



**M** MANCHESTER  
MARATHON

# ADIDAS MANCHESTER MARATHON 2025



## PARTICIPANT GUIDE

27TH APRIL



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# WELCOME

Welcome to the adidas Manchester Marathon – we cannot wait to welcome you to our 2025 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



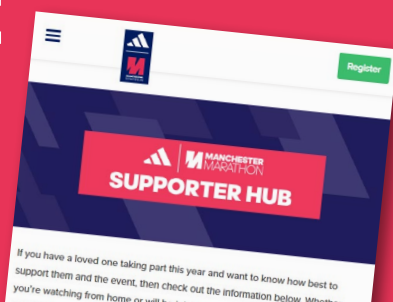
## 2 EMAILS



## 3 WEBSITE: NEWS PAGE AND INFORMATION HUB



## 4 SPECTATOR HUB & WEEKEND GUIDE



## 5 SOCIAL MEDIA





# EVENT PACKS

UK participants will receive their event packs by post until 25th April. International participants, those opting for collection, and anyone needing a replacement pack can collect theirs on the Friday and Saturday before the event.

**WHEN: FRIDAY 25TH & SAT 26TH APRIL**

Find out more on our dedicated webpage [HERE](#).

**WHERE: THE IMPOSSIBLE MANCHESTER, 36 PETER ST, MANCHESTER. M2 5QR.**

## YOUR NUMBER

### START AREA

Your start wave is indicated by the colour on your bib. Should you wish to run with someone in a different wave, you'll need to drop back to the later of the two. Sorry, you cannot move to an earlier wave.

### FINISHER T-SHIRT TAG

Keep this tear away tag attached to your bib until after you have crossed the finish line where you will exchange it for your finisher T-shirt.

### TIMING CHIP

Your timing chip must never be bent or damaged. It ensures that your time is recorded correctly and you receive an official result.



### EMERGENCY CONTACT DETAILS

For your safety, it is essential to complete your emergency contact details before event day.



# GETTING TO THE START



to arrive at **Wharfside** or **Exchange Quay** stations, this is due to the need to cross the route if you use Old Trafford or Trafford Bar after this time.

For ease see the table on the **next page** which shows which suggested station to use based on your start access time.

The trams will be extremely busy. Please make sure that you check your journey in advance and leave plenty of time for possible queuing.

For service updates across the weekend visit the [Metrolink website](#).

Via this same link you can also find further information about ticket prices, tram frequency and anything else you may need to know.

Please note for your arrival planning / timings - that all participants must access the Start Area from the E2 Car Park at Old Trafford to go through the correct start process, even if you arrive 'run ready' with no need to use the Bag Drop. The toilets are also located in this start access area.

## METROLINK TRAMS

### ARRIVALS PRIOR TO 9AM

For those that are planning to arrive prior to 9am we would advise you to arrive at **Old Trafford** and take a 10 minute walk up to the new start assembly area (bag drop, toilets and start access area) outside Manchester United's Old Trafford ground.

### ARRIVALS AFTER 9AM

Those planning to arrive after 9am we would advise you

For more detailed information on getting to the event, head to our travel page [HERE](#).



# GETTING TO THE START

To avoid delays, do not travel to Old Trafford or Trafford Bar after 8:45am, as access to the Start Area is limited and requires crossing the active route.

<b>WAVE COLOUR</b>	<b>BEST STOP(S) TO USE IF USING BAG DROP</b>	<b>BEST STOP(S) TO USE IF NOT USING BAG DROP</b>
<b>WHITE</b>	<b>OLD TRAFFORD</b>	<b>OLD TRAFFORD</b>
<b>RED</b>		
<b>BLUE</b>		
<b>BRONZE</b>		
<b>LIGHT GREEN</b>		
<b>PURPLE</b>		
<b>YELLOW</b>		
<b>NAVY</b>		
<b>GREY</b>		
<b>MAROON</b>		
<b>ORANGE</b>	<b>WHARFSIDE OR EXCHANGE QUAY</b>	
<b>BLACK</b>		
<b>PINK</b>		
<b>CYAN</b>		
<b>DARK GREEN</b>		
<b>CORAL</b>		



# GETTING TO THE START

## 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 & RIDE

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

## PARKING

Please remember the start and finish locations are now separate. The finish is now on Oxford Road.

### NEAR THE START

Manchester United FC has limited

parking – this must be pre-booked; no payment is possible on the day. Ensure that you check the event road closures [HERE](#) to plan your route as you can only approach the car from one direction. You can book and see the parking maps [HERE](#).

