



**M** MANCHESTER  
MARATHON

# ADIDAS MANCHESTER MARATHON 2026



## PARTICIPANT GUIDE

SUNDAY 19 APRIL



# CONTENTS

- 2 WELCOME**
- 3 EVENT PACKS**
- 4 GETTING TO THE START**
- 7 WHEN TO ARRIVE**
- 8 BAG DROP INFORMATION**
- 9 ROUTE MAP**
- 10 ROUTE INFORMATION**
- 11 FINISH LINE EXPERIENCES**
- 12 BAG COLLECTION & EXIT**
- 13 ADIDAS TAKEOVER**
- 14 SUSTAINABILITY**
- 15 FUNDRAISING**
- 16 THANK YOU / VOLUNTEERS**





# WELCOME

Welcome to the adidas Manchester Marathon – we’re buzzing to have you with us for 2026! This guide is packed with everything you need to know before you take on your 26.2 mile challenge through the streets of Greater Manchester on Sunday 19th April.

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

**THIS  
GUIDE**



**EMAILS**



**OUR WEBSITE  
AND INFO HUB**



**SPECTATOR HUB  
& WEEKEND  
GUIDE**



**SOCIAL  
MEDIA**





# EVENT PACKS

If you're based in the UK and chose to have your event pack posted out, it'll be landing on your doorstep by Friday 17th April. Travelling in from overseas, collecting in person, or need a replacement? Head over to our dedicated pack collection.

**WHEN:**  
**10:00 – 20:00 FRI 17TH**  
**10:00 – 18:00 SAT 18TH**

**WHERE: ADIDAS STORE,**  
**52-56 MARKET STREET,**  
**MANCHESTER, M1 1PW.**

**CHECK OUT ALL THE INFO ON OUR DEDICATED WEBPAGE HERE**

## YOUR NUMBER

### START AREA

Your start wave is marked by the colour on your bib. Want to run with a friend in a different wave? No problem, just drop back to the later of the two. Sorry, moving up to an earlier wave isn't allowed.

### FINISHER T-SHIRT TAG

Keep this tear-away tag on until you've crossed the finish line, it's your golden ticket to swap for your finisher t-shirt. No tag on your bib? That means you're a Green Runner and chose to skip the shirt. Find out more [here](#).

### TIMING CHIP

Look after this timing chip - don't go bending or breaking it! It's the clever device that makes sure your time is spot on and gets you that official result.

