



ADIDAS MANCHESTER MARATHON 2026



SUPPORTER GUIDE

SUNDAY 19 APRIL

WELCOME

Supporting at a marathon is arguably a sport in itself. The adidas Manchester Marathon Supporter Guide takes the hassle out of spectating, so you're free to soak up the atmosphere and make the most of the event. Written for those who will witness the action on Sunday 19th April, this guide includes the best places to spectate, tracking information, tips on supporting from afar, and more. So, are you ready to help create the electric energy the event is famous for? Let's start with some on-the-day tips...



TOP SUPPORTER TIPS



PLAN YOUR JOURNEY

Check out the Transport for Greater Manchester website to plan your journey; trams are the best way to get round the route. Check your journey [here](#).



AGREE ON A MEETING POINT

Participants will exit the finish area approximately 500m after crossing the finish line. Due to congestion and poor phone signal, meet your loved ones at one of the locations on our [Supporter Hub](#).



BE PREPARED FOR ALL WEATHERS

Think sun hats AND umbrellas. It is Manchester after all.



DESIGN THOSE SIGNS

Bring along a sign, funny or motivating -the choice is yours.



TAG US

Share photos and videos on social media by tagging us using [@ManchesterMarathon](#) and [#ManchesterMarathon](#) so we can reshare your amazing pictures!



WHERE TO WATCH IN PERSON

ACCESSIBILITY

Ensuring our event is accessible to everyone is important to us. All tram stops listed [here](#) are accessible for wheelchair users to access the finish or the route.

FINISH LINE VIEWING

We have an accessibility platform at the finish line to enable viewing for wheelchair users. This will operate on a first come, first served system.

ROUTE VIEWING

Much of the route does not have barriers and has unrestricted viewing. Where there are barriers in place, which may restrict wheelchair viewing, there should be a gap no more than 200 metres in either direction for unrestricted viewing.

FINISH LINE PARKING

There is the Aquatics Centre car park on Upper Brook Street. This is a

public car park and will be a case of first come, first served. Please plan for and allow extra time for any journeys due to event road closures. Please ensure you have checked the road closures page

ROUTE PARKING

If you are unable to use the tram network, there is a large Tesco carpark in Altrincham and a Morrisons carpark in Chorlton. Parking restrictions apply.

DEANSGATE

Supporter Send Off with adidas: The place to view the start of the event, with a large screen and adidas activating, it will sure to be a lively spot to see all participants early on. This send off is a short walk

from the Deansgate tram stop.
NEAREST TRAM: DEANSGATE-CASTLEFIELD

STRETFORD

Home of Old Trafford and a foodie haven, cheer on participants between miles 5 - 7 in Stretford and near mile 21 in Stretford.

