

# RUNNERS' GUIDE

THE ITEMS IN YOUR RUN PACK ARE IMPORTANT – PLEASE READ THIS SECTION CAREFULLY

## CONTENTS

- 38 Run Number and Timing Chip
- 39 Travel and Parking
- 40 Event Facilities
- 42 The Start
- 42 The Course and Timetable
- 44 The Finish
- 44 Meeting Up
- 44 The Charity Village
- 45 Advice for Spectators

## ABOUT YOUR NUMBER AND TIMING CHIP

- Check that your run number is identical to the master number on your covering letter. If not, contact the Great Manchester Run team at [info@greatrun.org](mailto:info@greatrun.org).
- This is your unique number and only you must wear it on the day. Please don't swap, change or copy it.
- A timing chip is attached to the back of your run number and it will automatically scan when you cross the start and finish lines. Please don't remove it or you will not get an accurate time.



- The colour of your number relates to your start wave. The faster your estimated time, the earlier your start wave. There are **Orange**, **White**, **Blue**, **Green** and **Pink** waves. **Yellow** and **White** striped numbers belong to fast paced club runners – if you have one of these, use the **Orange** baggage buses, assembly routes and family reunion area, and assemble in the area marked with **Yellow** and **White** 'Fast Paced Runners' near the start line.
- You can move to a later start wave, but you cannot move to an earlier one. If recent times suggest you should be in a faster wave, contact the Great Manchester

Run team at [info@greatrun.org](mailto:info@greatrun.org)

- Remember to fasten your number securely to the front of your top using four safety pins, one at each corner. You must finish with your number intact in order to claim your Finishers Pack.
- Visit [greatrun.org/manchester](http://greatrun.org/manchester) for the printer friendly versions of your On the Day guides.

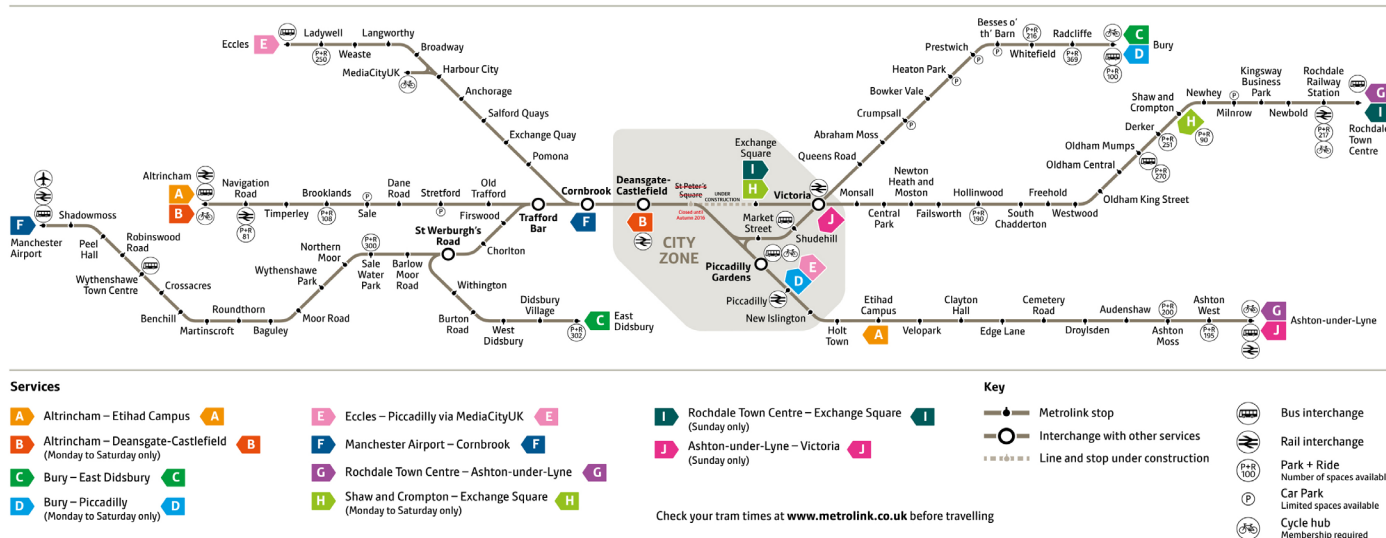
## GREAT RUN APP

Download The Great Run app from iTunes. It's great for last minute advice, handy maps and as a guide for spectators.