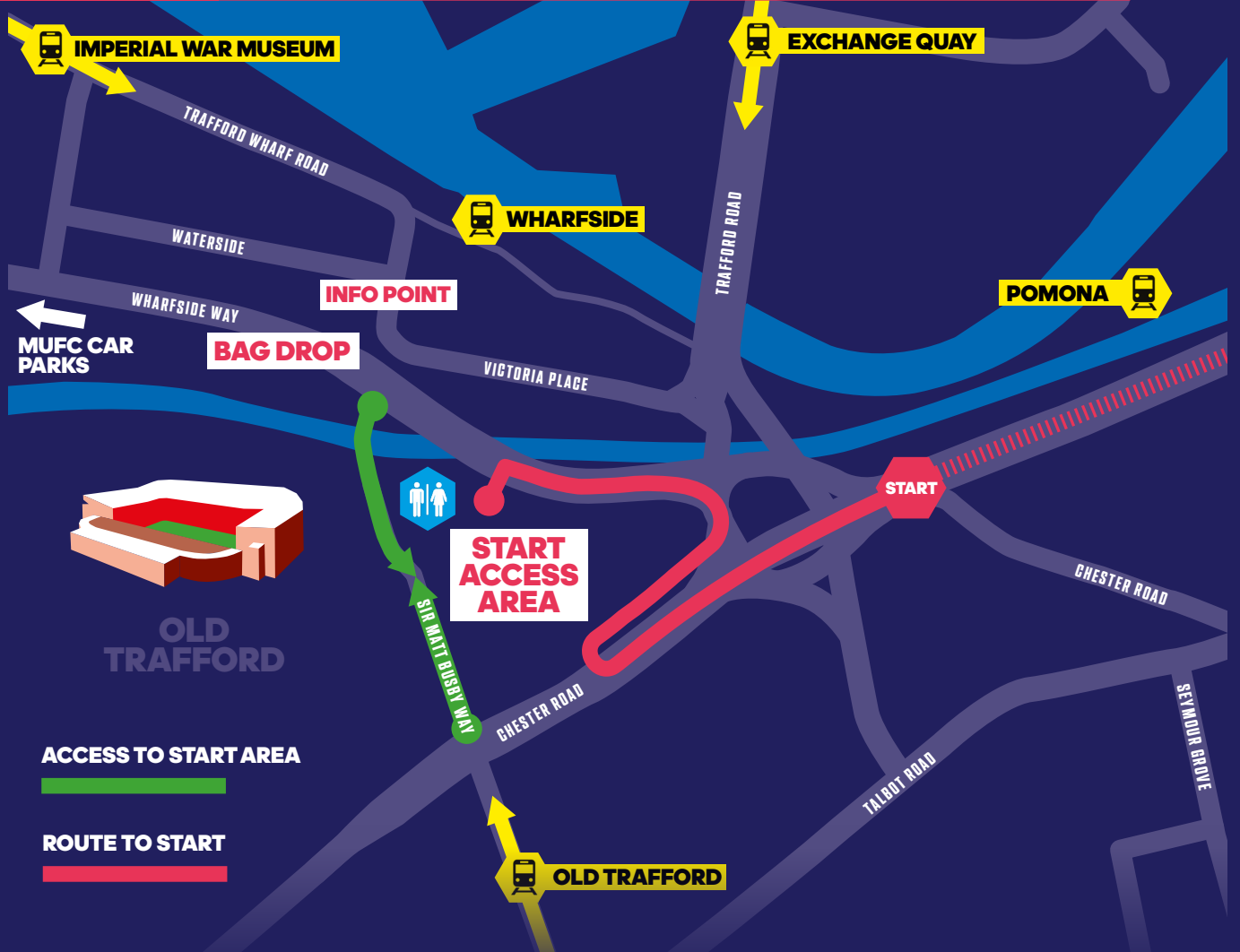
### EMERGENCY CONTACT DETAILS

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





# GETTING TO THE START



Everyone needs to enter the Start Area through the E2 Car Park at Old Trafford, even if you're already 'run ready' and skipping bag drop. Don't worry, toilets are right here too. No spectators will be allowed in the Start Area. To keep arrivals smooth and trams less packed, we recommend spectators head straight out onto the route where they'll be able to catch you in action!

## STEP 1 START ACCESS AREA

Please enter this area in good time. Please only move forward to start in the wave displayed on your bib number. You are welcome to move to a later wave on the day, but not an earlier one.

## STEP 2 HOLDING AREA

We have a jumper drop facility near the start line, where items left of good quality will be donated to charity. Please continue to wear the top you would like to donate until you see signs close to the start line.

## STEP 3 IT'S GO TIME!

Your marathon journey begins.



# GETTING TO THE START

## METRO LINK TRAMS

### ARRIVING BEFORE 09:30?

Head to Old Trafford or Trafford Bar, which are both a 10 minute walk to the start area. Bag drop, toilets and start access will all be found here, right outside Manchester United Football Club's Old Trafford Stadium.

### ARRIVING AFTER 09:30?

Aim for Wharfside or Exchange Quay to

avoid crossing the route and delays. For the easiest way in for your start wave, check out the table below.

### TRAMS ARE GOING TO BE BUSY!

Check your journey before you set off and leave plenty of time. Queues are likely, so don't get caught out. For updates, tickets, and timings, visit the [Metrolink website](#).

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



# 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.

[MORE PARK & RIDE INFO](#)

## 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 which must be booked in advance. Please check event road closures to plan your route, as the car park will only be accessible from one direction. **Note** MUFC parking is operated entirely independent from the event.

### NEAR THE FINISH

There are several car parks near the finish line where you can park and get the Metrolink to the start line.

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.

[TRAVEL AND PARKING ADVICE](#)

## GET EVENT WEEKEND READY WITH HYATT HOTELS MANCHESTER

### FUEL UP WITH THE PRE-MARATHON PASTA PARTY SATURDAY 18TH APRIL

Load up on pasta, proteins & hydration at the Laureate Restaurant. Limited spaces available at just £22 per person.

### EVENT DAY GARDEN PARTY SUNDAY 19TH APRIL

Supporters can enjoy food, drinks & sign-making at the Graduate Bar, 11am-5pm.