NEAREST TRAM: STRETFORD

SALE

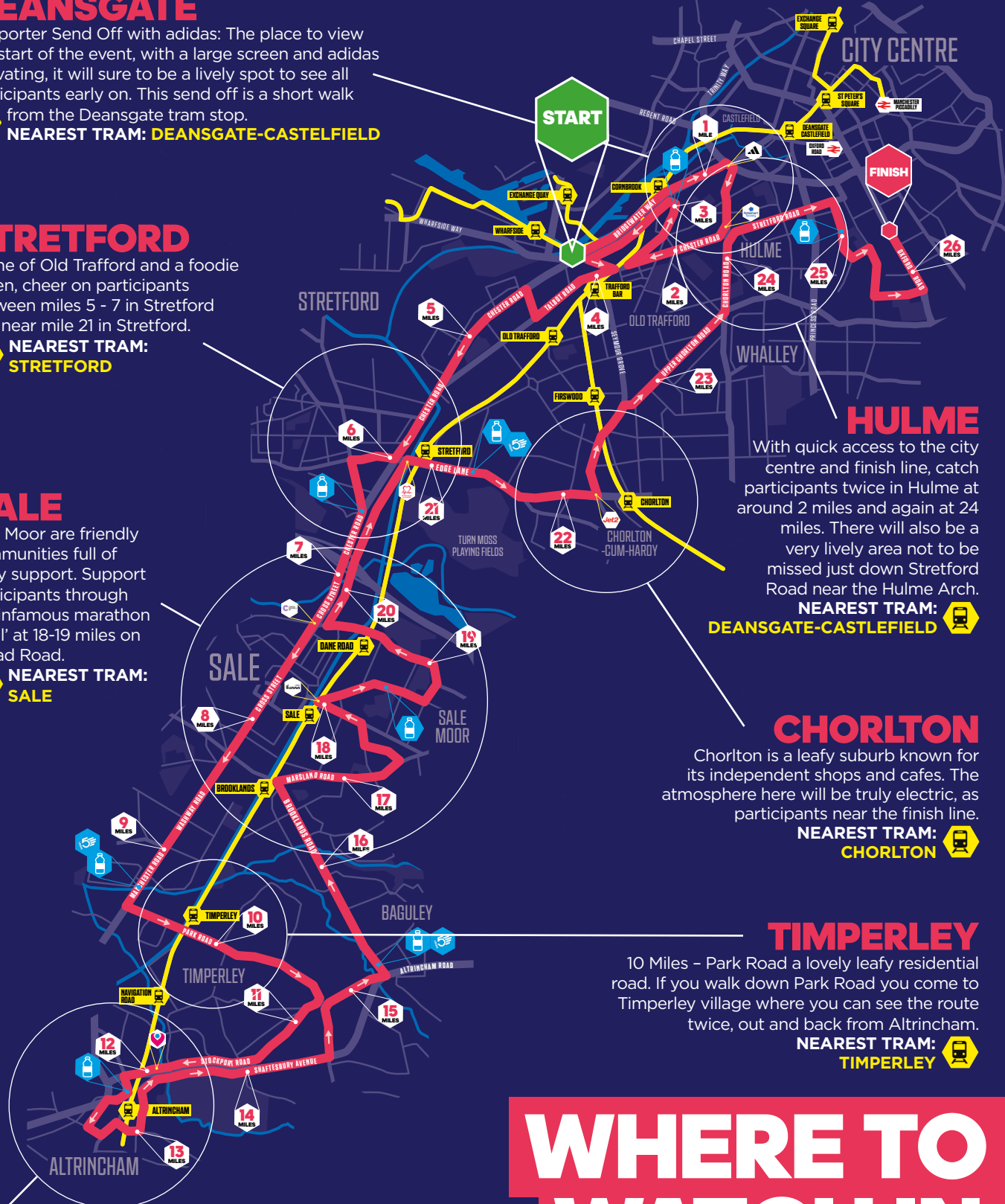
Sale Moor are friendly communities full of lively support. Support participants through the infamous marathon 'Wall' at 18-19 miles on Broad Road.

NEAREST TRAM: SALE

ALTRINCHAM

Participants reach the halfway point in Altrincham, before turning back to head toward the city. There will be loads of great support in this bustling market town, including

bands, choirs and cheer points.
NEAREST TRAM: ALTRINCHAM



HULME

With quick access to the city centre and finish line, catch participants twice in Hulme at around 2 miles and again at 24 miles. There will also be a very lively area not to be missed just down Stretford Road near the Hulme Arch.

NEAREST TRAM: DEANSGATE-CASTLEFIELD

CHORLTON

Chorlton is a leafy suburb known for its independent shops and cafes. The atmosphere here will be truly electric, as participants near the finish line.

NEAREST TRAM: CHORLTON

TIMPERLEY

10 Miles - Park Road a lovely leafy residential road. If you walk down Park Road you come to Timperley village where you can see the route twice, out and back from Altrincham.

NEAREST TRAM: TIMPERLEY

WHERE TO WATCH IN PERSON

OTHER WAYS TO EXPERIENCE THE EVENT

There are plenty of ways to experience the action this year. Check out the options below.

COME ALONG

You'll have an unforgettable experience spectating on the route. Navigate your way easily around the course with our handy [walking maps](#) and Manchester's public transport.

LIVE STREAM

A live video stream will follow the elite races and capture every finisher crossing the finish line for the whole duration of the event. The livestream will be available on Event Day [here](#).

SHARE LOCATION

Most smart phones can share their location with select people. Using this function will give you an accurate GPS location of your participant on the day. On Apple this is the 'Find My' app where you can link devices. You can also share location on Messenger, WhatsApp and Strava Premium.

GET SOCIAL

The official adidas Manchester Marathon socials will update you over the weekend with the latest pictures, videos and news. Share special messages, videos, or photos using hashtag **#ManchesterMarathon** and we'll re-post as many as possible on our channels.

CAN I TRACK MY RUNNER?

There are various ways to track your loved one during the event.



PREDICTIVE TRACKING

Participants can be tracked using our [predicted tracking service](#) (live on event day only). Timing mats will trigger when crossed at various points, which update the page when participants reach certain distances. Using pace, the website also predicts their progress onward from that point, giving a reasonable estimate of their finish time. **Note that it could take up to 20 minutes for participants to exit the finish area. Please consider this in when planning to meet loved ones after the event.**

SHARE LOCATION

See the above information on this page for 'Share Location' functions.





