest experience yet. We're continually pushing ourselves across all areas, including taking strides to make this event even more sustainable (see later in this guide).

As our event continues to grow, we welcome more people from around the UK and the world to take part. A few months ago, the prestigious Lonely Planet listed Manchester as one of its "must visit" destinations, the only place in the UK to receive this honour. Our route explores the

distinctive charm of this great city, and you'll be encouraged by some of the loudest and friendliest spectators anywhere in the world.

We're extremely proud to say that last year our participants raised almost £2 million for shared across 500 charities and we're on track to smash that figure this year. Plus, £1 of every paid entry goes into the Trafford Active fund, which focuses on helping inspire activity in the local area.

Make sure to enjoy and savour every moment of your marathon experience with us this year- you'll never forget it. Good luck!

Aimee Baker Event Director
Andrew Smith CEO



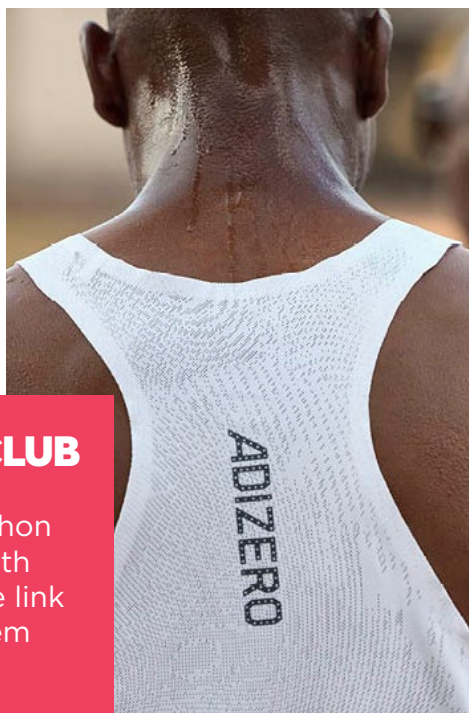


EXPERIENCES WITH ADIDAS

Adidas will be putting together a range of experiences for you over the event weekend, to ensure it will be one to remember.

Check out the latest training support included in this guide, including training runs led by adidas running coaches (page 5) and kit guides (page 20-21). adidas will keep you motivated from start to finish, and can't wait to celebrate with you after the event. Be sure to visit the adidas Manchester Marathon store on Market Street on event weekend to kick start your adidas Manchester Marathon.

As an adidas Manchester Marathon runner, you can unlock a 3-month premium membership with adidas Runners' app, unlocking all features and content to connect and train alongside our digital adidas Running community.



YOUR EXCLUSIVE ADICLUB MEMBERSHIP OFFER

As an adidas Manchester Marathon runner, you can unlock a 3-month premium membership. Click the link to sign up to adiClub and redeem your voucher **HERE**.



ADIDAS TRAINING RUNS

ENHANCE YOUR MARATHON PREP WITH ADIDAS TRAINING RUNS, DESIGNED AND LED BY ADIDAS RUNNING COACHES.

Sign up below for a run near you where we will be offering shoe-trials, expert advice from our adidas Running coaches and captains, training tips, adiClub exclusive offers and

prizes to be won, athlete meet and greet and much more. All training & shake out runs are open for sign up – register your attendance now to secure your place right through to event week.

9TH MARCH

LOCATION

London Flagship

TIME

6.30pm Meet 7-8pm

SESSION

Training Run

MEETPOINT

425 Oxford St,
London W1C 2PG

SIGN UP HERE

15TH MARCH

LOCATION

adidas Manchester
Market St Store

TIME

6.30pm Meet 7-8pm

SESSION

Training Run ft
Special Guest

MEETPOINT

52-56 Market St,
Manchester M1 1PW

SIGN UP HERE

13TH APRIL

LOCATION

London Battersea

TIME

6.30pm Meet 7-8pm

SESSION

Shakeout Run

MEETPOINT

60 Circus Rd W, Nine
Elms, London
SW11 8BU

SIGN UP HERE

13TH APRIL

LOCATION

Manchester Market St

TIME

6.30pm Meet 7-8pm

SESSION

Shakeout Run

MEETPOINT

52-56 Market St,
Manchester
M1 1PW

SIGN UP HERE

HOW TO REGISTER

Register via the adiClub app OR Register online **HERE**

If you can't join us for the training runs in-person, make sure to still download the adidas Running app to connect and train alongside our digital adidas Running community. The

link below gives you a 3-month premium membership with the adidas Runners' app, unlocking all features and content for the best introduction to our in-app offers. Click the link to sign up to adiClub and redeem your voucher **HERE**



TRAVEL TO THE ADIDAS MANCHESTER MARATHON

For more information on any of the getting to and from the event, head to our Travel page **here**.