HYATT REGENCY™

MANCHESTER

Find out more [HERE](#)



# WHEN TO ARRIVE

<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>

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



# 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:

LOCATION	WHAT CAN I DROP?	TOP TIPS
In front of the Manchester United Football Club stadium, on Wharfside Way.	One small bag only per participant e.g. a small backpack or sports bag.  <b>NOTE</b> This must be able to fit inside our waterproof bags which are 55 x 45cm	<ul style="list-style-type: none"><li>● Avoid queues by leaving bags with a supporter or at accommodation.</li><li>● Have all belongings packed before reaching the front of the queue.</li><li>● Tie and secure your bag tightly.</li></ul>
HOW DOES IT WORK	COLLECTION INFO	
<ol style="list-style-type: none"><li>1. Follow signs to bag drop.</li><li>2. Collect, fill &amp; seal your bag drop bag.</li><li>3. Join the shortest queue (A, B or C) at your wave's designated lorry.</li><li>4. Drop off your bag &amp; collect your wristband, a matching tag will be attached to your bag.</li><li>5. Your bag will be transported to the finish line.</li></ol>	<ol style="list-style-type: none"><li>1. Collect your medal and finish line goodies.</li><li>2. At Oxford Rd &amp; Booth St junction follow the signs and turn left, locate your bag drop lorry, show your wristband &amp; collect.</li></ol> <p><b>Not used bag drop?</b> Follow the signs and turn right instead.</p>	

**MORE BAG DROP INFO**



# ROUTE MAP





# ROUTE INFORMATION

## 6 ESSENTIAL THINGS TO READ BEFORE YOU START

### 1. KNOW THE BASICS

- The event is UKA certified as a marathon distance, their race rules apply which can be found [HERE](#).
- There will be markers every mile and kilometre markers every 5km.
- Split timing mats will be located at: 10k | 15k | 21k | 30k | 35k | 38k.
- Toilets will be located near each drinks station.

### 2. PLAN YOUR FUELLING & NUTRITION

- There will be 8 water stations on route.
- HIGH5 gels will be at selected stations and a recovery bar will be provided at the finish.
- Bring your preferred products with you - any gels available on route should be a supplement to your own nutrition. Full details can be found [HERE](#).

### 3. DROPPING OUT & CUT OFF TIMES

- As with all major events, there is a cut off time. This is 6 hours (around a 13.5 minute mile/ 8.5 minute km pace .
- Roads will reopen in stages, so this pace must be maintained throughout
- If you fall behind the cut off, you may be asked to board the sweep coach. If you choose not to, you will need to move to the pavement and proceed at your own risk as event signage, drinks stations and medical support will be removed
- If you need to stop, head to the nearest tram stop as this is often quicker than waiting for the sweep coach.
- For their awareness please inform your friends / family if you have dropped out, or if you are going much slower than planned.

### 4. SAFETY & MEDICAL

- First aid posts are positioned regularly along the route, please also speak to an event steward if you need help.
- Headphones are allowed (unless competing for a prize). If using headphones, we recommend keeping the volume low, and only using one ear or bone conductor headphones.

### 5. STAY AWARE OF THE ROAD

- The route is generally flat, but surfaces may not be completely even and there may be defects.
- Please stay alert for trip hazards such as: Potholes | Uneven surfaces | Speed bumps| Manhole covers | Bollards | Traffic islands.

### 6. KEEP THE ROUTE CLEAN

Please do not throw bottles or gels on the floor throughout the route as this creates slip hazards and litter.

#### WATER BOTTLES

- Please throw your water bottles into the recycling bins provided in the designated drop zone after each drink station and remember.
- Only clean empty water bottles can be recycled.
- Bottles discarded in hedgerows or trees cannot be recycled.
- Look out for the sign (right).

#### GEL PACKETS

- Keep hold of your empty gel packets until you reach a drink station
- Look out for the drop zones after each water station - drop your empty gels in the dedicated gel bins provided.
- Look out for the sign (left).





# FINISH LINE EXPERIENCES

Find out more **HERE** on what will be waiting for you after you smash your 26.2 mile challenge. Including goodies from our Official Partners, ERDINGER Alkoholfrei, HIGH5, Vita Coco, a chance to meet our Official Charities and to celebrate with adidas.



## OFFICIAL EVENT PHOTOGRAPHS BY SPORTOGRAF

You can savour your adidas Manchester Marathon memories with your Official Photos from Sportograf. Find out more **HERE** on how to access your Official Photos.



