GRAB A CUPPA, GET COMFORTABLE AND READ CAREFULLY

The items in your run pack are very important so take the time to read this section carefully.

But, before we begin, please remember that many of the serious medical problems occur in people who have been slightly unwell but do not want to miss the event or feel like they have let down their friends or charity.

If this sounds like you, please don't risk becoming a medical emergency – the Simplyhealth Great Manchester Run 10k and half marathon events will be back next year!

YOUR RUN NUMBER AND TIMING CHIP – THEY ARE ONLY FOR YOU!

This is your unique number and only you must wear it on the day. Please don’t swap, change or copy it in any way – and definitely don’t remove your timing chip from the back, otherwise we won’t be able to give you an accurate finishing time.

Fill in any missing details on the back of the number and pin it securely to the front of your top as you will need your number to claim your Finisher’s Pack and get your baggage back if you have used the baggage bus facility.

If you have any queries about your number or it doesn’t match the number mentioned on the covering letter, get in touch sooner rather than later at info@greatrun.org
There will be two wave starts for the half marathon. Sub-two-hour runners have sold-out numbers and will start at 9.00am, with two-hour plus runners starting at 9.10am and wearing red numbers with a white stripe.

If you’re taking part in the 10k, the colour of your number relates to your start wave.

There’s a rainbow of coloured waves - Orange, White, Purple, Blue, Green and Pink. Yellow and White striped numbers are for fast-paced club runners so, if you have one of these, follow all the instructions for Orange numbers until you get to the start line.

You then assemble in the area marked with Yellow and White ‘Fast-Paced Runners’ banners.

Runners are not allowed to move forward to a faster wave. However, if you plan to run slower than predicted on your entry form or your mates are in a later wave than you, you can move back without having to tell us.

WILL THERE BE WIFI?

Of course there will be wifi and it will be free! Simply locate ‘Great Run Free Wifi’ on mobile devices, enter your email address and start sharing those pictures. Remember to use the hashtag #GREATMANCHESTERRUN

This also means you can download the Great Run App from iTunes or Google Play. It contains loads of event day info and your loved ones can track you on your journey round the course.

HOW DO I GET TO THE START LINE?

Allow plenty of time to get to the start and use our arrival time guide (left) to plan your trip. Greater Manchester has an excellent public transport system, including the Metrolink tram network and rail links so we recommend consider these as your best option.

Transport for Greater Manchester is providing a travel information page in support of the event, which will be available from week commencing April 23 at tfgm.com/public-transport/tram

Tickets can be bought from platform ticket machines, or visit getmethere.co.uk to download the ticket app.

To find out more on Metrolink visit metrolink.co.uk, follow @MCRTFGLINK on twitter for live travel advice, or call Metrolink Customer Services on 0161 205 2000

Engineering works often take place on the rail network on weekends. If you are planning to come by train, you can get advance information from nationalrail.co.uk as well as on tfgm.com page.

Metrolink is Greater Manchester’s tram network. It couldn’t be easier to use Metrolink, with frequent services and lines into the city from many areas 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, although busier than normal.

For first and last tram times visit tfgm.com/public-transport/tram

WHAT IF I HAVE TO TAKE THE CAR?

If you do decide to travel by car the information below is tailored to both the direction you approach Manchester from and your arrival time. Please don’t rely on satnav devices, though – they don’t know which roads we’ve closed for you.

For live travel updates please follow @OfficialTfGM

From the North use the M60 and appropriate connecting road, leading to...
**RUNNERS’ GUIDE**

**START & FINISH AREA MAP**

**RUNNING IN THE 10K (ORANGE / WHITE NUMBERS) USE THIS MAP.**

**START & FINISH AREA MAP**

**RUNNING IN THE 10K (BLUE, GREEN OR PINK NUMBERS) USE THIS MAP.**

the northern part of the city – Oldham Road A62, Rochdale Road A576, Middleton Road/Cheetham Hill Road or Bury New Road (A56).

From the West use the M60, M602, Regent Road (A57), Trinity Way (A6042).