## SHARE YOUR FINISHING TIME

You can share your results on Twitter. If you'd like Great Run to Tweet your results straight after your run, register now at [socialmediaregistration.greatrun.org](http://socialmediaregistration.greatrun.org). You will need your ID number, which can be found at the top of the covering letter (underneath the barcode) accompanying this magazine.

Greater Manchester tram network map



Please be aware that we work very hard with Manchester City Council to provide as much car parking and parking advice as possible. Unfortunately, anyone who does park illegally may end up with a parking ticket, or even with their car being towed away, so please only park in recognised car parks or use on street parking.

## EVENT DAY ROAD CLOSURES

- Closed from 05:00
- Closed from 09:00
- Closed from 10:30

For a full list of road closures please visit  
**GREATRUN.ORG**

## P CAR PARKS

No.	Name	Operator	Spaces
1	First Street North	Q-PARK	700
2	Manchester Arena	NCP	958
3	New Bailey Street	NCP	620
4	Water Street	SIP	258
5	Arndale	NCP	1383
6	Deansgate North	Q-PARK	277
7	Deansgate	NCP	340
8	Printworks	NCP	777
9	Northern Quarter	NCP	700
10	King Street West	NCP	554
11	Piccadilly Plaza	NCP	160
12	Piccadilly Gardens	NCP	712
13	Sheffield Street	NCP	160
14	Oxford Street	NCP	431
15	Chorlton Street	NCP	559
16	Palace Whitworth Street	NCP	411
17	Chester Street	NCP	212
18	Piccadilly Station Long Stay	APCOA	814
19	Boddingtons Car Park, Great Ducie Street	Total Car Parks	1150
20	Bridgewater Hall	NCP	288
21	Manchester Central	NCP	720
22	Great Northern	NCP	1240
23	Spinningfields	NCP	680
24	Rochdale Road	Total Car Parks	750

NB Other car parks are available within Manchester and surrounding boroughs

NB - City centre parking restrictions now apply seven days a week. Between 08:00 and 20:00 parking on single yellow lines is illegal and parking in a pay and display bay is subject to charge. Please see [www.manchester.gov.uk](http://www.manchester.gov.uk) for full details. Some NCP car parks now have a maximum stay, please check on the car park signage before you park.

## GETTING THERE

**Travel:** Allow plenty of time to get to the start. Manchester has an excellent public transport system with its internal network of trams and buses, so please consider these options wherever possible. If you do decide to travel by car please take note of the road closures on the map below before travelling. Please don't rely on satnav devices as roads might be closed for the event.

## WHEN TO ARRIVE

Wave	Arrive in City from	Assembly Time	Start Time
Orange	0930	1000	1137
White	1000	1030	1155
Blue	1130	1150	1225
Green	1200	1235	1310
Pink	1200	1225	1330

## METROLINK

Metrolink is Greater Manchester's tram network, there are lines running into the city centre from across the region and

the network connects all the main train stations and transport interchanges.

It couldn't be easier to use Metrolink; with frequent services there's no need to check for a timetable just show up to your nearest stop and your next tram shouldn't be far away. For first and last tram times visit [metrolink.co.uk/tramtimes](http://metrolink.co.uk/tramtimes). Please be sure to purchase a ticket before boarding however, as tickets are not sold on-board the trams themselves.

Tickets are available from ticket machines located on every platform, or use Metrolink's get me there app to buy a range of adult tickets and travelcards via your Apple or Android smart phone. Visit [getmethere.co.uk](http://getmethere.co.uk) for more information.

Due to the run and other events services will be busier than normal. We would advise allowing extra time to complete your journey and checking for the latest updates before you travel.

For those driving into Greater Manchester, avoid the city centre traffic by

using one of Metrolink's Park & Ride sites, which are free to use for those with a valid ticket or pass. Discover the locations at [metrolink.co.uk/parkandride](http://metrolink.co.uk/parkandride).

