



M MANCHESTER
MARATHON



2023
ADIDAS
MANCHESTER
MARATHON
SUPPORTER
AND WEEKEND
DIGITAL MAGAZINE

FRIDAY 14 – SUNDAY 16 APRIL



WELCOME

This inspiring city can't wait to welcome you and your spectators with open arms, but in the meantime our handy adidas Manchester Marathon 2023 Supporter and Weekend Digital Magazine is here to get you excited for all Greater Manchester has to offer.

CONGRATULATIONS!

Although you may be expecting to hear these words after the event, we think you've smashed it out the park already by choosing to run the adidas Manchester Marathon with us this year. As the world's friendliest marathon, this event continues to go from strength to strength, with a whopping 28,000 people having signed up to take on the challenge, and over 100,000 people expected out on the streets cheering them on.

You'll find this guide split into two different sections:

SUPPORTER GUIDE

This focuses on how best to support friends and loved ones

as they take on their 26.2 mile challenge on Sunday 16th 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.

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 event day, and be part of the claps, cheers, high-fives and jokes that will spur our runners on to a monumental achievement they will never forget.

WEEKEND GUIDE

We've scoured the city to bring you all the coolest things to do over your adidas Manchester

Marathon weekend. From the best foodie finds to family fun, our Weekend Guide is perfect for participants 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.

HAVE FUN!

adidas Manchester Marathon Team

SPECTATOR DO'S AND DON'TS

Spectating is arguably a sport in itself. Going between spectating points with snack-laden backpacks and cheering your heart out requires strength and - like any discipline - a plan of action. To help with this, we've put together a nifty 'Do's and Don'ts' for spectators on the day. Check them out below:

DO

Have a big breakfast and bring some snacks with you. You are unlikely to have time for a proper lunch and you'll need a lot of energy for walking around all day.

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 an early spot on the route, has some awesome live music, and you get two opportunities to see runners in quick succession.

DO

Agree a clear and specific location to meet after finishing. Ideally

select somewhere away from the Event Village in Emirates Old Trafford which is likely to be very congested.

DON'T

Forget to wear comfortable pair of shoes and bring an umbrella (hello April showers). You should

EVENT VILLAGE

Spectators can also access the Event Village (Emirates Old Trafford) to repatriate with their runner. Please note that the village can only be accessed by supporters after 10:30am, and has a capacity limit.

dress for comfort and make sure your clothes are weather-appropriate.

DO

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.

DON'T

Be a wallflower. Bring something distinctive (like a sign) so runners can spot you easily while running.

DO

Share pictures and videos on social media using #ManchesterMarathon and tagging us so that we can reshare your amazing pictures.

WHERE TO WATCH IN PERSON

SALE

11 & 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! Listen out for the Cancer Research UK Rock Choir who will be performing nearby. It's a good spot to remain in if you don't want to travel around. Plus, a stone's throw away from Sale tram stop. At 21.5 miles is Sale Town Hall, which has the Waterside area with bars and cafes and is a popular spot with spectators.