From the East before 12:00 use the M60, A62 accessing the city from the north. From 12:00 use Ashton New Road (A662), Ring Road (A665) or Hyde Road (A57) then A655 from Devonshire St North.

From the South before 12:00 use the M60, M602, Regent Road (A57), Trinity Way (A6042). From 12:00 where appropriate consider using M60 – anti-clockwise, leave at Jct 22 and then via A62 or A57M Mancunian Way (heading Eastbound is likely to be best).

City centre car parks will be slow to get in and out of. Reduce the risk of congestion by using park and ride. TfGM will add a map to their travel page showing the larger park and ride sites, all handy for public transport and free for those with a valid ticket or pass. However you decide to travel, use this guide to help plan your journey and when to arrive in the city.

**WHERE WILL I STAY?**

If you are coming the night before and need somewhere to lay your head, Nirvana Europe are the official travel partners of the event and specialise in putting packages together across a range of budgets.

Give them a call on 0191 257 1750 or visit nirvanaeurope.com.

You can also contact Manchester Visitor Information Centre on 0871 222 8223 or go to visitmanchester.com

**WHAT WILL I FIND AT THE START?**

The Information Point is in Albert Square. You can’t miss it, it’s the Great Run-branded tent opposite the Town Hall steps. It’s open from 12:00 to 17:00 on Saturday May 19 and from 07:30 on Sunday May 20. Any problems that can be sorted in advance, though, check the FAQs at GREATRUN.ORG/FAQS or get in touch with the team at INFO@GREATRUN.ORG so we can sort the issue out and put your mind at rest.

The Missing Persons point will be based in Albert Square, too, near to the Information Point. Temporary toilets will have popped up on a number of city streets near the start and several side streets off Deansgate near the finish – see the maps on these pages for details. Permanent public toilets are near the Town Hall on Lloyd Street and within Great Northern.

**WHAT WILL I DO WITH MY STUFF?**

Ideally arrive changed and ready to run, leave kit with friends or family or lock belongings in the car boot. Baggage buses are provided, but are always busy so don’t use them if you don’t need to.

If you do leave a bag, use the luggage tag on your run number and please bring your tag on your run number and please bring your real ticket or pass. However you decide to travel, use this guide to help plan your journey and when to arrive in the city.

**METROLINK MAP**

Okay, so you’re itching to get over the start line but have you read this magazine, have you made sure you can find the baggage zone will be highlighted by a huge branded tent opposite the Town Hall steps. It’s open from 12:00 to 17:00 on Saturday May 19 and from 07:30 on Sunday May 20. Any problems that can be sorted in advance, though, check the FAQs at GREATRUN.ORG/FAQS or get in touch with the team at INFO@GREATRUN.ORG so we can sort the issue out and put your mind at rest.

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Ideally arrive changed and ready to run, leave kit with friends or family or lock belongings in the car boot. Baggage buses are provided, but are always busy so don’t use them if you don’t need to.
You will need to show your number to the steward to gain access – there’s a reminder of arrival and start times on the back.

Once you’re in, move forward so other runners can assemble behind you. If you are taking part in assisted wheelchairs or in running gear, please line up towards the rear of the assembly area.

**LET’S GET WARMED UP**
The Simplyhealth Great Manchester Run features a 10k course and a half marathon course, both of which have been officially measured and certified.

The start line for both distances is on Portland Street near the junction with Oxford Street. Each kilometre/mile will be accurately marked by large signs at the side of the road.

To make sure you are ready to take on your chosen distance, there will be warm-ups for all waves, held within the assembly area.

If you need assistance look out for the green banners marking the medical posts or ask a steward for help. If the medical team think it is unsafe for you to carry on, they will suggest you pull out of the event. Nobody can be forced to stop, but it is strongly recommended that you heed their advice.

**WHAT HAPPENS IF I CAN’T GO ON?**
Any runners who feel they are unable to complete the half marathon can use the Runner Shuttle mini bus that operates from 11.5 miles and be transported to the finish area, dropping at Quay Street. You can walk to this from 9.5 miles, too.

