



**M** MANCHESTER  
MARATHON

# ADIDAS MANCHESTER MARATHON 2024



## SUPPORTER AND WEEKEND GUIDE

FRIDAY 12 – SUNDAY 14 APRIL



# WELCOME

**S**pectating at the adidas Manchester Marathon 2024? You'll be joining 125,000 supporters who will cheer over 32,000 participants along the electric route. You can use our [Supporter Hub](#) page to find out the best places to watch participants, including walking maps of areas on the route. Discover activities and tips on making the most out of your weekend in this digital magazine, starting with the basics: the Dos and Don'ts of marathon support!

**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. 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 and has an incredible atmosphere.

**DO** make sure you know your participant's estimated start time as these vary significantly, also ask them their estimated pace as both of these 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.

**DON'T** forget to wear comfortable shoes and bring an umbrella (hello April showers). You should dress for comfort and make sure your clothes are weather-appropriate.

**DO** agree to a clear and specific location to meet your participant after they have finished. We encourage you not to come to the finish line as it is likely to be very congested and will be closed if it gets too busy. See if you can decide on somewhere away from the finish line and Event Village.

**DON'T** miss the exclusive [adidas 26.2](#) pop-up space at Feel Good Club, which includes a customisation station where you can craft personalised event day support signage.

**DO** share pictures and videos on social media using [#ManchesterMarathon](#) and tagging us so that we can reshare your pictures.

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.



# HOW TO FOLLOW THE ACTION



**W**hether you'll join the 125,000 supporters on the route or cheer on participants from home, there are plenty of ways to experience the action this year.

## COME ALONG

You'll have an unforgettable experience spectating on the route, and we've made it easy for you to navigate your way around with our handy [spectator maps](#). You can pitch up in one area or travel to multiple spots via tram.

## FINISH LINE LIVE STREAM

A live video stream of the finish line will be available to watch on the website and our adidas Manchester Marathon YouTube channel [HERE](#). The camera will remain live at the finish line with a wide view showing every finisher as they cross the finish line. This is a chance to look out for people you might know.

## 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, allowing you to 'follow' them from home or find them during the day.

## SOCIAL MEDIA

The official adidas Manchester Marathon social media accounts will be updating you throughout the weekend with the latest pictures, videos and news. If you have a special message, an awesome video, or picture you would like to share, use hashtag [#ManchesterMarathon](#) and our team will show as many as possible throughout the weekend.



## MANCHESTER CITY CENTRE

4 - 6 MILES

The city centre section has quickly become one of the highlights of the route. It's the perfect first stop of the day to get into the adidas Manchester Marathon spirit. In the Deansgate area, there will be live music, an MC and the Buzzin' Fly By screen to motivate participants. The city centre also has a plethora of food and shopping options and you can easily nip out to other sections of the route via tram.

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

## SALE

11 & 22 MILES

Sale is a friendly community full of lively local support and green spaces. Runners pass through Sale at 11 miles and come back over the Bridgewater Canal and past the Town Hall after 21 miles. There are also lots of places to eat and drink around the Waterside and on Northenden Road, making Sale a great base to watch runners head out and back on the course.

**NEAREST TRAM: SALE**

## CHORLTON CUM HARDY

24-25 MILES

Chorlton-cum-Hardy is just before the finish line and the atmosphere will be truly electric here on event day. Wilbraham Road and Manchester Road are full of great places to grab a bite to eat, and the nearby Chorlton tram stop makes it easy to get to. You can also head to Seymour Grove to experience the epic 'Wall of Sound' just before the finish line.

**NEAREST TRAM: CHORLTON**

## TIMPERLEY VILLAGE

14.5 & 18.5 MILES

The tight-knit community in Timperley Village is one of the finest foodie hotspots in the North. There are plenty of cafes including an indoor market every Sunday. There are also traditional Northern pubs and green spaces if you fancy a bit of a breather.

**NEAREST TRAM: TIMPERLEY**

## ALTRINCHAM

16-17 MILES

Altrincham is the southernmost point on the course where the runners turn between 16 and 17 miles. It is a spectator favourite and has a great variety of eating places around the Stamford Quarter and Altrincham Market. Take the tram, which will drop you right in the middle of the loop where you can enjoy the entertainment from DJ's, bands and choirs.