METROLINK TRAMS

The tram network is the best and easiest way to get to and from the event for both participants and spectators. The Event Village, Start Line & Finish Line are a short walk from the recommended tram stations below.

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** which contains a handy map of all Metrolink stops on the route.

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 visit **Transport for Greater Manchester**.





TRAVEL TO THE ADIDAS MANCHESTER MARATHON

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.

DISABLED PARKING

We offer a limited amount of disabled parking for our participants that require it. It must be booked in advance, with a deadline of Thursday 6th April 2023. Our team will be happy to help via [here](#).

PARKING

We recommend using public transport, but if driving is your only

option, Manchester United FC now have a limited number of car parking places available to pre-book at a cost of £12. These spaces must be secured in advance and will not be available to pay for on the day. As many roads will be closed for the adidas Manchester Marathon, please ensure you plan a route to the car park that avoids closures.

STAY22 ACCOMMODATION

Looking for overnight accommodation? You can use our handy widget [here](#) to filter and search for the perfect night's sleep to suit your budget.





YOUR NUMBER

In your pack you will receive a numbered bib that is unique to you. This number must be attached to your outside garment on your front. Most people use four

safety pins to do this (pins are not in the pack so make sure you bring some). Your number must be always visible.

Before you travel to the event, please complete the required details on the reverse of your number.

If you entered by 20th February 2023 your number will also feature your name. This will allow people to cheer you on throughout your challenge. If your name is not



on the front feel free to add it using a marker pen.

Your bib will also indicate which wave you are in. Please check the colour and description of the bottom strip. For example 'Start Area: Red A' is the Red A wave, and 'Start Area: White' is the White wave.

PLEASE NOTE

Your number also contains your unique timing chip so please keep it safe.



PACK COLLECTION

Receiving your race pack is an important and exciting moment – suddenly, the approaching big day all seems very ‘real’! Your pack contains your bib with your participant number and timing chip, so it needs to be kept safe (ensure the chip doesn’t bend). If your pack does not arrive for any reason, please visit the event ‘Pack Collection’ on Saturday 15th April - more details on which can be found [here](#).

International entries will also need to visit Pack Collection. Full details will be emailed to you closer to event day, including location and a reminder to bring photo ID to collect the pack.

CAN'T COLLECT YOUR PACK?

Don't stress. If you're unable to collect your pack, someone can collect it on your behalf at

Pack Collection, with a signed note providing permission from the original registrant. Please note that this is a solution for pack collection rather than a transfer model; the original registrant must still run in the event. Unfortunately, as this event will be at full capacity we will not be taking entries on the day.