In the 10k, a sweeper bus will follow at six miles, 10 miles and 11.5 miles on the half marathon course and near 5k and 7k on the 10k route.

Only take one bottle per station and rubbish during and after your run to send it off to be recycled.

Before the start, deposit any rubbish, bin liners or old clothing in the bins provided or to the side of the assembly area to avoid causing obstacles to other runners.

**LISTEN OUT FOR ANY INFORMATION GIVEN BY THE PA ANNOUNCER AND, WHEN YOU HEAR THE GUN GO, BE PATIENT. YOUR TIMING CHIPS DO NOT ACTIVATE UNTIL YOU CROSS THE START LINE SO YOU WILL RECEIVE A COMPLETELY ACCURATE FINISH TIME.**

**I’M FEELING FINE BUT IS THERE HELP AT HAND IF THAT CHANGES?**
We hope you don’t need them, but there are cleaning teams who will collect the rubbish during and after your run to send it off to be recycled.

**HOW CAN I STAY HYDRATED?**
As well as at the finish line there will be Aqua Pura water stations near three miles, six miles, 10 miles and 11.5 miles on the half marathon route and near 5k and 7k on the 10k route.

Toilets are available at all drink stations.

**MUSIC TO MY EARS**
We’ve got a great Bands on the Run programme for you with regular music zones across the half marathon and 10k.
runners’ guide

routes with local DJs, live bands, choirs, drummers and cheering points from the University of Manchester, Manchester Metropolitan University, Cancer Research UK, Macmillan Cancer Care, Royal Manchester Children’s Hospital, The Christie, Alzheimer’s Society and Manchester University NHS Foundation Trust cheer bus.

On the half marathon route Clint Boon’s Boon Army stage near the Imperial War Museum in Trafford (after 10 miles on the half marathon and 5k on the 10k course) is there to lift you as you run for home.

WHAT IF I HAVE TO WALK?
If you are planning to walk all or part of the half marathon or 10k we ask that you keep to the left so runners can pass you with ease.

Please do not start near the front of the half marathon or in the Orange or White wave of the 10k, but be aware that we need to re-open the roads quickly after the event, so if you are still on the course after 5pm you may be asked to finish the run on the footpaths.

WHERE’S THE BEST PLACE FOR SUPPORTERS TO GO?
The start and finish areas are open to spectators, although both areas will be very busy so we can’t guarantee the best seats in the house. Please listen to and take the advice of the stewards.

Before you head off to spectate, remember the only roads that are closed are those needed for the run so stay safe on the footpaths at all times.

There are six Charity Cheering Points, where supporters of Cancer Research UK will be urging you on at one and 13 miles on the half marathon route and 1k and 9k on the 10k course.

At 11 miles/7k you’ll see supporters from The Christie, the Royal Manchester Children’s Hospital and Manchester University NHS Foundation Trust will be at 9.5 miles/3k; Macmillan are at 12 miles/2k; Alzheimer’s Society are at 8 miles/9k; and Macmillan Cancer Support cheer bus & Manchester Met Uni cheer zone.

11 miles/7k
- The Christie Cheer bus
- Macmillan Cancer Support cheer bus
- Royal Manchester Children’s hospital cheer bus
- Manchester University NHS Foundation cheer bus
- DJ E.M.A
- Dobcross Youth Band
- S. Manchester Uni Go Zone
- Clint Boon’s ‘Boon Army’ Stage
- Key 103 Hall of Sound
- Bloco Merse Samba band
- The Christie cheer bus
- Macmillan Choir
- Garman Power Song Zone
- Manchester Uni Go Zone
- Funtime Frankie’s & Feel Good inc. bands
- O2 Touch Rugby DJ Van
- Key 103 Wall of Sound

Alternatively there are two big screens, showing footage from 09:00 – one at 100m from the finish and one within Spinningfields by the Oast House stage.