To find out more on Metrolink visit [metrolink.co.uk](http://metrolink.co.uk), follow @MCRMetrolink on twitter for live travel advice, or call Metrolink Customer Services on 0161 205 2000.

**Local Buses and National Rail:** For local bus and other travel enquiries please call the Transport for Greater Manchester traveline 0871 200 2233 (07:00 to 20:00, Monday to Friday, and 08:00 to 20:00 at weekends and bank holidays) Calls from BT landlines cost 10p a minute, mobile and other landline networks may charge an additional tariff or you can visit [tfgm.com](http://tfgm.com) for local public transport information.

**For live travel updates please follow – @OfficialTfGM**

## RUNNERS' GUIDE

Give yourself plenty of travel time on the morning of the event, there will be many other runners coming into the city, so the roads will be busier than on an average Sunday morning.

The England v Turkey football match kicks off at the Etihad Stadium in Manchester at 17:30 – traffic will build up around the ground from 14:30 so we suggest that you avoid roads near Manchester City FC when leaving the city after your run.

**Parking:** See the map on page 39 for a list of suggested car parks. Please check the maps below which show where you need to assemble based on the colour of your run number.

**Cycling:** For full details of cycle routes, roads with cycling facilities and cycle parks visit [manchester.gov.uk](http://manchester.gov.uk) or [cylegm.org](http://cylegm.org).



## GREAT CITYGAMES MANCHESTER

As well as the Great Manchester Run, the city will also be hosting the Great CityGames for the seventh time this year (see page 20). This exciting and innovative event, which hosts international athletics stars at a purpose-built city centre arena, will take place on Friday 20 May. Track events will be held on the section of Deansgate from Peter Street to John Dalton Street, as well as a long jump and pole vault competition in Albert Square. Find out more at [greatcitygames.org](http://greatcitygames.org)

## WHERE TO STAY

Contact Manchester Visitor Information Centre on 0871 222 8223, or visit [visitmanchester.com](http://visitmanchester.com)

## RUN FACILITIES

**Information Desk:** This is located in Albert Square. Look out for the Great Run tent opposite the Town Hall steps. It's open



from 12:00 to 17:00 on Saturday 21 May and at 08:30 on Sunday 22 May. For entry, run number or timing chip problems please check the FAQ section at [greatrun.org](http://greatrun.org) or email the Great Manchester Run team at [info@greatrun.org](mailto:info@greatrun.org) in advance. Please note we will not be using Manchester Central at all in 2016

**Baggage:** Ideally, you will arrive changed and ready to run. Alternatively leave your kit with any friends or family, or lock belongings in the boot of your car. Baggage buses are provided, but baggage areas are always busy so don't use them if you don't need to. There are two different baggage areas – the **Orange** and **Green** wave buses are on Hardman Street off Deansgate; the **White**, **Blue** and **Pink** wave buses are on Jacksons Row and Lloyd Street, off Southmill St by Albert Square. The baggage buses will not move: they are positioned near to the

finish so if you want to use them please drop off your bag in good time and make your way to the start (a 10-minute walk away). See the maps below. Please note the event is not using Manchester Central at all in 2016.

All buses will be clearly marked with signs and divided by numbers as follows:

All baggage buses close at 16:00. You will need to show your number to the security team to gain access. Please do not leave valuables – organisers cannot accept any responsibility for the security of these items.

**Toilets:** Temporary event toilets are available near the start on a number of city streets – see the maps below for details. There are also permanent public toilets near the Town Hall on Lloyd Street and within Great Northern. Near the finish there are temporary toilets on a number of the side streets off Deansgate.