OTHER IMPORTANT BITS

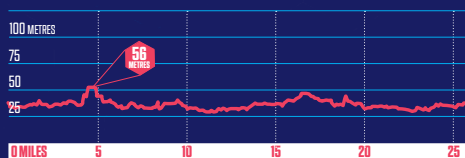
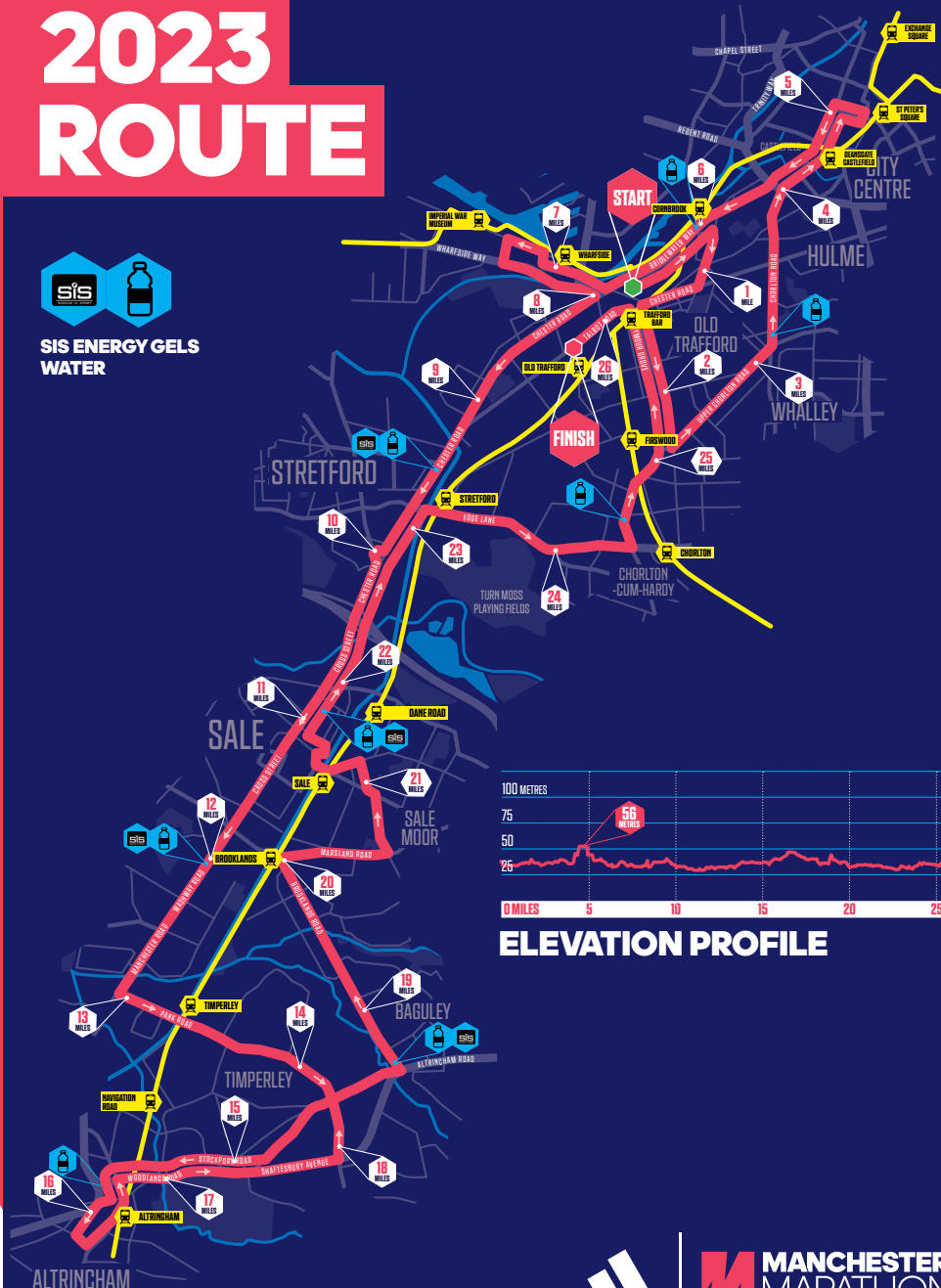
If you need to collect your pack, make sure to plan your journey to Pack Collection in advance. Packs cannot be picked up on event day under any circumstances.

Finally, ensure that you don't get into a flap when attaching your bib number to your top – you'll need to get your hands on some safety pins or magnets to keep your number in place. These will not be provided on event day.

2023 ROUTE



**SIS ENERGY GELS
WATER**



ELEVATION PROFILE



**MANCHESTER
MARATHON**

START & FINISH AREA MAP





THE START 1/2

The colour of the running bib you receive in either the post or at Pack Collection will relate to your allocated start time. The process is very simple: you just need to arrive at our Start Access Point on Talbot Road at the appropriate time and be ready and raring to go (you've got this!) 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
ELITE WHEELCHAIR			08:55
ELITE RUNNERS			09:00
WHITE		08:05 - 08:15	09:00
RED	A	08:15 - 08:25	09:10
	B	08:25 - 08:35	09:20
PINK	A	08:40 - 08:50	09:30
	B	08:55 - 09:05	09:40
BLUE	A	09:05 - 09:15	09:50
	B	09:15 - 09:25	10:00
ORANGE	A	09:25 - 09:35	10:10
	B	09:35 - 09:45	10:20
YELLOW	A	09:45 - 09:55	10:30
	B	09:55 - 10:05	10:40
PURPLE	A	10:05 - 10:15	10:50
	B	10:15 - 10:25	11:00

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



THE START 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 3 short stages:

STAGE 1 **THE START** **ACCESS AREA**

The **ONLY** way into the Start Process is from accessing it from Talbot Road, and past the Trafford Town Hall sunken gardens, **DO NOT** try to access the start line from any other direction.