THE FINISH LINE IS IN SIGHT!
The Simplyhealth Great Manchester Run half marathon and 10k both finish on Deansgate near the Hilton Hotel and the finish system will remain in operation until the last 10k runner has crossed the line.

Please resist the urge to stop immediately, as there could still be thousands of runners behind you. Your Finishers’ Pack contains your exclusive t-shirt and medal, please take a pack corresponding to the T-shirt size you indicated on your entry form.

IT IS STRICTLY ONE PACK PER FINISHER, NON FINISHERS ARE NOT ELIGIBLE FOR PACKS.

WHERE ARE MY BAGS? AND WHERE CAN I FIND FRIENDS AND FAMILY?
Beyond this point, runners from different waves will be directed to the relevant zones to collect their baggage and meet up with friends and family – see the start/finish maps for information.

It’s a good idea to meet under the board that matches the first letter of your surname to avoid confusion. At the end of the finish system you will be directed as follows:

- Half marathon runners will head straight on to their baggage buses and meeting point on Deansgate between Peter Street and John Dalton Street.
- Orange and Green waves will be turned left towards Hardman Street to their baggage buses and meeting point in Spinningfields.
- White, Purple, Blue and Pink waves will be turned right onto Peter Street for their meeting point and baggage buses off Southmill St near Albert Square.

runners’ guide

we have a run-through cheer zones with DJs part of the 18.24m ‘wall of sound’ at the University of Manchester Go Zone at 9 miles/2k and Manchester Metropolitan University at 11.5miles/7k.

Chesterton Street, Great Bridgewater Street or Albion Street near Deansgate Locks are good vantage points for both the half marathon and 10k. Or head out to the 10k halfway area/11-mile point near the Imperial War Museum North and Manchester United’s Old Trafford stadium (at 10 miles/4k). You can walk over to both of these locations from Salford Quays, which is served by the Eccles Metrolink line.

There is no spectator viewing on the Mancunian Way used for the half marathon but plenty of viewing on Ashton Old Road, Sir Alan Turing Way and at the Etihad Stadium. If at any point you become lost or lose someone in your party then please contact an event steward.

Simplyhealth Great Manchester Run 2018

10K COURSE MAP

Manchester

Start

Finish
IS THERE ANYTHING TO DO AFTERWARDS?

You could head straight home for a well-earned rest! But, better still, complete today’s Great Run experience with a trip to the Charity Village in Albert Square, open from 07:30 to 18:00.

Several official charities will have meet and greet stands and will welcome both runners and spectators.

Check out the Sponsor Zone on Deansgate between Spinningfields and Albert Square, where you’ll find a number of Great Run partners with some great offers, entertainment and give-aways.

If you’re looking for some extra help with your recovery, head to the Simplyhealth Great Run Massage Zone based in the Chamber of Commerce on Deansgate in the Sponsor Zone. You can pre-book your slot by visiting find-a-physio.com, then just click on the Simplyhealth 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 team from Manchester Metropolitan University will be on hand and waiting to see you.

Spinningfields will be hosting a warm-down party from the Spinfest stage at the Oast House in The Avenue Courtyard, with live bands and DJs brought to the event by Manchester Aid to Kosovo.

I’VE DONE IT AND NOW I WANT TO SHOUT ABOUT IT

Of course you do and you can! If you’d like Great Run to share your result for free on your personal social media platforms, we can Tweet your result straight after your run or post on Facebook.

All you need to do is register now at socialmediaregistration.greatrun.org. You will need your ID number, which can be found just under your address on the letter you got with this magazine.

Full results will be available at greatrun.org, together with an event report and details of other Great Runs in 2018.

Official Simplyhealth Great Manchester Run photographers will be there to capture some of your proudest moments. Visit greatrun.org and follow links to your own Great Run photo album.

WILL I BE ON TV?

The Simplyhealth Great Manchester Run will be shown live on BBC from 12:00 to 14:30, with highlights on BBC Two later in the afternoon.

HAVE A GREAT DAY AND ENJOY THE RUN!