



M MANCHESTER
MARATHON

ADIDAS MANCHESTER MARATHON 2024



PARTICIPANT GUIDE

14TH APRIL



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WELCOME

Welcome to the adidas Manchester Marathon – we cannot wait to welcome you to our 2024 event. This guide is packed full of essential information you will need to know before taking on the 26.2 mile challenge.

**HERE'S A
SUMMARY OF
WHERE YOU CAN
GET ALL THE
INFORMATION
YOU NEED**

1 THIS GUIDE



2 EMAILS



3 WEBSITE: NEWS PAGE AND INFORMATION HUB



4 SPECTATOR HUB & WEEKEND GUIDE



5 SOCIAL MEDIA





PACK COLLECTION

SATURDAY 13 APRIL

 **THE HOLIDAY INN, MANCHESTER CITY CENTRE**
10:00AM - 5:00PM

If you live at a UK address, your pack will be posted in advance.

Packs cannot be picked up on event day.

WHO NEEDS TO ATTEND PACK COLLECTION?

- International participants joining us from outside the UK,
- Lost packs. In the unlikely event your pack does not arrive by post you will need to pick up a replacement pack

CAN'T COLLECT YOUR PACK?

If you're unable to collect your pack, someone can collect it on your behalf with your written permission. The registered entrant will also need to show proof of ID on event day to access the start.

YOUR NUMBER EXPLAINED

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. **Your number must be always visible.**

START WAVE

Your start wave is indicated by the colour and description found here

NAME AND NUMBER

Your name so supporters can cheer you on and your unique number



PINS

Don't forget you will need 4 safety pins to secure your bib in place



WHEN TO ARRIVE

The coloured bar at the bottom of your bib correlates to the time you must arrive at the Start Access point for you to make your allocated start time.

ARRIVAL PROCESS

STEP 1 BAG DROP



Lancashire
Cricket Club,
M16 0PX

If you are using bag drop please arrive an additional 30 minutes before your start access time.

- One small bag at bag drop is permitted - e.g. a small rucksack or small sports bag, nothing bigger.
- You will be given a numbered wristband in exchange for your bag, which you must use to collect after the event. The number on it has no relation to your bib number, and you can drop your bag at any section.
- To help keep the process moving please ensure that all your belongings are in your bag before you reach the front of the queue. To avoid possible queues at the Bag Drop we recommend leaving your items with a supporter or at your accommodation.

STEP 2 TOILETS

Please use the toilet before heading to the Start Access Area.

THE START PROCESS

The coloured bar at the bottom of your bib correlates to the time you must arrive at the Start Access point for you to make your allocated start time.

STEP 1 THE START ACCESS AREA

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

STEP 2 START LINE HOLDING AREA

Please wear a top you want to donate to charity to keep you warm - keep wearing this until the end of the start chute where you will see signs to show you where to donate it as you get close to the start gantry - please don't drop it too early!

When your donated pre-loved items are sold in their stores or marketplaces, you help keep products in use for longer making more use of the energy and resources used to make them.

STEP 3 THE START LINE

Your marathon adventure begins!



START WAVES

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

BIB COLOUR	ACCESS TO START PROCESS	START TIME
ELITE WHEELCHAIR		08:55
ELITE		09:00
WHITE	08:05 - 08:15	09:00
RED	08:15 - 08:25	09:10
LIGHT BLUE	08:25 - 08:35	09:20
BRONZE	08:40 - 08:50	09:30
GREEN	08:55 - 09:05	09:40
PURPLE	09:05 - 09:15	09:50
YELLOW	09:15 - 09:25	10:00
DARK BLUE	09:25 - 09:35	10:10
GREY	09:35 - 09:45	10:20
MAROON	09:45 - 09:55	10:30
ORANGE	09:55 - 10:05	10:40
BLACK	10:05 - 10:15	10:50
PINK	10:15 - 10:25	11:00
CYAN	10:25 - 10:35	11:10



RELAYS

Please see the start locations for each member of the 2 person and 4 person relays.



4 PERSON RELAY	2 PERSON RELAY	START LOCATION
RUNNER A	RUNNER A	The official start line in your allocated wave
RUNNER B		56 Bridewater Way (on southside near Cornbrook Rd) M16 9EZ
RUNNER C	RUNNER B	De Quincey Road, WA14 5PH
RUNNER D		St John Divine Church, Brooklands Rd, M33 3PB

NOTE: 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.