RESIDENTS STREET SUPPORT 'HOW TO' GUIDE

Residential roads tend to be the slightly quieter parts of the course, and this is where participants could really do with some extra motivation. Why not set up your own street support hub to help keep the momentum going?

Read our tips below to make your own residential supporter hub.

PLAN IN ADVANCE

What kind of support can you provide for tired participants? Consider

the following options:
Get creative - Design up funny signs, flags, or even songs to motivate participants. A sense of humour can go a long way, especially in the later stages of the event.

Supply some fun fuel - lots of residents like to support by handing out items like flapjacks or gummy sweets.

Bring the good vibes - Loud cheers and music will bring the energy and increase the number of people supporting on your road. Cowbells are great for creating noise -

a great option for getting children involved!

THE MORE THE MERRIER

How can you get more people involved in your support hub? Why not set up a Facebook or WhatsApp group outlining your plans for the day for all to join in.

BE ORGANISED

Create your signs, buy your snacks, and check the forecast in advance (you may need a Plan B if there is adverse weather!).



ON THE GO FUEL

MANCOCO COFFEE

DEANSGATE INTERCHANGE MILE 1

For those walking from Deansgate to join the supporter activity at Deansgate Interchange, grab cheering fuel from the expert brewers at ManCoCo Coffee.

STRETFORD CANTEN

STRETFORD MILE 9.5 AND 23

A stone's throw from the tram station, Stretford Canteen is an award-winning, French inspired bistro with plenty of tantalizing options on its menu.

TWO BROTHERS COFFEE

ALTRINCHAM MILES 12-13.5

Slightly away from the incredibly popular foodie haven that is Altrincham Market, Two Brothers is serving up 'bangin' brews', hot chocs and more at the halfway point on the course.

GRAPEFRUIT COFFEE

SALE MILE 18-19

Start or end your Sale spectating with a beverage from the award-winning Grapefruit Coffee, located on the left-hand side outside the tram station.

THE BEAGLE

CHORLTON MILE 22

The Beagle in the lively Chorlton neighbourhood serve delicious pizzas and pub grub - a favourite in the neighbourhood!

KIM'S KITCHEN AND BAR

HULME MILES 24-25

Check out the lively Kim's Kitchen and Bar in Hulme, offering hot drinks and great sit-down and takeaway brunch options with an optional Caribbean twist.



OTHER SUPPORTER ACTIVITIES

HYATT HOTELS MANCHESTER GARDEN PARTY

Celebrate event day at The Graduate Bar and garden on Sunday 19th April - this relaxed afternoon offers food and drinks from 11am to 5pm, and with the live stream of the event on their screens, it's a great spot for friends and family to follow the action, before being joined by participants after the adidas Manchester Marathon.

THE JET2 RUNWAY AT MILE 22

Participants need you at mile 22 - and Jet2 is making it worth the trip. The Jet2 Runway has it all: cheer squads, Mediterranean beats, a juice bar, giveaways and the full holiday atmosphere right there on the course. Sights, sounds and even the scent of somewhere sunny! Get down to the Jet2 Runway and give them the boost they need to reach that finish line. Nothing beats Jet2.

HARIBO CHEER CREW

Head to the HARIBO Activation Zone and join the Cheer Crew on by the finisher area on Oxford Road! Whether you've smashed the course, cheered from the sidelines, or supported every step of the way, everyone deserves a moment to celebrate. Packed with feel-good energy and a little burst of sweetness, it's the perfect reward to keep the smiles going long after the finish line.



MEET OUR AMAZING OFFICIAL CHARITIES!

We are proud to support the vital work of our Official Charity Partners at the adidas Manchester Marathon. Alzheimer's Society, British Heart Foundation, Cancer Research UK and The Christie Charity. You can support these charities and their incredible adidas Manchester Marathon participants by donating to their team JustGiving hubs below:



Alzheimer's Society is the UK's leading dementia charity, providing information and support, improving care, funding research and creating lasting change for people affected by dementia.

British Heart Foundation fund around £100 million of research each year into all heart and circulatory diseases and the things that cause them. Heart diseases. Stroke. Vascular dementia. Diabetes. They're all connected, and they're all under the microscope.

Cancer Research UK are the world's leading independent cancer charity dedicated to saving lives through research, influence and information.

The Christie Charity exists to ensure cancer patients at The Christie, the specialist cancer centre in Manchester, receive the highest level of treatment and care and have access to world leading research and equipment.