#### Orange Wave Baggage Buses

Bus 1	Race numbers 201 to 2300
Bus 2	Race numbers 2301 to 4400
Bus 3	Race numbers 4401 to 6600

#### Green Wave Baggage Buses

Bus 4	Race numbers 25401 to 27500
Bus 5	Race numbers 27501 to 29600
Bus 6	Race numbers 29601 to 31700

#### White Wave Baggage Buses

Bus 7	Race numbers 6601 to 8900
Bus 8	Race numbers 8901 to 11200
Bus 9	Race numbers 11201 to 13500
Bus 10	Race numbers 13501 to 15800

#### Blue Wave Baggage Buses

Bus 11	Race numbers 15801 to 18200
Bus 12	Race numbers 18201 to 20600
Bus 13	Race numbers 20601 to 23000
Bus 14	Race numbers 23001 to 25400

#### Pink Wave Baggage Buses

Bus 15	Race numbers 31701 to 34100
Bus 16	Race numbers 34101 to 36500
Bus 17	Race numbers 36501 to 38900
Bus 18	Race numbers 38901 to 41300





# great manchester

## run<sup>®</sup>

**SUNDAY MAY 22, 2016** [GREATRUN.RG/MANCHESTER](http://GREATRUN.RG/MANCHESTER)

### AT THE START

- On the back of your run number is a reminder listing your arrival and start times.
- Coloured balloon arches mark the front of each assembly area.
- You'll see some works taking place in Manchester city centre as improvements to the trams and city streets take shape:

in years to come they will make the City and the Run even better but for now there are some areas that have limited access so please follow the maps provided and stewards' advice on the day

- Those taking part in assisted wheelchairs are asked to line up towards the rear of the assembly area relevant to their coloured wave start.

- There will be three warm-ups on the day, led by our Great Run fitness guru, Roy Gayle, and Manchester's own Christina Waring. These will take place in the assembly area, with one at 11:25 for the **Orange** and **White** waves, a second at 12:15 for the **Blue** wave and one at 13:00 for the **Green** and **Pink** waves.

### ABOUT THE COURSE

- The Great Manchester Run features a 10km course which has been officially measured and certified. The start line is on Portland Street near the junction with Oxford Street. Each kilometre will be accurately marked by large signs at the side of the road



<b>Start</b>	Start Line		First Aid
<b>Finish</b>	Finish Line		Bands on the Run
	Course Route		Boon Army Stage
	Distance Markers		Wall of Sound
	Water Station		Charity Cheering Bus
	Runner's Shower		
	Key 103 km Music and Shower Zone		



### TIMETABLE

08:30	Information Desk opens in Albert Square
09:30	Charity Village and Baggage Buses open
10:00	Assembly areas open at the Start for <b>Orange</b> numbers
10:30	Assembly areas open at the Start for <b>White</b> numbers
10:55	Start of the Great Manchester Run Elite Wheelchair Race
11:12	Start of the Great Manchester Run Elite Women's Race
11:23	Mass warm up at the start with Roy Gayle and Christina Waring for <b>Orange</b> and <b>White</b> numbers
11:37	Start of the Great Manchester Run Elite Men's Race and the <b>Orange</b> wave
11:50	Assembly opens for <b>Blue</b> numbers
11:55	Start of the Great Manchester Run <b>White</b> wave
12:15	Mass warm up at the start with Roy Gayle and Christina Waring for <b>Blue</b> numbers
12:25	Start of the Great Manchester Run <b>Blue</b> wave
12:25	Assembly areas open at the start for <b>Pink</b> numbers
12:35	Assembly areas open at the start for <b>Green</b> numbers
13:00	Mass warm up at the start with Roy Gayle and Christina Waring for <b>Green</b> and <b>Pink</b> numbers
13:10	Start of the Great Manchester Run <b>Green</b> wave
13:30	Start of the Great Manchester Run <b>Pink</b> wave

○ On the 2016 course there will be Aqua Pura water stations at 5km and just after 7km. Water is available on each side of the road and we ask that you don't drop bottles on the course with the lid still on. If you're looking to cool off, run through the Key 103 shower at 6.5km

○ Aqua Pura water will also be given out when you cross the finish line and Lucozade Sport LITE will be inside your Finishers' Pack

○ We've got a great Bands on the Run programme for you with 10 music zones, DJs, live bands and Clint Boon's Boon Army stage at halfway to lift you for the return leg

○ If you think you need to walk, please don't start in the **Orange** or **White** wave, but assemble at the back of the wave you are in. Out of courtesy for those around you if you do need to walk please keep to the LEFT of the road to allow runners to pass on your right

○ Please note that we do have to re-open the roads quickly after the event: if you are still on the course after 15:30 you may find that stewards ask you to finish the run on the footpaths, and we ask that you comply with this instruction

○ The finish system will remain in operation until all runners have crossed the line on Deansgate so all runners will receive their time and Finishers' Pack.