Runners **A**, **B** and **C** will collect their medal and t-shirt at the relay changeover point. Runner **D** will collect their medal and t-shirt from the main event finish line.

For more information about relay locations, and bag drop suggestions etc please visit the [RELAY INFORMATION PAGE](#)



HOW TO GET TO THE START

For more detailed information on 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. Recommended tram stations with route crossing points that allow access across the route:

- Old Trafford (1 min walk), ● Trafford Bar (10 min walk)
- Imperial War Museum (20 min walk).

Please do not use the following tram stations as you will not be able to cross the route: Wharfside Way, Exchange Quay, or Pomona. Further Travel information can be found [HERE](#).

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.

PARK AND RIDE



There are over 100 park and ride locations in Greater Manchester. For more information visit Transport for Greater Manchester ([link](#)).

DISABLED PARKING



We offer a limited amount of disabled parking for our participants who require it. It must be booked in advance, with a deadline of **Friday 5 April 2024**. Our team will be happy to help via [EMAIL](#).

PARKING



Manchester United FC (located approx a 20min walk to the event village) has a limited number of car parking places available. 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 - check them here. We advise booking early as it sells out - book [HERE](#). **MUFC parking is operated independently of the event organisers.**

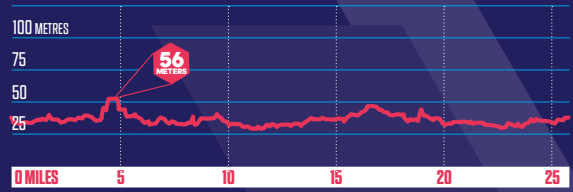
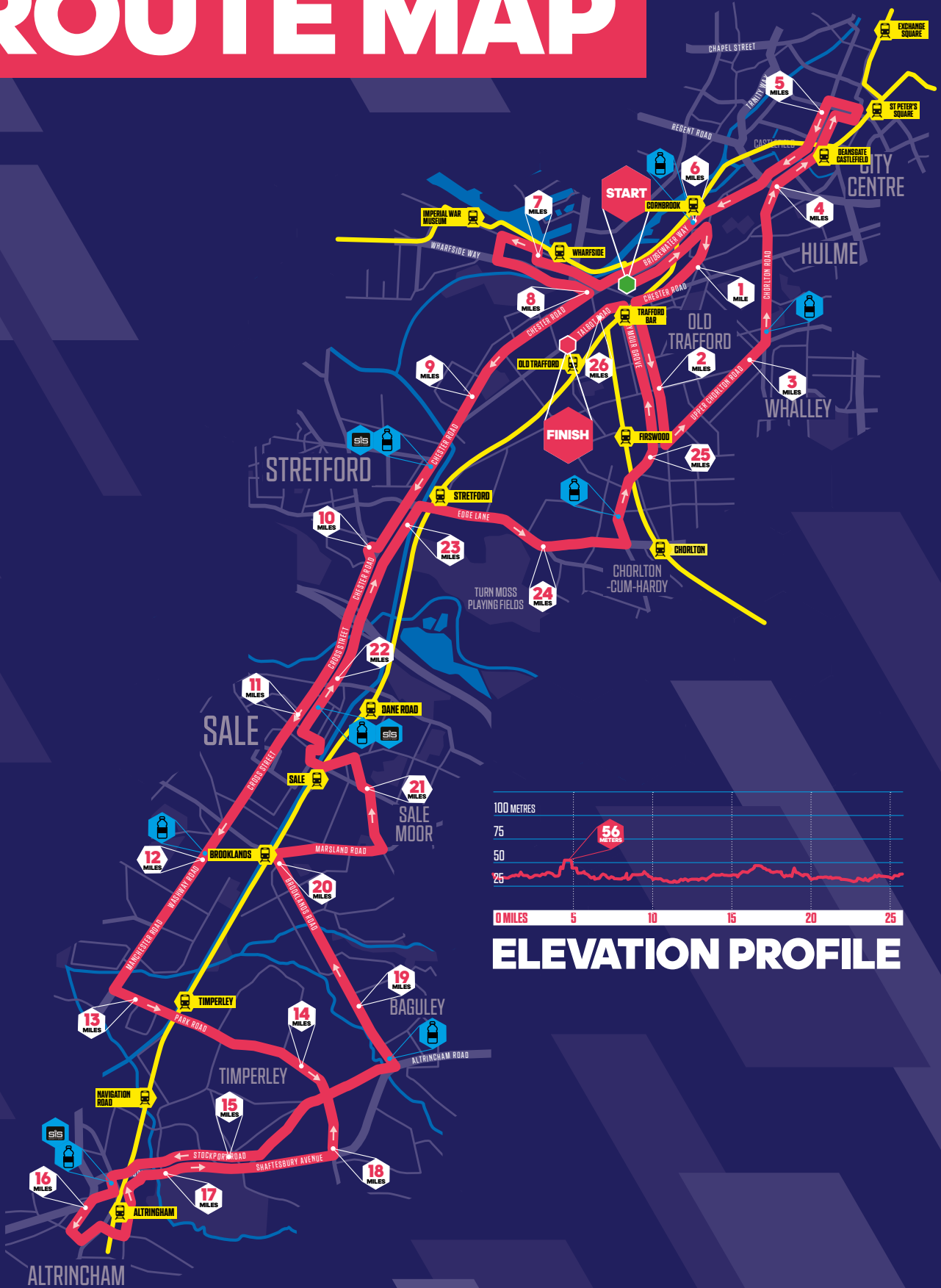
BOOK YOUR STAY WITH STAY 22