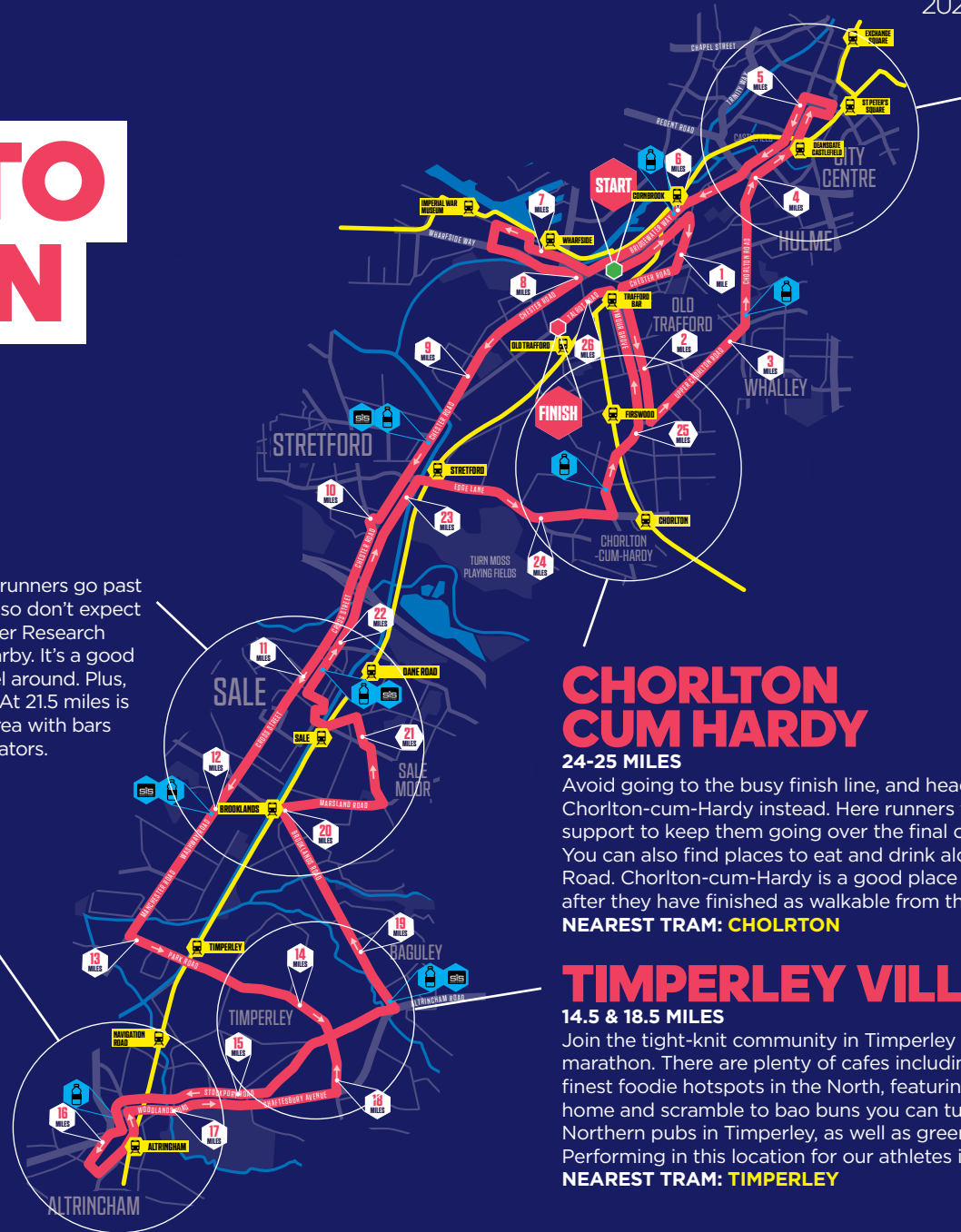
NEAREST TRAM: SALE

ALTRINCHAM

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, especially at Altrincham Market House in Stamford Quarter. There's also a bit of a hill around this section of the course, so runners need the support to keep them going.

NEAREST TRAM: ALTRINCHAM



MANCHESTER CITY CENTRE

4 - 6 MILES

Since debuting on our route in 2021, Manchester city centre has quickly become one of the highlights of the experience. Equally as awesome for participants and supporters, it's the perfect first stop of the day to get into the adidas Manchester Marathon spirit.

To add to the fun this year we are introducing the NEW City Centre Singalong. Stone cold classic tracks will be pumping out throughout the day, along with words on our big screen, so there is no excuse not to join in and create an unforgettable atmosphere.

The city centre has a plethora of food and shopping options and gives great transport options to other sections of the course. This is where you will want to start (and possibly end too) your adidas Manchester Marathon day as a supporter.

NEAREST TRAM: DEANSGATE-CASTLEFIELD OR ST PETER'S SQUARE

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. You can also find places to eat and drink along Wilbraham Road. Chorlton-cum-Hardy is a good place to meet runners after they have finished as walkable from the Event Village.

NEAREST TRAM: CHORLTON

TIMPERLEY VILLAGE

14.5 & 18.5 MILES

Join the tight-knit community in Timperley Village who will be out supporting the marathon. There are plenty of cafes including an indoor market every Sunday - one of the finest foodie hotspots in the North, featuring everything from farm fresh eggs you can take home and scramble to bao buns you can tuck into straight away. There are also traditional Northern pubs in Timperley, as well as green spaces if you fancy a bit of a breather. Performing in this location for our athletes is the Sense British Sign Language Choir.

