



EVENT GUIDE

SUNDAY 20 MAY 2018

It's finally here, event day has arrived and we want to help you with any on the day questions so you can focus on enjoying your run and soaking up the atmosphere.

Any info you might need before the big day including travel advice, accommodation recommendations or location information can be found at **greatrun.org/great-manchester-run**

For on the go event information selfie filters and live tracking for your family and friends, download the FREE Great Run app from iTunes app store or Google Play Store.

For real time updates and to follow all the action on event day join the conversation on social -



RUN NUMBER & TIMING CHIP

Your run number should be identical to the master number on your covering letter. If it's different please contact Customer Services on info@greatrun.org

This is your unique number, so only you must wear it on the day. Please don't swap, copy or change this number, selling it on or giving someone else access to your number might put them at risk if they're not properly prepared.

Your timing chip is attached to the back of your run number, do not remove the chip as it will affect the accuracy of your time.

The chip will automatically record your time, so you don't need to do anything. Your chip doesn't need to be returned at the end of the run.

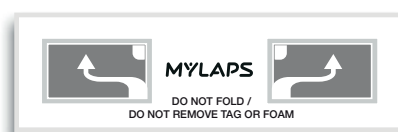
Front



Back



Timing Chip



ARRIVAL TIME GUIDE

Wave	Arrive	Assembly	Start
Half marathon Red numbers	0745	0815	0900
Half marathon Red & White numbers	0745	0815	0910
10k Orange numbers	1130	1200	1307
10k White numbers	1145	1215	1325
10k Purple numbers	1250	1320	1355
10k Blue numbers	1250	1320	1400
10k Green numbers	1330	1405	1440
10k Pink numbers	1330	1400	1500

There will be two wave starts for the half marathon. Sub two-hour runners have solid red 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, which is based on the estimated time you put on your entry form, so basically the faster you are, the earlier you set off.

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.

0730	Great Run Information Desk opens in Albert Square.	1010	First Half Marathon finishers on Deansgate	1307	Simplyhealth Great Manchester Run elite men, fast-paced club runners and Orange wave start
	Charity Village and Baggage Buses for half marathon runners open	1020	Presentations for the Simplyhealth Junior Great Manchester Run	1320	
0815	Start area opens for half marathon assembly	1030	Simplyhealth Mini Great Manchester Run assembly opens		
0850	Warm-up for the Simplyhealth Great Manchester Run half marathon	1043	Warm-up for Minis	1325	Simplyhealth Great Manchester Run White wave start
		1050	Simplyhealth Mini Great Manchester Run wave 1 start		
0900	Start of the Simplyhealth Great Manchester Run Half Marathon wave 1	1052	Simplyhealth Mini Great Manchester Run wave 2 start	1348	Simplyhealth Great Manchester Run Purple wave starts
		1100	Presentations for the Simplyhealth Great Manchester Half Marathon	1355	
0910	Start of the Simplyhealth Great Manchester Run Half Marathon wave 2	1130	Baggage buses for 10k open	1400	
0930	Simplyhealth Junior Great Manchester Run assembly opens	1200	Start area open for assembly for Simplyhealth Great Manchester Run 10k	1405	Simplyhealth Great Manchester Run Blue wave starts & Assembly areas open for Pink wave
0943	Warm-up for Juniors		Orange wave		
0950	Start of the Simplyhealth Junior Great Manchester Run 12-15 boys	1215	Start area open for assembly for Simplyhealth Great Manchester Run 10k	1415	
0952	Start of the Simplyhealth Junior Great Manchester Run 12-15 girls	1230	White wave		Simplyhealth Great Manchester Run 10k
			Simplyhealth Great Manchester Run elite wheelchair start	1433	
0954	Start of the Simplyhealth Junior Great Manchester Run 9-11 boys	1245	Simplyhealth Great Manchester Run elite women start	1440	
0956	Start of the Simplyhealth Junior Great Manchester Run 9-11 girls	1255	Warm-up for Orange and White waves	1500	Simplyhealth Great Manchester Run Green wave start
					Simplyhealth Great Manchester Run Pink wave

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](https://www.tfgm.com).