Checks will be in place in this location to ensure the correct colour bibs are entering at the right time.

Please don't leave any clothes here (there is a chance later on in the process to do this so please keep hold of it for now and keep warmer!).

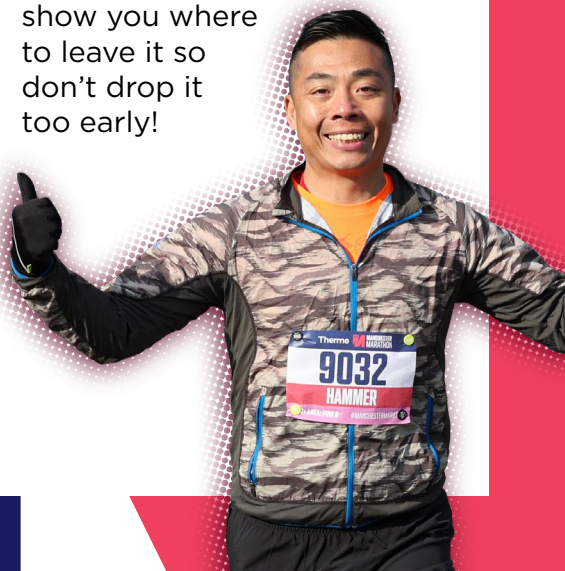
You'll be called through by our host when the next stage is ready to welcome your wave colour.

STAGE 2 **START LINE UP -** **HOLDING AREA**

STAGE 3 **THE START LINE**

Your running adventure begins!

Note: we encourage you to wear an old top into the start process to help to keep you warm whilst you are waiting to start. Please hold onto your warm clothing until the end of the start chute, close to the start line gantry, you will then see signs to show you where to leave it so don't drop it too early!





COURSE INFORMATION 1/3

DISTANCE & TIMING

The adidas 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 attached to your running number bib, and your time will be calculated from when you cross the start mat so don't worry if you don't begin at exactly your allocated wave start time. There are some 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 8 water stations on the route,

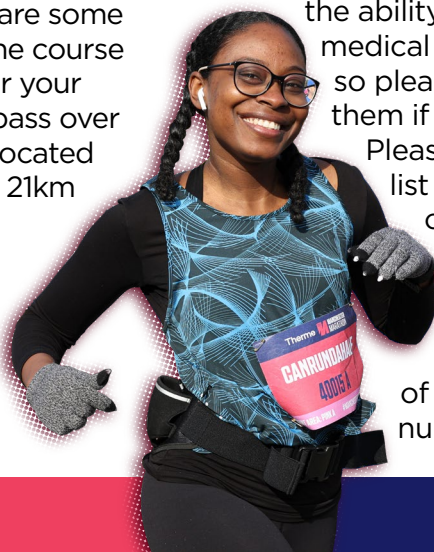
and SIS GO Isotonic Energy Gels will be available at specific water stations. Nutritional information can be found on our **website** and the packet. We recommend trying these before event day to ensure you are comfortable with them. Pick up your own supply today at Science in Sport **website**.

MEDICAL

There are regular first aid posts along the course.

Event stewards also have the ability to request medical assistance, so please speak to them if you need help.

Please remember to list any allergies or any medical information that might be useful to know on the back of your running number.





COURSE INFO 2/3

ON COURSE TOILETS

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

UKA RACE RULES

The race is licensed by UKA and their race rules apply, which can be found [HERE](#).

THE FINISH LINE

Crossing the Finish Line is a moment we hope you never forget at the adidas Manchester Marathon. On approach, you'll be blasted with celebratory music, colourful signs and joyful crowds cheering you on so that you can dig deep in those final stretches. The Finish Line closes 6 hours after the last person crosses the Start Line. Due to the zonal staggered road re-opening times, any participants still on the course after this time will be asked to move on to the pavement. This is so we can facilitate roads reopening for local businesses and residents.