NEAREST TRAM: TIMPERLEY

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 predicted progress round the course. Timing mats situated in multiple locations will be triggered when crossed, allowing you to see when your 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. You will find it on ManchesterMarathon.co.uk

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.

SUPPORTER TEXT ALERT

After a successful trial last year, we are offering a handy text message service which alerts a chosen supporter when a participant is

not far from the finish line. This will allow them to keep an eye on the finish line, so that they can witness your epic achievement in real time or watch them go over it on the live video stream.

For more information, including how to sign-up for the service, head to the official adidas Manchester Marathon website. This needs to be registered in advance to ensure the correct person gets the message at the event.

STREET SUPPORT HOW TO GUIDE

Residential roads can be just as special for our participants, particularly if they can garner local support and show off the sparkling personality of the inhabitants.

This is where setting up your own street support hub, street party, or stall can be so effective. Not only can you strengthen the ties within your residential community, but also do a good deed for masses of tired runners who wouldn't cross the finish line within the help of spectators.

So how do you create a residential support hub? Read our tips below so that you can make a day of it - without leaving your street!



PLAN IN ADVANCE.

Have a think about what sort of support you'd like to provide and then how you can make this happen. Some examples of support might look like the following:

- Get creative by designing signs, flags, chants or even songs to motivate runners. Consider that humour can go a long way, especially in the later stages of the event.

- Supply a fuel stall - provide runners with slices of fresh orange, flapjacks or gummy sweets. Depending on the weather, you could also supply sunscreen, tissues and Vaseline (because chafe happens!)

- Create a party scene with music and food - a good way to attract your neighbours and other supporters to increase numbers and support on your road.

Cowbells are great for creating noise - perhaps a good task for the children involved!

THE MORE THE MERRIER

Once you've got an outline of your idea, think about how you can get more people on your road involved. Can you post leaflets to ask who would be interested, or create a Facebook or Whatsapp group? Be open to other suggestions from your neighbours: collaboration often works wonders.

What's more, you could also suggest roles for the day or ask people to tick off a list what they can provide (table, chairs, signs, sweets, music speakers etc.) Bear in mind that the marathon is a long event, so some shift work may be required!

GET YOUR RESOURCES TOGETHER

Create your signs, bakes and playlists ahead of event day and check the forecast a couple of days before, as you may need a Plan B if there is adverse weather. Bring your energy to the event day and when it's all over, enjoy the sensation of helping hundreds of people conquer a marathon!

WATCHING FROM HOME

Can't make it onto the streets to follow the action in person this time? No worries, we'll do everything we can to make it feel like you're right here with us....

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 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 top right).



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

The official adidas Manchester Marathon social media accounts will be updating you throughout the weekend with the latest pictures, videos, and news updates as the challenge unfolds. If you have a special message, an awesome video, or a quirky picture you would like to share use **#ManchesterMarathon** and our team will do our best to show as many as possible throughout the weekend.

WHERE TO EAT

Not only is Manchester known for its warmth, charm and community spirit, we are also a foodie-haven and home to some of the best nightlife in the UK. Indulge your senses in a fusion of mouth-watering food, drinks that zing with the city's distinctive character and music that will vibrate your soul.

So how to enter this melting-pot of pleasure? Whether you're looking to carb-up the night before the event or toast to a new achievement afterwards, check out our list of recommended eateries and bars in Manchester to make the most of your weekend.

You'll also be buzzing to know that some of these spots have exclusive discounts and offers on their menus for marathon runners – lucky you! Make sure to plan ahead, make your reservations and read the T&C's in advance.



OSMA

A classy combination of flavours and style from Oslo and Manchester, where the menu uses only seasonal locally sourced produce.

TEACUP KITCHEN

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

GREENS

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

GIGGLING SQUID

Experience the laid-back luxe of Gigglings Squid with their sumptuous Thai treats, a simple train ride from the bustling city centre. For those who enjoy a walk before or after a meal, Alderley Edge is also a great place to explore Manchester's lovely National Trust parks and get a view of the Manchester skyline.

Exclusive deal

Fri 14th to Sun 16th April adidas Manchester Marathon participants can claim a delicious complimentary starter or drink. All you need to do is show your '10 days to go!' email with your start times to a member of staff.