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.





ROUTE MAP



ELEVATION PROFILE



ROUTE INFO

DISTANCE AND TIMING



- The adidas Manchester Marathon is UKA certified as an official marathon distance.
- Your official time will be measured by your timing chip, and your time will start when you cross the start line.
- We will have split point timing mats located at 10km, 21km and 30km.

WATER & NUTRITION



- There will be 8 water stations located on the route, and Science In Sport GO Isotonic Energy Gels will be available at some of but not all of the water stations.
- Plan your nutrition & hydration in advance of event day, and ensure you have your preferred nutrition with you. Gels on course will be supplement to your own.
- Water station locations and SIS product information can be found on our website [HERE](#)

DROPPING OUT



- If you've started the event and things don't go to plan and you have to stop we recommend 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 may be quicker for you to use the nearest public transport link.
- If you are much slower than expected or drop out don't forget to let your friends and family know so that they do not worry.

MEDICAL

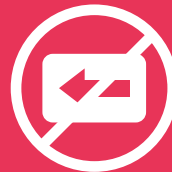


There are regular first aid posts along the course. Event stewards also have the ability to request medical assistance, so please speak to them if you need help. Please list any allergies or any medical information that you didn't give when you entered that might be useful to know on the back of your race bib.

ON COURSE TOILETS

There are toilets located at each water station across the route.

COURSE CUT OFF TIMES



The minimum speed that you must keep to is a 6 hour pace. The finish line will close 6 hours after the last person crosses the start line. Roads are also re-opened in stages. Due to this if you do not keep within the 6-hour pace you will be asked to either get into the sweep bus, or if you want to continue unsupported you can move onto the pavement. This is so that the route infrastructure & signage can be safely removed, and the roads can be cleaned to facilitate the advertised road reopening times.

NO PLANET, NO SPORT!



Only clean water bottles can be recycled, those thrown into hedgerows, gardens and trees cannot. Please look out for the drop zone and target bins after the water stations.

- Remember to run tidy - this includes not dropping gel packets too - let's all have a litter free event.

ROAD SURFACE



Whilst the route is generally flat it is important to note that the road surface on any road by its very nature is not completely even. Please be aware of and look out for tripping hazards as you go, such as:

- Potholes
- Uneven surfaces
- Speed bumps
- Manhole covers
- Cycle lane bollards
- Traffic islands and other structures

UKA RACE RULES



The event is licensed by UKA and their race rules apply, which can be found [HERE](#). Headphones are permitted according to UK Athletics rules and accepted on the course unless you are competing for a prize. If you decide to run with headphones we recommend you only use them in one ear and keep the volume as low as possible so you can remain aware of your surroundings.