- MUFC parking is operated independently of the event organisers.

### NEAR THE FINISH

There are several car parks in the city centre where you can park and get the Metrolink to the start line. You can find some possible parking options, including disabled parking options linked on our Travel Page [HERE](#).

Please **DO NOT** park in the NHS public car parks at the Manchester Royal Infirmary hospital site - these are for and should only be used by those visiting or using the hospital.

## 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.





# WHEN TO ARRIVE

**IF USING BAG DROP, PLEASE ARRIVE 45 MINUTES BEFORE YOUR ALLOCATED TIME TO ACCESS THE START PROCESS.**

<b>BIB COLOUR</b>	<b>ACCESS TO START PROCESS</b> <small>Please ensure you've used the facilities and dropped off your bag before this time</small>	<b>START TIME</b>
<b>ELITE</b>		<b>09:00</b>
<b>WHITE</b>	<b>08:05 - 08:15</b>	<b>09:00</b>
<b>RED</b>	<b>08:15 - 08:25</b>	<b>09:10</b>
<b>BLUE</b>	<b>08:25 - 08:35</b>	<b>09:20</b>
<b>BRONZE</b>	<b>08:40 - 08:50</b>	<b>09:30</b>
<b>LIGHT GREEN</b>	<b>08:55 - 09:05</b>	<b>09:40</b>
<b>PURPLE</b>	<b>09:05 - 09:15</b>	<b>09:50</b>
<b>YELLOW</b>	<b>09:15 - 09:25</b>	<b>10:00</b>
<b>NAVY</b>	<b>09:25 - 09:35</b>	<b>10:10</b>
<b>GREY</b>	<b>09:35 - 09:45</b>	<b>10:20</b>
<b>MAROON</b>	<b>09:45 - 09:55</b>	<b>10:30</b>
<b>ORANGE</b>	<b>09:55 - 10:05</b>	<b>10:40</b>
<b>BLACK</b>	<b>10:05 - 10:15</b>	<b>10:50</b>
<b>PINK</b>	<b>10:15 - 10:25</b>	<b>11:00</b>
<b>CYAN</b>	<b>10:25 - 10:35</b>	<b>11:10</b>
<b>DARK GREEN</b>	<b>10:35 - 10:45</b>	<b>11:20</b>
<b>CORAL</b>	<b>10:45 - 10:55</b>	<b>11:30</b>





# BAG DROP INFORMATION

If you are using bag drop please arrive 45 minutes before the time that you are required to enter the start process. Here are some answers to common bag drop questions:

## WHERE IS BAG DROP LOCATED?

The bag drop is situated near the front of the Manchester United Football Club stadium, on Wharfside Way approximately a 5 minute walk from the start access area.

## HOW MANY & WHAT TYPE OF BAG CAN I LEAVE AT BAG DROP?

Participants are permitted to drop one small bag (small backpack or sports bag).  
**NOTE:** This bag must be able to fit inside our waterproof bags which are 55cm by 45cm

## HOW DOES THE BAG DROP PROCESS WORK?

**Arrival:** Participants needing bag drop will be directed to the designated area.

**Waterproof Bag Collection:** Volunteers will hand out bags, please place your belongings inside and tightly close the bag.

**Drop-Off:** Proceed to your wave's assigned lorry (each wave has at least two lorries). Choose any section (A, B, or C) and join the shortest queue.

**Identification:** You will receive a wristband matching your lorry and bay. A corresponding tag will be attached to your bag.

**Storage:** Volunteers will load bags onto the lorry for transport to the finish line.

## HOW DO I COLLECT MY BAG AFTER THE EVENT?

**Finish Line Flow:** After finishing, proceed through the handout area.

**Bag Collection:** At Oxford Rd & Booth St junction:

Dropped a bag? Follow the signs and turn left.

No bag drop? Follow the signs and turn right.

**Collection:** Locate the same lorry you dropped your bag at. Present your wristband to the volunteers who will get your bag for you.

## BAG DROP TIPS

Ensure all your belongings are in your bag before reaching the front of the queue - and also that you have tied up the bag tight. Why not bring along a supporter and leave your bag with them or leave it at your accommodation, and that way you avoid any queues. For more information on the Bag Drop please visit our dedicated webpage [HERE](#).



# HOW TO ACCESS THE START



## STEP 1

Enter the NEW Start Access Area

## STEP 2

Start Line Holding Area. Please wear the top you would like to donate to charity until you see signs that show you where to donate these items.