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](https://www.nationalrail.co.uk) as well as on the [tfgm.com](https://www.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](https://www.tfgm.com/public-transport/tram)

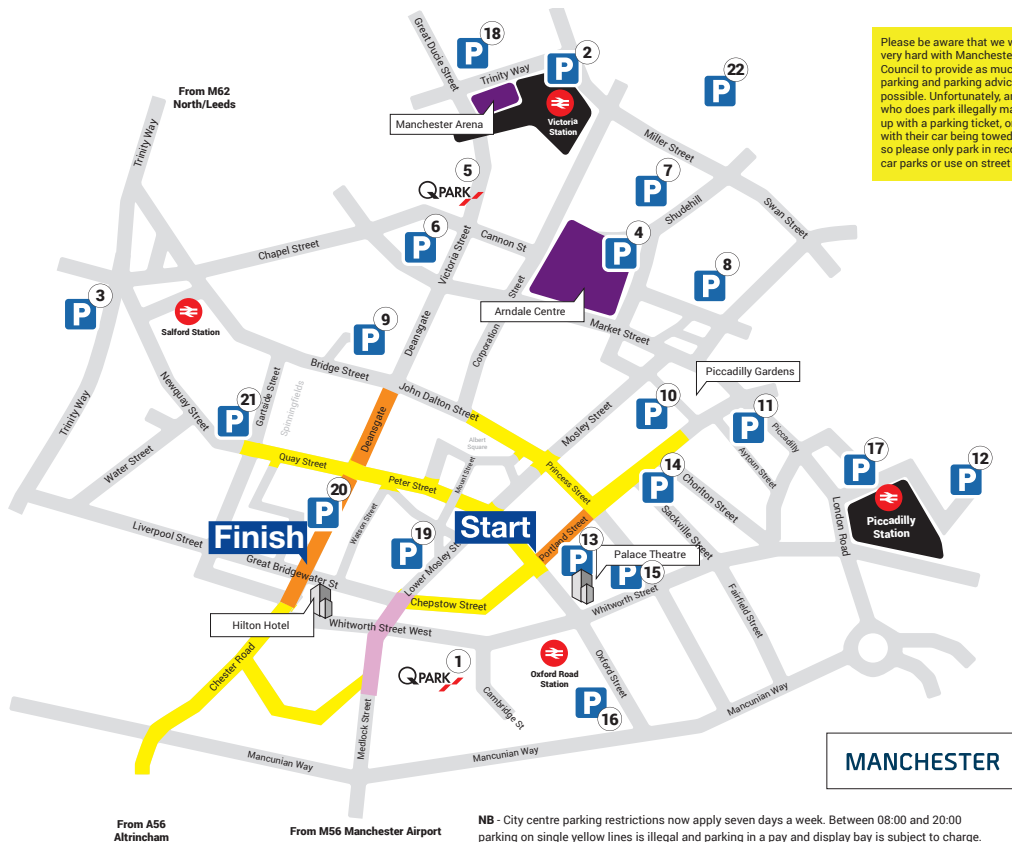
Tickets can be bought from platform ticket machines, or visit [getmethere.co.uk](https://www.getmethere.co.uk) to download the ticket app.

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

Mobike, the world's first smart bike-sharing company that enables users of its smartphone app to find a bike near them, reserve and unlock it all using their smartphones, have teamed up with the event to give runners five free rides. Just download the App from iTunes and create an account with a £1 deposit using promo code **MOBIKEFREE**, then you're ready to locate a bike, scan the QR code and RIDE!