ADIDAS 26.2

THE EXCLUSIVE ADIDAS MANCHESTER MARATHON POP-UP SPACE

APRIL 10 - APRIL 13, 2024

@FEEL GOOD CLUB, NQ, M1 2EH

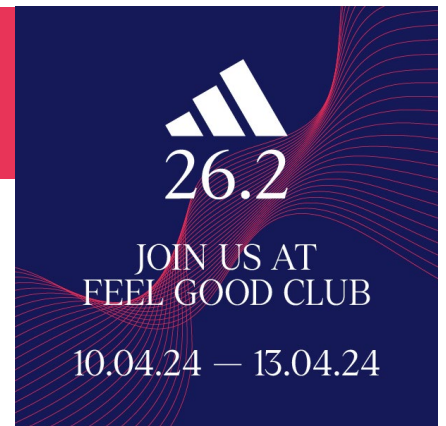
Step into the interactive realm of adidas Running at 26.2, the exclusive adidas Manchester Marathon pop-up.

Be part of the action at the renowned Feel Good Club, located in the heart of the Northern Quarter in Manchester. Explore an array of experiences, from special guest panel discussions, adidas giveaways, to product test and trial sessions. Additionally, enjoy recovery yoga sessions and shake-out runs to help you prepare for the big day. There will also be a customisation station where you can craft personalized race day support

signage. Don't miss out on this incredible opportunity to elevate your Marathon experience! Find out the latest info [HERE](#).

ADIDAS TRAINING RUNS

Make sure you sign up to the adidas Runners UK Strava club to get the latest information on adidas Manchester Marathon training runs in Manchester & London.





FINISH LINE REWARDS

These amazing finish line rewards will be waiting for you as you cross the finish line.



Our partners, including adidas, Erdinger Alkoholfrei, Science in Sport, and our amazing Official Charities, will be located in the Event Village, where you can visit them and enjoy their exciting activities and goodies.

Please, make sure to check packaging for specific allergen information before consuming products. More details can be found [HERE](#).



ULTIMATE MARATHON KIT GUIDE

Adidas have put together a marathon kit guide to get you to the finish line.

FOOTWEAR FOR YOU

BEGINNER

SUPERNOVA RISE

**SUPER COMFORT.
SUPERNOVA.**

Dreamstrike+ midsole cushions every landing.

MENS

WOMENS



RETURNER

ADIZERO BOSTON 12

CAPABLE MID-TO LONG-DISTANCE RUNNING SHOES.

Propulsive feel that comes from the glass-fibre infused ENERGYRODS 2.0, which limit energy loss underfoot.

MENS

WOMENS



CHASER

ADIZERO ADIOS PRO3

LIGHTWEIGHT DISTANCE RUNNING SHOES.

Carbon-infused ENERGYRODS provide lightweight stiffness for a snappy, efficient stride.

MENS

WOMENS





CLOTHING & ACCESSORIES TO GET YOU MARATHON READY



ADIZERO RUNNING JACKET

A breathable wind-resistant jacket made with recycled materials.

MENS

WOMENS



ADIZERO SPLIT SHORT

Superlight running split shorts made in part with recycled materials.

MENS

WOMENS



RUNNING TIGHTS

Leggings for speed and distance made in part with recycled materials.

MENS

WOMENS

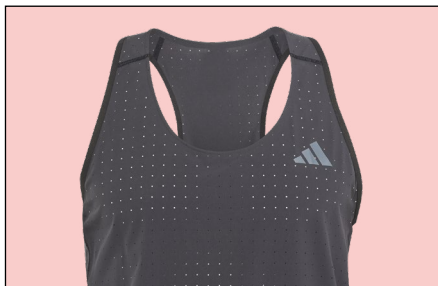


ADIZERO TEE

A tee for training and event day, made with recycled materials.

MENS

WOMENS



ADIZERO SINGLET OR TANK

A featherlight running top made in part with recycled materials.

MENS

WOMENS



LONG SLEEVE

A light, long sleeve running tee made in part with recycled materials.