NONNA'S PASTA

Nonna's pasta is a pop-up restaurant putting a fun twist of Italian classics. Try the oozy, boozy rigatoni alla vodka for a surprising new favourite dish, or any dish with truffle in (of which they don't skimp on!)

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.

DESERT ISLAND DUMPLINGS

Desert Island Dumplings is serving up heartily laden dumplings with a plant-based twist. Chow down on 'Cheezburger', Hoisin Mock Duck, Salt and Pepper 'Chikn' and Lobster savoury parcels, followed by sweet dumplings stuffed with lemon drizzle and Lotus banoffee. As if their versatility knows no end, breakfast options are also on the menu too – now that's just showing off!

SHOGUN RAMEN

Fancy big bowls of flavoursome ramen to fill your belly? Head this this

simple and unpretentious eatery for your Japanese food fix.

BUNDOBUST

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

THE UGLY DUCKLING

With newly jazzed up gastropub offers cosy, aesthetic interior and a range of food options, from classics to sharing boards to small plates. Sunday roast anyone?

REVELLER'S RELISHES

Fancy something a bit livelier to get stuck into – perhaps a post-marathon party? Look no further than our following recommendations...

ALBERT'S SCHLOSS

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

COTTONOPOLIS

Visit this well-loved Japanese inspired cocktail-bar (and late-night snack destination) with a nod to Manchester's industrial

past. Cottonopolis feels ambient and luxurious, without costing a fortune!

BLUES KITCHEN

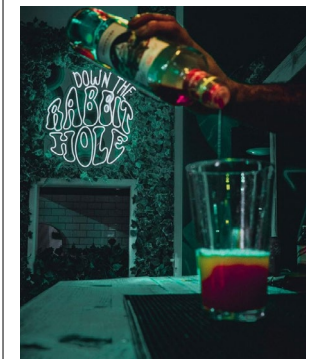
Serving a taste of the Deep South of America, the restaurant has become a huge hit with its mix of BBQ dining and live music inspired by the US.

THE LIQOR STORE

Don't be fooled by the name as The Liqor Store is no ordinary establishment. Known for its music, energy and hospitality, from Mancunian reveller will tell you that The Liqor Store knows how to throw a wicked party.

RUM RABBIT RUM

Take a tumble into the boozy burrow of Manchester's coolest new rum-based bar. We'll take a Thumper Spritz please...



THINGS TO DO

THEATRE

THE BODYGUARD

PALACE THEATRE

FRI 19:30

SAT 14:30 & 19:30

Based on the smash-hit film, the romantic thriller 'The Bodyguard' returns to the stage in Manchester, with performances on Friday and Saturday. Starring Pussycat Doll Melody Thornton as Rachel Marron, this is a great way to get all your emotions out before marathon day.

ROB BECKETT & JOSH WIDDICOMBE'S PARENTING HELL LIVE

AO ARENA

FRI 20:00

Rob Beckett & Josh Widdicombe's Parenting Hell Live brings their smash-hit podcast to Manchester. The show covers the highs and lows of being parents, with a hilarious if not sometimes painful level of relatability.



CAT ON A HOT TIN ROOF

ROYAL EXCHANGE THEATRE

FRI 19:30

SAT 14:30 & 19:30

Tennessee Williams Pulitzer Prize winning classic is a turbulent and brutal comic drama. This production is directed by Roy Alexander Weise and is being performed on both Friday and Saturday.

ESHAAN AKBAR: THE PRETENDER

THE LOWRY

SAT 20:00

Eshaan Akbar thinks it's about time we all confessed the truth: nobody really knows

what they're doing in life! Eshan's debut tour 'The Pretender' delves into our personal and private existence with wit and candid style.

THE VERY HUNGRY CATAPILLAR SHOW

THE LOWRY

FRI 11:00 & 13:30

SAT 11:00 & 13:30

SUN 11:00 & 13:30

Delve into the dizzying, delightful world of Eric Carle's fictional creations. Featuring classic titles such as: Brown Bear, 10 Little Rubber Ducks, The Very Lonely Firefly and of course, the star of the

show, The Very Hungry Caterpillar. Bring your little ones - or don't!