## STEP 3

It's go time! Your marathon journey begins



# ROUTE MAP



## ACTIVITY POINTS

- A** BEN WILLIAMS & OLIVIA DEANE
  - B** PAUL AND HANNAH BY THE WAY PLUS ELLIS DAVIES
  - C** STRETTFORD PUBLIC HALL DJ & CHEER TEAM
  - D** SUCO SAMBA
  - E** DAVE BRADLEY UNDERGROUND KOLLECTIV
  - F** SALE SALVATION ARMY BAND
  - G** ROCK CHOIR
  - H** BEAT N TRAK
  - I**
  - J**
  - K**
  - L**
  - M**
  - N** BOWDON RUGBY CLUB MALE VOICE CHOIR
  - O** WALL OF SOUND
  - P**
  - Q** CHESHIRE POP CHOIR
  - R** COMPACT DISCO
  - S** HANNAH ASHCROFT AND ADAM SMIKLE
  - T** SINGSPACE MUSICAL THEATRE CHOIR
  - U** WOODSTOCK DJ
  - V** THE LITTLE BELTERS & ABSOLUTE BELTERS CHOIRS
  - W**
  - X** WALL OF SOUND
  - Y** SCREEN
  - Z** WALL OF SOUND
- 
- ADIDAS & MADE RUNNING CHEER POINT
  - ALZHEIMER'S SOCIETY CHEER POINT PLUS ON STEEL BAND
  - BRITISH HEART FOUNDATION VOLUNTEERS CHEER POINT
  - CANCER RESEARCH UK FOOTBALL THEMED CHEER POINT
  - THE CHRISTIE & THE PERCUSSION DRUM STEEL BAND
  - HIGH5 CHEER POINT
  - SPORTS DIRECT



# ROUTE INFORMATION

## 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, 15km, 21km 30km, 35km and 38km (2 miles to go)

● We will have kilometre markers as well as mile markers along the course.

## WATER & NUTRITION



● There will be 8 water stations on the route, and HIGH5 energy gels will be available at some 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 HIGH5 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 to the Finish area.

● There is a sweeper bus following at the back of the final wave 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 can also 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 event bib.

## ON COURSE TOILETS

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

## COURSE CUT OFF TIMES

● As with all major running events, there is a cut off time for the adidas Manchester Marathon.

● The adidas Manchester Marathon has a 6 hour completion time, which is around a 13.5 minute mile / 8.5 minute kilometre pace. Roads will be reopened in stages, so you'll need to maintain this pace throughout.

● A sweep coach will follow at the back of the pack and, if you fall behind, you may be asked to board. If you choose not to, you'll need to move to the pavement to allow us to safely clear the roads to reopen them on time.

● Please note, if you continue on the pavements, event signage, drink stations, and medical support will be removed, and you'll be proceeding at your own risk.



## NO PLANET, NO SPORT!

Only clean, empty water bottles can be recycled – not those discarded in hedgerows or trees. Look out for the drop zones and target bins after water stations. Please drink, drain, and drop responsibly in the bins provided. Also, remember to dispose of gel packets in the bins at discard zones after each water station, where they'll be recycled. Please do not throw them on the floor as they are a hazard to other participants and can cause litter.



## 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 always remain 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 UKA-licensed, and their race rules apply, which can be found [HERE](#). Headphones are allowed unless competing for a prize. If you use them, we recommend keeping the volume low and using only one ear to stay aware of your surroundings.



# FINISH LINE REWARDS

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



## OUR PARTNERS

Our partners, including adidas, ERDINGER Alkoholfrei, HIGH5, and our amazing Official Charities, will be located near the finish line. Please, make sure to check the packaging for specific allergen information before consuming products. More details can be found [HERE](#).