**SPORTOGRAF.COM**





# BAG COLLECTION & EXIT



- SPECTATOR MEET & GREET
- RECHARGE LOUNGE
- ADIDAS
- FINISHERS T-SHIRT
- TOILETS
- ERDINGER
- HIGH5
- MEDAL
- VITA COCO
- WATER
- FINISH



# MANCHESTER MARATHON TAKEOVER AT ADIDAS MARKET STREET, MANCHESTER

At adidas, we believe sport has the power to change lives and we can't wait to celebrate all your hard work in Manchester on 19th April. As you get marathon ready, head to the adidas Market Street, Manchester, which will be transformed into the ultimate participant's hub for marathon week.

## HERE'S WHAT YOU CAN EXPECT

- Explore the exclusive Manchester Marathon merchandise range.
- Discover the full adizero running line-up.

- Join shakeout runs and expert panel sessions.
- Enjoy kit personalisation and one to one support from adidas running experts.

Find out more about adidas at this year's Manchester Marathon [HERE](#).

Don't forget to sign up to adiClub to unlock exclusive rewards and experiences. Stay up to date with the latest information [HERE](#), and join the adidas Runners UK Strava Club to be first to hear 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 or medal (or for some, both!) 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?

**At The Start:** Discard clothing only in the signed drop zone near the start line, volunteers will collect and donate it. Items left earlier outside of the jumper drop zone may not be recycled.

**On Route:** Empty bottles before dropping / binning them at drinks stations for to enable them to be recycled. Put used gel wrappers in the bins provided in the drop zone at the drink stations - these will be sent for recycling.

**At the Finish:** Place bottles and cans in respective recycling bins.

Other waste should go in general bins to avoid contamination and maximise recycling.

**After the Event:** If you used the bag drop then make sure to re-use or recycle the Bag Drop bag issued on the day. The bags are 100% recycled and 100% recyclable.





# THE IMPACT YOUR MILES CAN MAKE

By using your adidas Manchester Marathon journey to fundraise, your journey can make an impact. Do you have a cause that's important to you? Create a [JustGiving](#) page today to support your chosen charity.

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



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



**ENTER YOUR FUNDRAISING GOAL**



**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, the 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 [HERE](#) for further information.




SUNDAY **4TH OCTOBER** 2026



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

**SIGN UP FOR PRIORITY  
ACCESS TODAY**



ADIZERO EVO SL

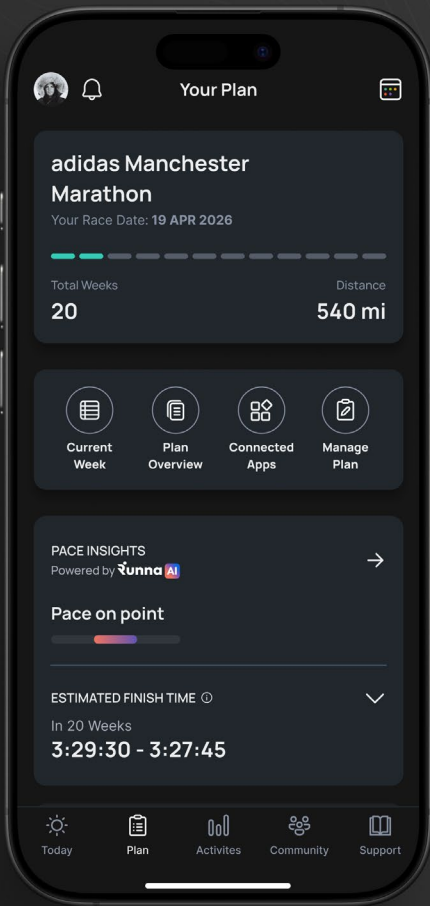


# Your personalised running coach

With tailored training plans to achieve your goals. From running a faster 5k to finishing your first marathon.