NATIONAL YOUTH DANCE COMPANY

THE LOWRY

SAT 19:30

The National Youth Dance Company performs esteemed, high-quality dance productions, working with 300 young dancers across the country. They will be on tour for a special anniversary year, with guest artistic director Wayne McGregor CBE's vision this year being to celebrate the power and creativity of young people

from all dance styles and backgrounds.

LIVE MUSIC

RYAN ADAMS

MANCHESTER

OPERA HOUSE

SAT 20:00

Multi-Grammy nominated, singer-songwriter Ryan Adams has announced his long-awaited return to the UK where he will play an intimate eight-date solo tour. Known to combine heartbreak angst and brazen rock in his songs, this tour will take a slightly different tack - as an intimate showcase of Ryan's life-long dedication to song-writing.

AVA MAX

O2 RITZ MANCHESTER

FRI 18:00

The 'Sweet but Psycho' singer will kick off the first night of her 2023 tour in Manchester at the O2 Ritz. Expect big vocals, sassy lyrics, glitter, and glam!

CHARLIE CUNNINGHAM

BAND ON THE WALL

MANCHESTER

FRI 19:00

Warm, evocative, melancholic, and intricate. These are only a few words which can be applied to Charlie Cunningham's music. With percussive acoustics and yearning piano sounds, this is a parred-back show that will leave you feeling moved and refreshed.



MORE THINGS TO DO

COMEDY

FROG & BUCKET COMEDY CLUB

FRI 20:00
SAT 16:00 & 20:00

One of the most renowned comedy clubs in the UK, with the popular Barrel of Laughs shows with multiple comedians on Friday and Sunday. On Sunday night it is due to host the award-winning Edinburgh comedians Brennan Reece and Phil Ellis.

THE COMEDY STORE AT THE BIERKELLER MANCHESTER

FRI 20:00

If you fancy some laughs to kick off your marathon weekend, this is a great



THE BABY SHOW

place to start. The Comedy Store is famous for its high-quality acts. Prepare yourself for a night of entertainment, live music, and plenty of laughs from start to finish.

ATTRACTIONS AND FAMILY FUN

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. Don't miss the new major exhibition 'Turn It Up:

The Power of Music', exploring the science of music's mysterious hold over us, as well as 'Power UP!', the ultimate hands-on, interactive gaming experience.

THE BABY SHOW

MANCHESTER CENTRAL
FRI | SAT | SUN

The Baby Show has been a popular destination for expectant and new parents since 2002, but is visiting Manchester for the first time in 2023. It's being hosted at Manchester Central, appropriately named as it's bang in the centre of the city. It's open all across the weekend.

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?

MUSEUM OF TRANSPORT GREATER MANCHESTER

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

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

PEOPLE'S HISTORY MUSEUM

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

A visit to the National Museum of Democracy takes you through the past, present and future of ideas worth fighting for.

CASTLEFIELD VIADUCT

FRI 11:00 - 16:00
SAT 11:00 - 16:00
SUN 11:00 - 16:00

In July 2022, Manchester welcomed the Castlefield Viaduct into its body of urban spaces. Known as Manchester's 'sky park', it was transformed by

the National Trust, from a giant 330 metre steel viaduct into an elevated park with trees, plants and flowers. Visitors can learn about the viaduct's heritage and the city's relationship with parks and trees.

THE FIRST LIGHT PAVILION

Pre-booking required

The First Light Pavilion is a £21.5m development that has been years in the making. The architectural wonder takes the form of a grass-topped dome to cleverly mirror the Lovell telescope, and was created to tell the inspirational stories of Jodrell Bank's world-leading contribution to science, heritage and culture.

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 a new permanent museum display dedicated to the life and legacy of Lily Parr - one of football's first female superstars.

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 circus sensation Gandeys Glitterati tour 2023!

EMIRATES OLD TRAFFORD STADIUM TOUR

Various (booking required)

You can now book a guided tour of the world-famous Emirates Old Trafford, home of cricket in the North-west and Lancashire Cricket since 1864. This great stadium has been home to England and International greats, staged world class events and welcomes 450,000 guests a year.

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.

IMMERSIVE GAMEBOX

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

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

SUNDAY **15TH OCTOBER** 2023



**NEXT TIME
IT'S YOUR
TURN**