## THE FINISH

The Great Manchester Run will finish on Deansgate near the Hilton Hotel and Beetham Tower.

Your Finishers' Pack contains your exclusive T-shirt and medal. The runner-only finish system ends at the junction of Deansgate and Peter Street. This area must be kept clear to allow runners to exit

### Collecting your baggage and meeting up:

Beyond this point, runners from different waves will be directed to different zones to collect their baggage and to meet up with friends and family at the reunion area – see the start/finish layout on pages 42-43.

As runners arrive at the end of the finish system each wave of runners will be directed as follows:

**Orange** and **Green** waves will be turned left towards Hardman Street to their baggage buses and family reunion in Spinningfields.

**White**, **Blue** and **Pink** waves will be turned right onto Peter Street for their family reunion area and baggage buses off Southmill St near Albert Square.

At your reunion point, you should aim to meet under the board that matches the first letter of the runner's surname. Please bear in mind that the city centre will be very busy so you will need to agree any meeting points in advance.

## THE CHARITY VILLAGE IN ALBERT SQUARE

A number of the official charities will have meet and greet stands in Albert Square (see map on page 42) on the day. This will be open from 09:30 until 17:00 to welcome home charity runners. Contact your charity to find out if they will be there. The charity village is open to all runners, not just those running for a specific cause. No charities are in Manchester Central in 2016.

## MESSAGE ZONE AT CENTURION HOUSE, DEANSGATE

If you're looking for some extra help with your recovery, head to the Massage Zone. This year the Great Run Massage Zone will be in Centurion House on Deansgate. This is close to the charity village and between the baggage bus areas. You can pre book your slot by visiting [www.find-a-physio.com](http://www.find-a-physio.com), then just click on the Great Manchester Run image on the homepage. We have bookable massage sessions and free sessions you can walk up to: Find-a-Physio and the massage teams from Manchester Metropolitan University and Metro Physio will be on hand and waiting to see you.

## ENGLAND V TURKEY INTERNATIONAL FOOTBALL

England are set to face Turkey at the Manchester City Stadium with kick off at 17:30 on Sunday 22 May. Tickets within the family section are £20 for adults and £10 for children, with tickets elsewhere in the stadium starting at £25.

For full details head over to ticketing. [thefa.com](http://thefa.com) and sign up for FREE to the England Supporters Club today by visiting [www.englandsupportersclub.com](http://www.englandsupportersclub.com) which will give you priority access to tickets for the match.

## OFFICIAL PARTNERS

○ PUMA – Once you #CrossTheLine, head to see PUMA who are waiting to celebrate your victory with a unique photo opportunity, then browse the latest range of PUMA Ignite running shoes to help you stay #ForeverFaster on your next run.

○ Aqua Pura – Aqua Pura is the Official Water Brand of the Great Manchester Run – Grab your bottle before the run at the charity village at Albert Square and on Portland Street outside Manchester One Tower, our on the course and at the finish line!

○ Lucozade Sport is the Official Sports Drink Partner – Lucozade Sport LITE is available in all Finishers' Packs.

○ TomTom – Official Wearable Technology Partner – Come and visit our brand new sponsor located in the sponsors zone on Deansgate with live music and product demos available all day.

○ Pure Gym – PureGym is the Official Gym Partner – Check out one of our 140 gyms nationwide by using promo code: GREATRUN3 for a three-day pass, or use promo code: GMRJF for zero joining fee.

○ 9BAR is our Official Energy Bar Partner – Super Seed 9BAR is available in all finisher packs providing a natural good energy fix!

## WARM-DOWN

Spinningfields will be hosting the warm-down party from the Oast House at The Avenue Courtyard, with stretching led by Roy Gayle, live bands and DJs on the Manchester Aid to Kosovo stage, food and drink offers, and more. Previous MaK stages have been graced by Klara from First Aid Kit singing with Jo Rose of Manc favourites The Travelling Band, Tawse, Dave Fidler, Letters to Fiesta and Dave Rofe of Doves on decks. You never know who will play for MaK, a charity supported for 16 years by Manchester music legends.