NO PLANET, NO SPORT!

To protect the environment and to respect our neighbourhoods we need your help. While water

bottles are provided at the water stations on the course, only those that are properly disposed of can be recycled. Look out for the drop zone and target bins just after the water stations, and avoid throwing litter into hedgerows, trees and gardens. 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 quicker. Remember to run tidy – let's have a litter free race!

SUPPORTER TEXT ALERT

After a successful trial last year, we are offering a handy text message service which alerts one of your supporters when you are not far from the finish line. Spectators can then keep an eye of the finish line, so that they can witness your epic achievement in real time. For more information, including how to sign-up for the service, keep a close eye on our emails. This needs to be **registered in advance** to ensure the correct person gets the message at the event.



COURSE INFO 3/3

HEADPHONES

Headphones are accepted on the course unless you are competing for a prize. While music can give you a boost and we know you all love our adidas Manchester Marathon Spotify **playlist**, headphones can stop you hearing what's going on around you - possibly emergency instructions. They may also take away from the atmosphere created by your fantastic supporters on the day, and entertainment and music along the course. Please do consider this, along with having headphones in one ear only.

ENTERTAINMENT

We've got a fantastic line-up of entertainment for you along the course route, to bring you the characteristic warmth, charm and musical talents of the Manchester community. Over the 26.2 miles, you'll encounter live bands, DJ points, and charity

cheer stations. Look out for more details on our website, social channels, and pre-event emails.

DROPPING OUT

If you've started the adidas Manchester Marathon and things don't go to plan, we recommend that you head to the nearest tram stop as this will be your quickest way to get back to the Event 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. 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.





EVENT VILLAGE 1/2

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

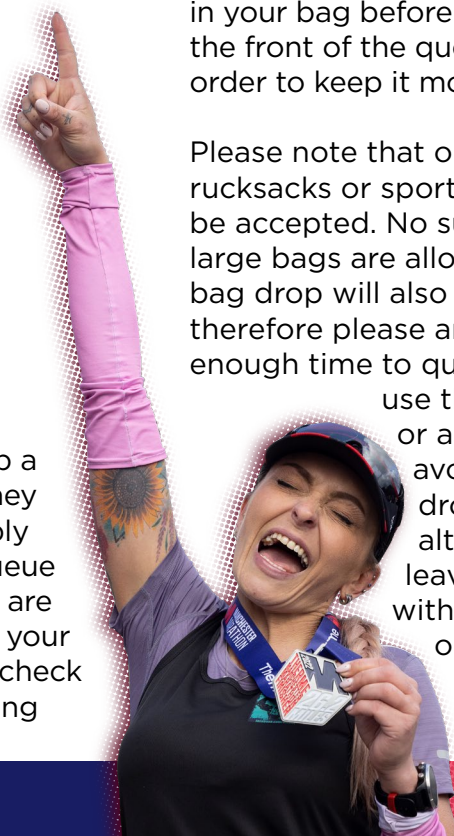
We will be publishing a separate Supporter and Weekend Digital Magazine in March. This will include guidance on good places for your friends and loved ones to support from, and advice on meeting up after you have finished.

BAG DROP

The Event Village will be open for participants to drop a small bag before they start the race. Simply join the shortest queue available when you are ready to hand over your bag (remember to check you've got everything

you need!) and you will be given a wristband with a letter (queue reference) and number on it. This will allow you to re-join the same queue after the event to collect your bag. You should ensure that all your belongings are in your bag before you reach the front of the queue, in order to keep it moving.

Please note that only small rucksacks or sports bags will be accepted. No suitcases or large bags are allowed. The bag drop will also be busy, so therefore please arrive with enough time to queue (and use the toilet!), or alternatively avoid the bag drop queue altogether leave your bag with a loved one.





EVENT VILLAGE 2/2

FINISH LINE REWARDS

Once you've crossed the finish line and caught your breath, you will be awarded your adidas Manchester Marathon 2023 medal and be able to collect your technical finisher t-shirt. Featuring the Manchester skyline against an electrifying lightshow of the official event colours, the medal captures the energy and grandeur of the event in a modern, gold effect design (chosen by you!).