## OFFICIAL EVENT PHOTOGRAPHS BY SPORTOGRAF

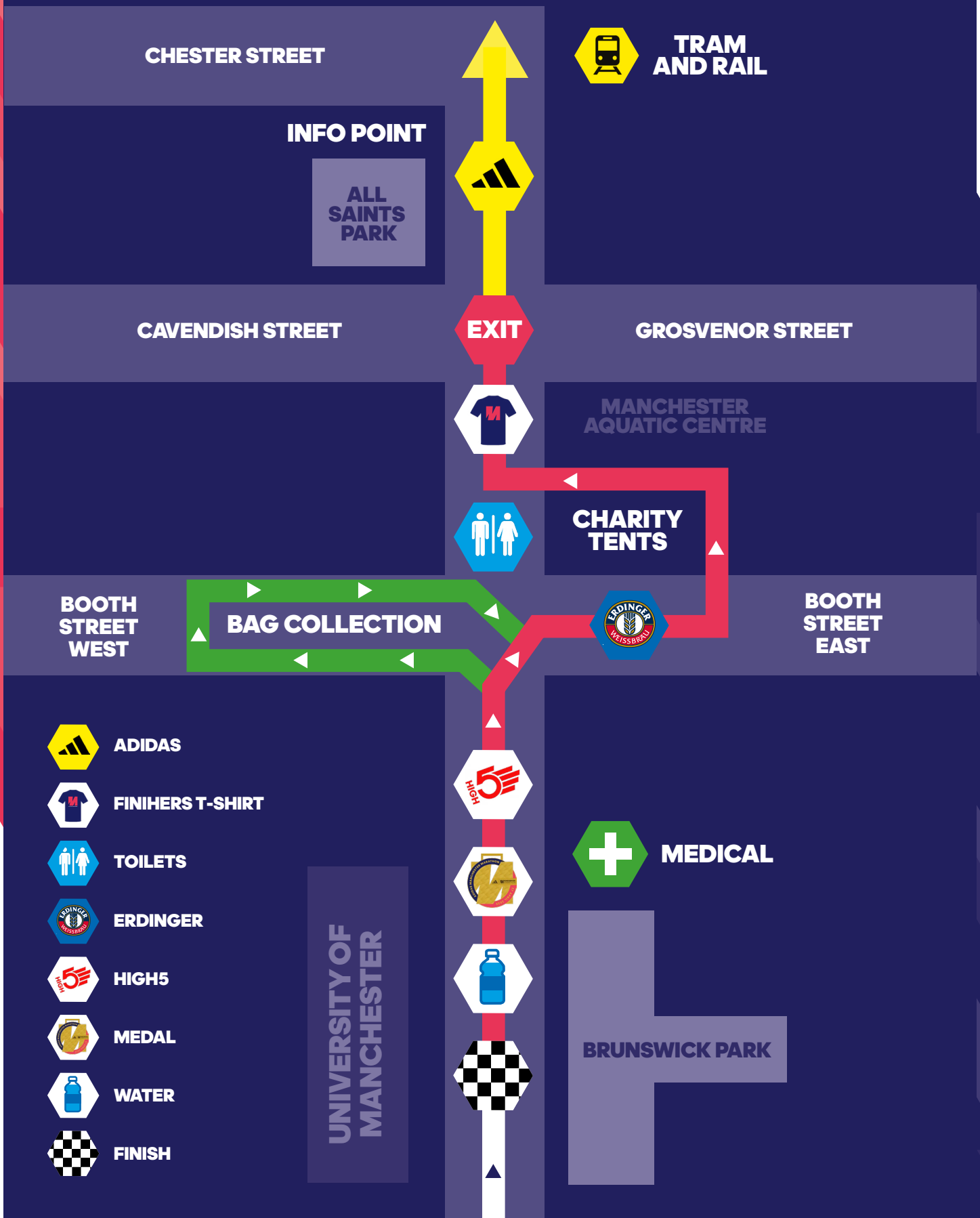
We're delighted to have our Official Event Photography Partner, Sportograf, with us at this year's adidas Manchester Marathon. Keep your eyes peeled and smile for the cameras along the route.

Sign up [HERE](#) to be notified directly of when your Official Photos are available. You will be able to purchase your Official Photos for £34 once these are live.





# BAG COLLECTION & EXIT



ADIDAS



FINIHERS T-SHIRT



TOILETS



ERDINGER



HIGH5



MEDAL



WATER



FINISH



# OFFICIAL MERCHANDISE BY ADIDAS

Show your support for the adidas Manchester Marathon with our official adidas collection. Designed to keep you comfortable, dry and motivated. The range includes jackets, hoodies, tees and singlets. Whether you're tackling a long training run or the marathon itself, our adidas collection will help you push your limits.

Products purchased before 31 March will be dispatched after 1st April. Pre order yours now.

**PRE  
ORDER**





# ADIZERO: FOR THE FAST

## THE EXCLUSIVE MANCHESTER MARATHON POP-UP SPACE

**APRIL 24TH - APRIL 27TH**

**@ IMPOSSIBLE, 36 PETER ST. M2 5QR.**

At adidas we believe that through sport we have the power to change lives, and we look forward to celebrating all your hard work in Manchester come the 27th of April. Watch out for the Adizero: For the Fast pop-up located at Impossible Manchester, 36 Peter St M2 5QR, open from 24th to the 27th April. You can expect energising shake-out runs, exclusive product ranges, engaging panel discussions with expert runners, and a variety of other exciting activities to help you prepare for race day. Whether you're fine-tuning your training or seeking

inspiration, the Adizero: For the Fast pop-up is your go-to spot. Don't miss out on the perfect opportunity to get race-ready and connect with fellow runners! Don't forget to sign up to adiClub to unlock exclusive rewards and experiences. Find out the latest information [HERE](#).