## ADVICE FROM THE MEDICAL TEAM

North West Ambulance Service and St John Ambulance will be at the start, along the course, at the finish on Deansgate, around the family reunion areas and in front of the Charity Village – if you need attention look out for the green banners that will mark the medical posts.

Our medical response team will include doctors, nurses, paramedics and first aiders. If you do require treatment during the run and they think it's unwise for you to carry on, they will suggest you retire from the event. It is strongly recommended you heed the medics' advice.

## SPECTATOR GUIDE

**The start:** It will be busy, but you can still watch. We do ask that you stay off the course and behind the barriers. Some parts of the assembly area are for runners only – any areas with restricted access will be well signed and marshals will show you where you can stand.

**Cheering points:** There are three Charity Cheering Points on the course where supporters of Cancer Research UK will be cheering you on as you pass them at around 1km and then at about 9.5km. At 4km and 7km you'll see supporters from The Christie and the Royal Manchester Children's Hospital will be hosting a third cheering point which you will pass at around 3km and 7.5km.

**Vantage points:** Chepstow Street, Great Bridgewater Street or Albion Street near Deansgate Locks are good vantage points to watch runners on course. Or head out to the halfway area near the Imperial War Museum North and Manchester United's Old Trafford ground. You can walk over to both of these locations from Salford Quays, which is served by the Eccles Metrolink line.

**Safety:** Please be aware that only those roads used for the run (see maps on page 39) will be closed to traffic so stay on the footpath at all times for your own safety. If at any point you become lost or lose someone in your party then please contact an event steward. The Missing Persons point will be based by the Town Hall in Albert Square.

**The finish:** This is on Deansgate and open to spectators, but viewing at the finish line itself is limited. In the event that viewing areas on Deansgate become full, stewards will close off access to this area. A good place to watch runners head out and back is along Chester Road and Bridgewater

Viaduct south of the finish.

**Big screens:** There are two big screens: one at 100m from the finish and one within Spinningfields by the Oast House stage. These will be live from 10:00 and will show footage from the run.

## PRIZES AND PRESENTATIONS

Presentations will be made at 14:00 to the top three men and women and the top three male and female wheelchair athletes. These will be made on the presentation stage at the Charity Village so please go along and show your support for some world class performances.

Afterwards there will be the chance to have your photo taken on the podium too, remember to wear your medal with pride.

All other prizes will be mailed out after the event. Cash prizes exist for the top 10 men and women, the top 10 UK athletes and the top five in the elite wheelchair event.

## GREAT RUN ONLINE

Full results, event report, details of other Great Runs and official event photographs will be available online. Visit [greatrun.org](http://greatrun.org) and follow the relevant links.

## SEE YOURSELF ON TV

The Great Manchester Run will be shown live on BBC Two from 11:00, with highlights at 16:30.

**HAVE A GREAT DAY & ENJOY THE RUN!**

## ACKNOWLEDGEMENTS

The organisers of the Great Manchester Run would like to thank all of the various individuals, organisations and companies who have helped in the build up to the event.

**Special thanks go to:** Aqua Pura, Barton Athletic Club, BBC Sport, Bury AC, Dobcross Youth Band, Great Northern, Greater Manchester Fire Service, Greater Manchester Police, Greater Sport, Harry Smith, Horwich RMI Harriers, Imperial War Museum North, Key 103, Leigh Harriers, Living Ventures, Lucozade Sport, Manchester Aid to Kosovo, Manchester Central, Manchester City Council, Manchester Community Central, Manchester Evening News, Manchester Harriers, Manchester United FC, Manchester Volunteer Sports Bureau, Moston & District Harriers, North of England Athletic Association, NWAS, PUMA, Quest Scouts, Sale Harriers, Salford Council, Salford Harriers, Shackleton Explorer Scouts, St John Ambulance, StreetGames, Trafford Council, Transport for Greater Manchester, Rank Hovis, Spinningfields, Virgin Trains, Rylands Explorers Stretford