We've also gone all out this year by asking local Manchester artist Pete Obsolete to design our official finish t-shirt. Pete's design bursts with energy, showcasing the amazing culture of Manchester. All t-shirts are unisex and ordered according to the sizes supplied on your registration form. Any medals



and t-shirts remaining after the event are donated to charitable schemes.

OUR PARTNERS

Around the Event Village you can meet our partners, including adidas, Erdinger Alkoholfrei, Science in Sport 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. Visit our **website** for more details.



RELAYS

RUNNER A

The person allocated as 'Runner A' will start the Manchester Marathon at the appropriate time allocated to them (their allocated start wave time).

ALL OTHER RELAY TEAM MEMBERS

The other participants 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 tram stop. The relay locations will be signposted, and marshals should be in place to point you in the right direction. Please ensure that you have a contactless card or

Metrolink card if travelling on the Metrolink between the relay points.

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 Event Village at the end of your leg. These maps can be found [**here**](#).

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

RELAY 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.

BAG DROP 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, so:

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 in the Event Village, in your car, or with friends and family.



MERCHANDISE

Check out our latest merchandise range and pick yourself up a treat. Includes new designs for t-shirts and bobble hats.

Our best-selling finisher hooded top is back due to popular demand. Previous participants have loved these great quality mementos that are perfect for everything from countryside walks to chilly offices.

**ORDER IN
ADVANCE
AND SAVE
£5**



Premium UltraSoft 2023 'FINISHER' Hoodie



2023 'In Training' Technical T-shirt



Unisex City Organic Cotton T-shirt

CLICK HERE TO VISIT THE MERCHANDISE STORE





GET READY WITH THE ADIDAS KIT GUIDE

ADIDAS HAVE PUT TOGETHER THE ULTIMATE KIT LIST TO GET YOU READY FOR THE ADIDAS MANCHESTER MARATHON

Introducing ADIZERO, our fastest running family. No matter if your goal is to finish first or to finish for the first time.

We are made to win. During previous seasons, we not only claimed our spot on the podium,

but we reinforced it. Still, we continue to aim higher to empower runners to reach new records. It's our inner urge to be the best partner for our athletes, no matter if they are professionals or just getting started to run with an ambition.

FOOTWEAR TO GET YOU TO THE FINISH



ADIDAS ADIZERO SL SUPER CHARGE YOUR PROGRESS

Designed to help runners push their speeds everyday through short or long training runs.

Built to supercharge your progress so you can set new goals for your training runs. The ADIZERO SL designed to enable elite athletes to all runners who run for a personal best to set their ambitions higher.

Find out more about the new
ADIZERO SL [HERE](#)



ADIZERO ADIOS PRO 3 MADE TO WIN

Most major marathon wins 2022 – made to win. Lightweight distance running shoes made in part with recycled materials.

The AdizeroAdios Pro 3 is designed to break records -no matter if you go for a new personal best or even a WR. A legend that doesn't even consider stopping. The adizero Adios Pro 3 is designed to empower athletes to perform at their absolute best.

Find out more about the
ADIZERO ADIOS PRO 3 [HERE](#)



CLOTHING & ACCESSORIES TO GET YOU OVER THE LINE



ADIZERO RUNNING SPLIT SHORTS

Lightweight drawcord-adjustable shorts made in part with recycled materials.



ADIZERO SATURDAY SHORT LEGGINGS

Breathable running short leggings.



ADIZERO RUNNING TANK TOP

A race day running tank top made with recycled materials.



ADIZERO TANK TOP

A running singlet for race day made with recycled materials.



ADIZERO ENGINEERED MEMBRANE JACKET

A breathable wind-resistant jacket made in part with recycled materials.



ADIZERO RUNNING JACKET

A lightweight running jacket made in part with recycled materials.



FASTIMPACT LUXE RUN HIGH- SUPPORT BRA

A high-support, adjustable running bra, made in part with recycled materials.



ADIZERO RUNNING 7/8 LEGGINGS

Running tights with ankle zips, made in part with recycled materials.



RUNNING ADIZERO HEAT.RDY SOCKS

Lightweight running socks made in part with recycled materials.



RUNNING BOTTLE BAG

Running bottle bag for fuelling long efforts.