### ADIDAS TRAINING RUNS

Sign up to adidas Runners UK Strava Club to be the first to know about training meet ups in Manchester & London.







# 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 [HERE](#).

## GREEN RUNNER

We are delighted to confirm 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 those that chose it signed up to forgo their finisher t-shirt and/or medal (we have two different Green Runner options) in favour of donating to support this year's beneficiary, City Of Trees. This year, we're well set to donate over 500 trees thanks to our growing Green Runner team!

## HOW YOU CAN HELP

**Start:** Discard clothing only in the signed drop zone, volunteers will collect and donate it. Items left earlier may not be recycled.

**Route:** Empty bottles before binning them at drinks stations for recycling. Use gel wrapper bins to prevent hazards, collected wrappers will be recycled.

**Finish:** Place bottles and cans in respective recycling bins. Other waste should go in general bins to avoid contamination and maximise recycling.



Bag Drop bags (90% sugarcane) can be reused. If in good condition, return them to a volunteer for reuse at next year's event.



# MAKE YOUR MARATHON CHALLENGE MATTER

Your 2025 adidas Manchester Marathon journey can be about more than just crossing the finish line. Consider using your training and the event itself to make a positive impact by fundraising for a good cause.

## WHY FUNDRAISE?

- **Make a real difference:** Your donations can directly support vital programs and services.
- **Experience a sense of purpose:** Contributing to a cause you care about brings deep satisfaction.
- **Inspire others:** Your commitment can motivate others to support your chosen cause. Every donation, big or small, counts!



**1** CLICK ON THE 'START FUNDRAISING' BUTTON BELOW



**2** SEARCH FOR THE CHARITY YOU WANT TO SUPPORT



**3** ENTER YOUR FUNDRAISING GOAL



**4** SHARE YOUR PAGE WITH YOUR FRIENDS & FAMILY

# START FUNDRAISING



# THANK YOU

It takes many 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.



# 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 direct them to our dedicated page on our [WEBSITE](#) for further information.

SUNDAY **12TH OCTOBER** 2025



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

**SIGN UP FOR PRIORITY  
ACCESS TODAY**

# ADIZERO ADIOS PRO 4



## LIGHTLOCK UPPER

THE ADIZERO LIGHTLOCK UPPER IS MADE TO NATURALLY CONTOUR YOUR FOOT. WITH A UNIQUE 1-WAY STRETCH MATERIAL, AIMED TO ACHIEVE BALANCE BETWEEN COMFORT AND OPTIMISED PERFORMANCE.



# 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](https://alzheimers.org.uk/running)



**British Heart  
Foundation**



# Thank you!

## For taking part in the 2025 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](https://bhf.org.uk/manchestermarathon)





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](https://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





# Thank you Team Christie

Thank you to all our 2025 adidas Manchester Marathon runners for your fantastic efforts in helping to raise vital funds for cancer patients across the North West and beyond.

**Good luck on Sunday 27 April!**

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

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

Call 0161 446 3400

Email [events@christies.org](mailto:events@christies.org)



Join The Christie  
against cancer

The Christie Charity

Registered charity no. 1201654

**YOUR RITUAL  
AFTER  
SPORT.**



**ERDINGER**  
ALKOHOLFREI

**ISOTONIC  
REDUCED CALORIES  
CONTAINS VITAMINS**

**HIGH 5**

FUEL THAT  
**HIGH 5**  
FEELING





# Stay, fuel, recover. Your perfect adidas Manchester Marathon base

*As the Official Hotel Partner of the adidas Manchester Marathon, Hyatt Hotels Manchester is perfectly positioned just moments from the finish line—offering everything you need to prepare, perform, and recover in comfort.*

Hyatt Hotels Manchester is the perfect place to stay for the adidas Manchester Marathon. The night before, fuel up with a carb-loading pasta menu at The Laureate Restaurant and get a restful night's sleep in our modern, comfortable rooms.

After the race, take your time to freshen up with a late check-out, so you don't have to rush back. Then, join fellow runners and supporters in our post-race celebration area, where great food and drinks await.

**CLICK to book for your ideal  
adidas Manchester Marathon stay.**