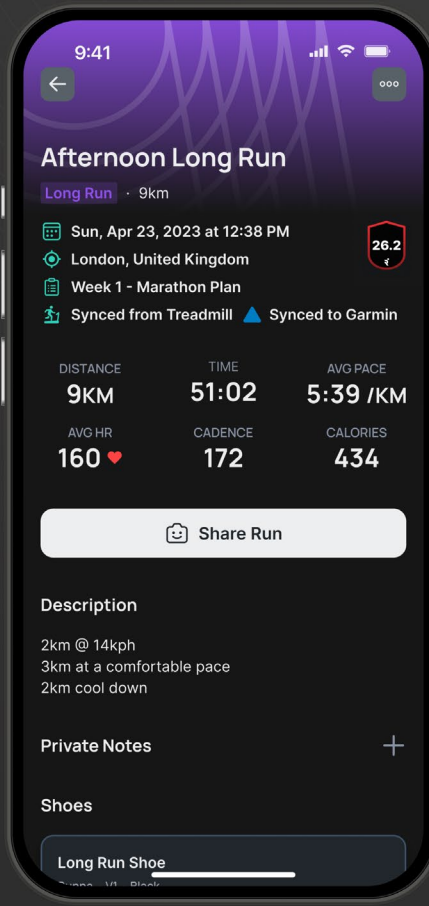
## Training Plans

Personalised training plans with a variety of exciting workouts



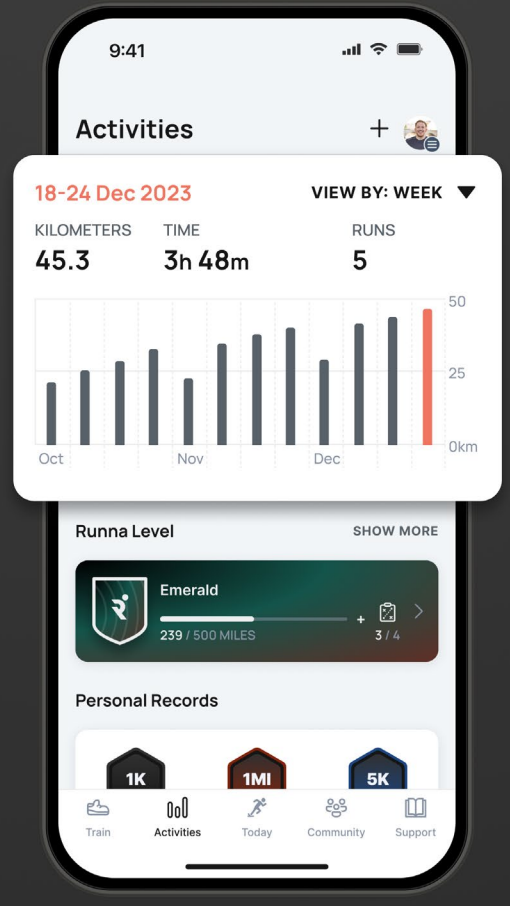
## Record Activities

Record your workout or free run on your phone, watch or treadmill



## Track Performance

See how you're progressing against your training plan



COMPATIBLE WITH STRAVA

COROS

GARMIN

SUUNTO

fitbit

Scan the QR code for your exclusive joining offer!



# *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 party 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 garden party at the Graduate Bar, where a tasty barbeque offer and drinks await.

**CLICK TO SECURE YOUR ADIDAS  
MANCHESTER MARATHON STAY**



# REFRESH *like an* ATHLETE

with **VITA  
COCO**®

**NATURALLY  
OCCURRING  
POTASSIUM\***

**READY TO FUEL  
YOUR TRAINING?**

**CLICK HERE**

**TO CLAIM £2.50 OFF  
VITA COCO COCONUT WATER  
AT MAJOR RETAILERS**

**HIGH *in*  
VITAMIN C\***

\* An adult recommended daily allowance of Vitamin C is 80mg. A Vita Coco Original 500ml contains 90mg of Vitamin C. Vitamin C contributes to normal energy-yielding metabolism. Vita Coco Original contains 196mg of Potassium per 100ml (10% NRV). Potassium contributes to normal muscle function. Consume as part of a healthy balanced diet and active lifestyle.

T&C's apply, see more at [feelgoodfuel.com](http://feelgoodfuel.com)

# Thank you to all of our runners!

Your miles make all the difference to people living with dementia, now and in the future.

If you're planning another run, consider joining Team Alzheimer's Society. One in three people born in the UK today will develop dementia in their lifetime, and with your support, we can continue to provide vital support to people living with dementia, and fund new life-changing treatments.

**Find out more >**

 **Alzheimer's Society**





# Thank you for taking part

## In the 2026 adidas Manchester Marathon

Every donation you make to British Heart Foundation (BHF) helps us fund lifesaving research, giving hope to people affected by cardiovascular disease.

Want to run with #TeamBHF?  
Scan the QR code or  
visit [bhf.org.uk/manchestermarathon](https://bhf.org.uk/manchestermarathon)



British Heart Foundation is a registered charity  
in England and Wales (225971), Scotland (SC039426)  
and the Isle of Man (1295).



**British Heart  
Foundation**



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 2026 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 19 April 2026!

Find out more

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