**NEAREST TRAM: ALTRINCHAM**



# WHERE TO WATCH IN PERSON



# RUNNER LOCATION UPDATES

**T**he 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:

## **PREDICTIVE TRACKING**

A feature on our website will track each participant'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](https://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 WhatsApp and Strava 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**

Our handy text message service alerts a chosen supporter when a participant is not far from the finish line. This will allow them to ensure that they are watching the live stream video ready to watch their participants epic achievement as they cross the finish line.

For more information, including how to sign-up for the service, head to the official adidas [Manchester Marathon website](https://ManchesterMarathon.com). This needs to be registered in advance to ensure the correct person gets the message at the event.



# ADIDAS 26.2

## THE EXCLUSIVE ADIDAS MANCHESTER MARATHON POP-UP SPACE



APRIL 10 - APRIL 13, 2024  
@ FEEL GOOD CLUB,  
NQ, MI 2EH

**S**tep 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. There will also be a customisation station

 26.2

JOIN US AT  
FEEL GOOD CLUB

10.04.24 - 13.04.24

where you can craft personalised race day signage to support your friends and family. Don't miss out on this incredible opportunity to elevate your Marathon weekend experience! Find out the latest info [HERE](#).





# WHERE TO EAT



FAT PAT'S

Manchester is characterised for its warmth and sense of community, but it's also a foodie-haven and home of some of the best nightlife in the UK. Whether you're looking to carb-up the day 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.



Manchester Food Drink Festival Awards **WINNER**   
Manchester Food Drink Festival Awards **RUNNER UP** 

## EASY-GOING EATS GREENS

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

### LILY'S DELI

This vegan and vegetarian Indian deli is perfect for lunch on the go. Lily's serves up mouthwatering vegan curries; cups of masala chai; and homemade snacks like samosas and traditional sweets.

### ORNELLA'S KITCHEN

This authentic Italian eatery is a hidden gem in the city. It also won the Affordable Eats Venue of the Year category for the MFDF.

### OSMA

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

### HIGHER GROUND

This bistro and bar focuses on seasonality

within the North-West using produce from local suppliers. The eclectic menu currently features delights such as bone-in pork loin and brown crab tart.

### FAT PAT'S

Fat Pat's doesn't scrimp on portion sizes. Serving up seriously loaded subs, the takeaway joint is changing the sandwich game in Manchester. It also won the Food Trader of the Year award at the MFDF 2024.

### PIEMINISTER

Who doesn't love a hearty plate of pie and mash? Pieminister serves up both traditional pie favourites and those with a twist, such as the amazing 'Tikka To Ride' as well as vegetarian options.

### STRETFORD CANTEEN

As the winner of the MFDF Neighbourhood Venue of the Year, Stretford Canteen continues to attract rave reviews for its simple yet exceptional French bistro style menu.

### BUNDOBUST

With a retro Bollywood interior, Bundo fuses northern produce with Gujarati street food. It also won the Plant Based Offering of the Year Award at the MFDF 2024.

### THE UGLY DUCKLING

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

## THE BEST BARS

Fancy something a bit livelier to get stuck into - perhaps a post-half-marathon party? Look no further than the following establishments...

### ALBERT'S SCHLOSS

One of our favourite Bavarian-inspired party restaurants with a DJ and a network of beer pipes 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!

### THE JANE EYRE

This neighbourhood bar in Chorlton serves up classic cocktails, interesting wines, local beers and small plates. Why not also treat yourself to dessert? We love the sticky toffee pud at the moment!

### BLINKER

Influenced by British seasonality, the menu at this ambient cocktail bar changes monthly. You can also get truffle crisps and toasties delivered to your table - luxury!

### THE LIQUOR STORE

The Liquor Store is no ordinary establishment. Known for its music, energy and hospitality, any Mancunian reveller will tell you that The Liquor Store knows how to throw a wicked party.



JAMES BLUNT



# THEATRE, MUSIC AND COMEDY

## THEATER

### OLIVER!

**HOPE MILL THEATRE**

**SAT 14:30 SUN 15:00**

Bringing Charles Dickens' beloved novel to life, Lionel Bart's Oliver! takes audiences on a wild adventure through Victorian England.

### GEOFF NORCOTT:

**BASIC BLOKE**

**WATERSIDE ARTS**

**FRI 20:00 SAT**

On his sixth UK tour, Geoff Norcott is trying to make sense of the current cultural and political scene with his playfully provocative brand of humour. Geoff is trying to unpick

what's happening with your average bloke. Remember them?