SPORT SUNGLASSES SP0015

adidas sunglasses ready for adventure



VOLUNTEERS

Our volunteer team are the unsung heroes of our events and hold a variety of important and fulfilling roles. 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 participants, handing out those much earned medals, supporting activity in the Event Village – and much more!

Whatever their role on the day, they'll be making a vital contribution to the success of this fantastic event. If someone wants the buzz of the event

without doing the running part, then volunteering is a great way to be part of our community!

If you know of any individuals, or any groups that may be interested in getting involved then please do direct them to our dedicated page on our **Website** for further information or **Email** us.





SUSTAINABILITY

We are constantly striving to improve the sustainability of the adidas Manchester Marathon. We continue 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 2023 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**, 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

Due to previous success, we are delighted to announce the return of the Green Runner team, an environmental inactive launched for last year's event. When entering the adidas Manchester Marathon you will have the option to enter as a Green Runner, an eco-friendly option where you can forego your finisher t-shirt and/or medal (we have two different Green Runner options) in favour of donating to support this year's beneficiary, **The Ocean Cleanup**. Last year, over £4000 was donated to this fantastic organization, with participants wearing their Green Runner bibs with pride. This year, we're well set to top this figure thanks to our growing Green Runner team. Thank you to everyone who has supported this initiative!



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 volunteers from across Greater Manchester and further afield.

TRAFFORD COUNCIL & 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 across the course for their support.

LOCAL SERVICES

The local police and emergency services who work alongside us both on event weekend, and also all year

round whilst planning the adidas Manchester Marathon.

CHARITIES

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

THE SUPPORTERS

All the entertainers and people that come out to support along the race route, as well as all those supporting you along your training journey.

OUR PARTNERS

Our wonderful partners who have supported our runners throughout, including adidas, Erdinger Alkoholfrei and Science in Sport.

YOU!

Simply put, there would be no adidas Manchester Marathon without you! You are all amazing and we thank you for choosing to run with us.

adizero.
made
to win.

ADIZERO SL



SHOP NOW AT
[ADIDAS.CO.UK/RUNNING](https://adidas.co.uk/running)



ADIZERO SL

ADIZERO. MADE TO WIN.



LIGHTSTRIKE PRO DROP-IN

LIGHTSTRIKE PRO foam, also used in the record-breaking Adizero Adios Pro models, is strategically inserted in the forefoot area, designed for fast training runs.



LIGHTSTRIKE EVA MIDSOLE

The lightweight LIGHTSTRIKE EVA midsole delivers resilience to the midsole construction, so you can focus on the next stride.



ENGINEERED MESH UPPER & PADDED TONGUE

Feel locked-in and irritation-free even during intense sessions, thanks to the super padded tongue and collar.



SHOP NOW AT
[ADIDAS.CO.UK/RUNNING](https://www.adidas.co.uk/running)

SUNDAY **15TH OCTOBER** 2023



**EARLY ENTRIES
NOW OPEN**

ENTER NOW

ERDINGER

ALKOHOLFREI



NATURAL. REFRESHING. ISOTONIC.



available at all major supermarkets

amazon

&

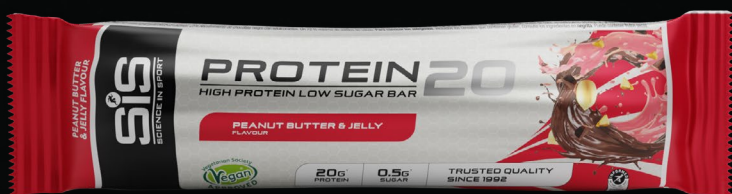
BEERHUNTER

FUEL THE FULL 26.2 MILES
WITH SCIENCE IN SPORT

THE **OG**



THE TRUE ORIGINAL
AND WORLD'S FIRST
ISOTONIC ENERGY GEL



OPTIMAL RECOVERY WITH 20G OF PROTEIN
& 22G OF CARBOHYDRATE IN ONE BAR.

20% OFF WITH CODE: **HREXTRA20**

WWW.SCIENCEINSPORT.COM





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 adidas Manchester Marathon



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 adidas 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



Registered with
**FUNDRAISING
REGULATOR**

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). © Cancer Research UK 2022.



**By 2025, there will
be 1 million people
in the UK living
with dementia.**

**Help us provide
life-changing
dementia support.**



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

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Thank you Team BHF

For taking part in the 2023
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