MENS

WOMENS



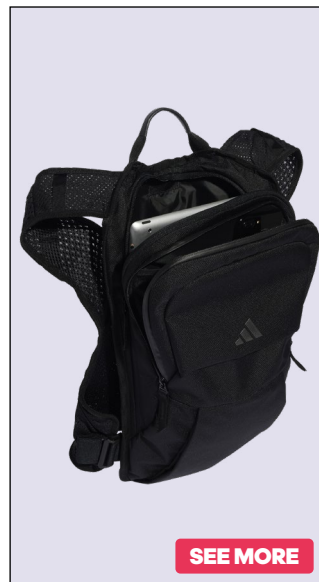
[SEE MORE](#)

POWERREACT TRAINING BRA



[SEE MORE](#)

RUNXADIZERO SOCKS



[SEE MORE](#)

KIT BAG



[SEE MORE](#)

RUNXAZ CAP



[SEE MORE](#)

RUNNING BELT



[SEE MORE](#)

PHONE HOLDER



MERCHANDISE

Check out our latest merchandise range featuring a new design for 2024. Our best-selling finisher hoodie is back. These are quality mementos that are perfect for everything from countryside walks to chilly offices.



**PRE-
ORDER
YOURS
NOW**

**ORDER
IN ADVANCE
AND SAVE
£5**



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. You can find out more about the measures we are putting into place on our website.

GREEN RUNNER

We are delighted to announce the return of the Green Runner

team, an environmental initiative launched in 2022. When entering the adidas Manchester Marathon you had the option to enter as a Green Runner, an eco-friendly option where you can forgo your finisher t-shirt and/or medal (we have two different Green Runner options) in favour of donating to support this year's beneficiary, **MANCHESTER CITY OF TREES**. This year, we're well set to donate over 500 trees thanks to our growing Green Runner team!

VOLUNTEERS



If someone wants the buzz of the event without doing the 26.2 miles 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.



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 for their help in making our event possible. Our amazing event team and volunteers, Trafford & Manchester City Councils, TfGM, Greater Manchester Police, Local Communities, Supporters, Charities, Local Services and our wonderful Partners.



SUNDAY **13TH OCTOBER** 2024



**TAKE PART IN
MANCHESTER'S
BIGGEST HALF**

**SIGN UP FOR PRIORITY
ACCESS TODAY**

**YOUR RITUAL
AFTER
SPORT.**



ERDINGER
ALKOHOLFREI

**ISOTONIC
REDUCED CALORIES
CONTAINS VITAMINS**

FUELLING 26.2 MILES

Every runner needs fuel to conquer a Marathon.
Purchase your perfect marathon fuel with
SIS GO Isotonic Energy Gels to ensure you feel and
perform your best on event day. Enjoy an exclusive 10% off
your order.

22g carbohydrate per gel

Light, compact, and
easy-to-carry

Replaces depleted
glycogen stores

Isotonic formula,
so no need for
water or fluids

Easily & quickly
absorbed by the
stomach, providing
energy fast



10% OFF WITH CODE: SISMM

Practice your marathon nutrition strategy during
training, so by the time you hit the start line, your
body will have adapted to digest on the go.



Out of breath. Full of pride.

Go team Alzheimer's Society!

Thank you to all of our amazing runners taking part in the **adidas Manchester Marathon**.

Every step you take is one closer to leading dementia research breakthroughs. So get out there, find your stride, and feel full of pride for helping everyone living with dementia.

Join Alzheimer's Society at the start line of your next race and together, we can stop dementia devastating lives.

Search '**Alzheimer's Society Running**' to choose your challenge.

 **Alzheimer's Society**

alzheimers.org.uk/running


**Alzheimer's
Society**

 **B 17511**

EVENT EMERGENCY NUMBER - 020 5144 1000



British Heart
Foundation



Thank you!

For taking part in the 2024
adidas Manchester Marathon

Every donation you make to British Heart Foundation (BHF) helps us fund lifesaving research, giving hope to people affected by heart and circulatory diseases.

Want to run with Team BHF? Scan the
QR code or visit
bhf.org.uk/manchestermarathon



THANK YOU TEAM CHRISTIE

Thank you to all of our 2024 adidas Manchester Marathon runners for all of your efforts in helping to raise vital funds for cancer patients across the North West and beyond.

**Good luck on
Sunday 14 April!**



**Join The Christie
against cancer**

**If you'd like to run for #TeamChristie
in future events, please visit our website.**

Visit [christies.org/events](https://www.christies.org/events)

Call 0161 446 3400

Email events@christies.org





Thank
you

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 are beating 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



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 2023



Together we are
beating cancer