### THE MOUSETRAP

**THE LOWRY**

**SAT 19:30**

Agatha Christie's The Mousetrap is the world's longest-running play. This thrilling production is the genre-defining murder mystery from the best-selling novelist of all time... case closed!

### A TASTE OF HONEY

**ROYAL EXCHANGE**

**THEATRE**

**FRI 19:30**

**SAT 14:30 & 19:30**

Shelagh Delaney's iconic play is a sharply observed portrait of working-class life in Salford in the late 1950s.

It is a stunning portrayal of the complex bond between a mother and daughter.

## LIVE MUSIC

### PALOMA FAITH THE BRIDGEWATER HALL

**FRI 19:00**

Paloma Faith is back with new music and a tour after a 3 year break from music. She'll be performing on 12th April in Manchester ahead of her upcoming album 'The Glorification of Sadness'.

### JAMES BLUNT

**AO ARENA**

**FRI 20:00**

Singer-songwriter James Blunt will be

coming to Manchester's AO Arena as part of a huge 12-date UK tour. The 'You're Beautiful' singer will perform in Manchester on Friday, April 12, 2024.

### THE ZUTONS

**NEW CENTURY HALL**

**SAT 19:00**

Indie band The Zutons have announced their first tour in nine years. They'll be playing their debut album Who Killed... The Zutons? in full, to mark the album's 15th anniversary this April.

### SEB LOWE

**O2 RITZ**

**FRI 19:00**

Oldham's fast-rising indie star, Seb Lowe has a clever knack for combining perfect indie-pop with razor-sharp sights on the state of the world.

## 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 Saturday.

### 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 place to start. Prepare yourself for a night of entertainment, live music, and plenty of belly laughs, with comedian Funmbi Omotaho appearing on both nights.





# ATTRACTIONS AND FAMILY FUN



**GANDYS CIRCUS**

## **SCIENCE & INDUSTRY MUSEUM**

**FRI - SUN  
10:00 - 17:00**

Discover Manchester's rich legacy at this awesome museum. Play your way through the very best video games from the past five decades with a ticket to 'Power Up' or check out the 'Operation Ouch! Food, Poo and You' exhibition.

## **MANCHESTER OPEN EXHIBITION 2024 MANCHESTER CENTRAL**

**SAT 12:00 - 20:00  
SUN 12:00 - 18:00**

Taking place every two years, the Open Exhibition is the biggest celebration of Greater Manchester's creative talent. Open to all, the exhibition brings together artwork including paintings, prints, photography, sculpture, ceramics and more.

## **STEPHEN HAWKINGS AT WORK**

**FRI - SUN  
10:00 - 17:00**

Explore incredible objects from Professor Stephen Hawking's office in this special new display. Highlights include a rare copy of Hawking's PhD thesis and an invitation to the time travellers' party Hawking hosted...



**STEPHEN HAWKINGS AT WORK**

## **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?

## **CASTLEFIELD VIADUCT**

**FRI - SUN  
11:00 - 16:00**

Known as Manchester's 'sky park', Castlefield Viaduct was transformed from a giant 330 metre steel viaduct into an elevated park with trees, plants and flowers. Visitors can learn more about the city's relationship with parks and trees.

## **THE FIRST LIGHT PAVILLION**

**PRE-BOOKING REQUIRED**

The First Light Pavillion reveals the fascinating history behind one of the world's leading radio astronomy observatories and the UK's newest UNESCO World Heritage Site. It takes the form of a grass-topped dome to cleverly mirror the Lovell telescope.

## **MUSEUM OF TRANSPORT GREATER MANCHESTER**

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

## **NATIONAL FOOTBALL MUSEUM**

**FRI - SUN  
10:00 - 17:00**

Football based interactive fun for all the family. Check out the 'Batteries Not Included' exhibition - a hands-on history of football toys and games

## **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.

## **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, as well as restaurants and a 20-screen ODEON cinema. You can let the Gandey's Circus Spectacular entertain you until 14th April.

SUNDAY **13TH OCTOBER** 2024



# TAKE PART IN MANCHESTER'S BIGGEST HALF

**SIGN UP FOR PRIORITY  
ACCESS TODAY**