There are lots of cycle routes, roads with cycling facilities and bike parking options, too. Visit [tfgm.com/cycling](https://www.tfgm.com/cycling) for more information

ROAD CLOSURES



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 04:00
- Closed from 07:00
- Closed from 08:30

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	Arndale	NCP	1383
5	Deansgate North	Q-PARK	453
6	Deansgate	NCP	340
7	Printworks	NCP	777
8	Northern Quarter	NCP	700
9	King Street West	NCP	554
10	Piccadilly Plaza	NCP	160
11	Piccadilly Gardens	NCP	712
12	Sheffield Street	NCP	160
13	Oxford Street	NCP	431
14	Chorlton Street	NCP	559
15	Palace Whitworth Street	NCP	411
16	Chester Street	NCP	212
17	Piccadilly Station Long Stay	APCOA	857
18	Boddingtons Car Park, Great Ducie Street	Total Car Parks	1150
19	Manchester Central	NCP	720
20	Great Northern	NCP	1240
21	Spinningfields	NCP	680
22	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 for full details. Some NCP car parks now have a maximum stay, please check on the car park signage before you park.

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 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).

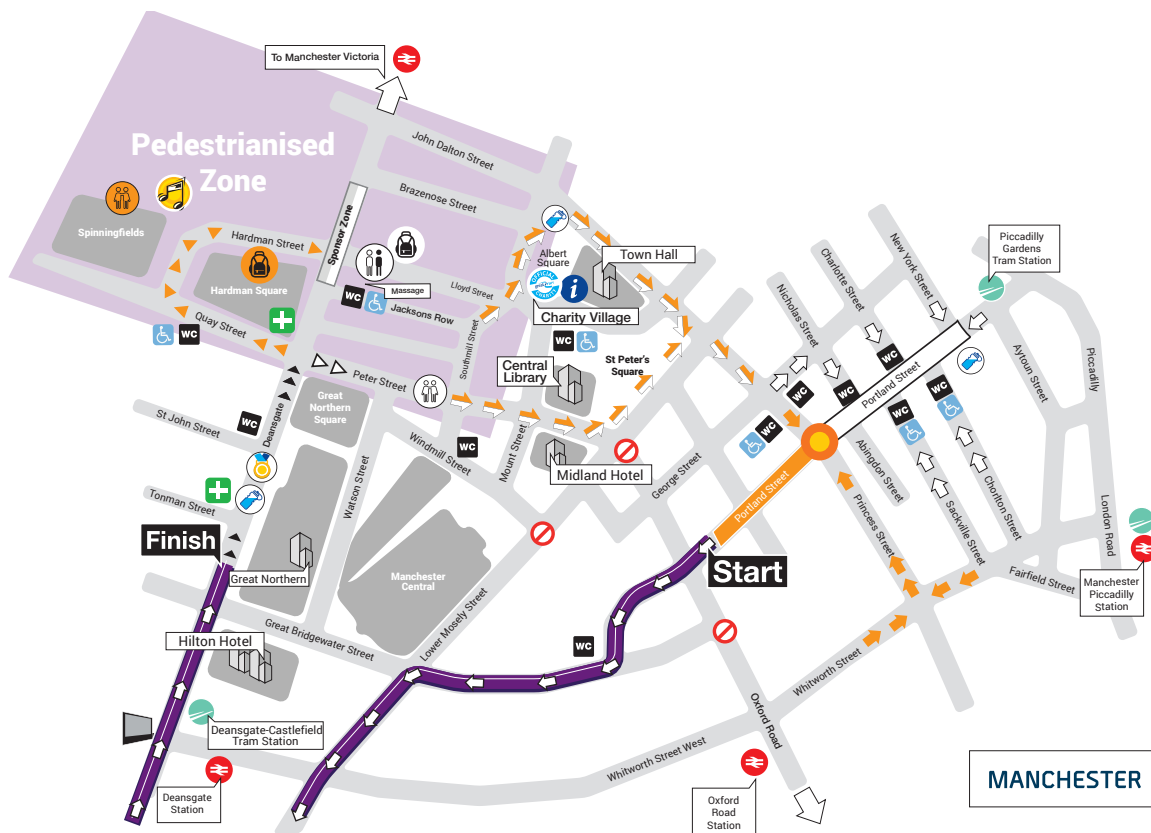
From the East before 12:00 use the M60, A62 accessing the city from the north. From 12:00 use Ashton New Road (A662), Ring Road (A665) or Hyde Road (A57) then A665 from Devonshire St North.

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.

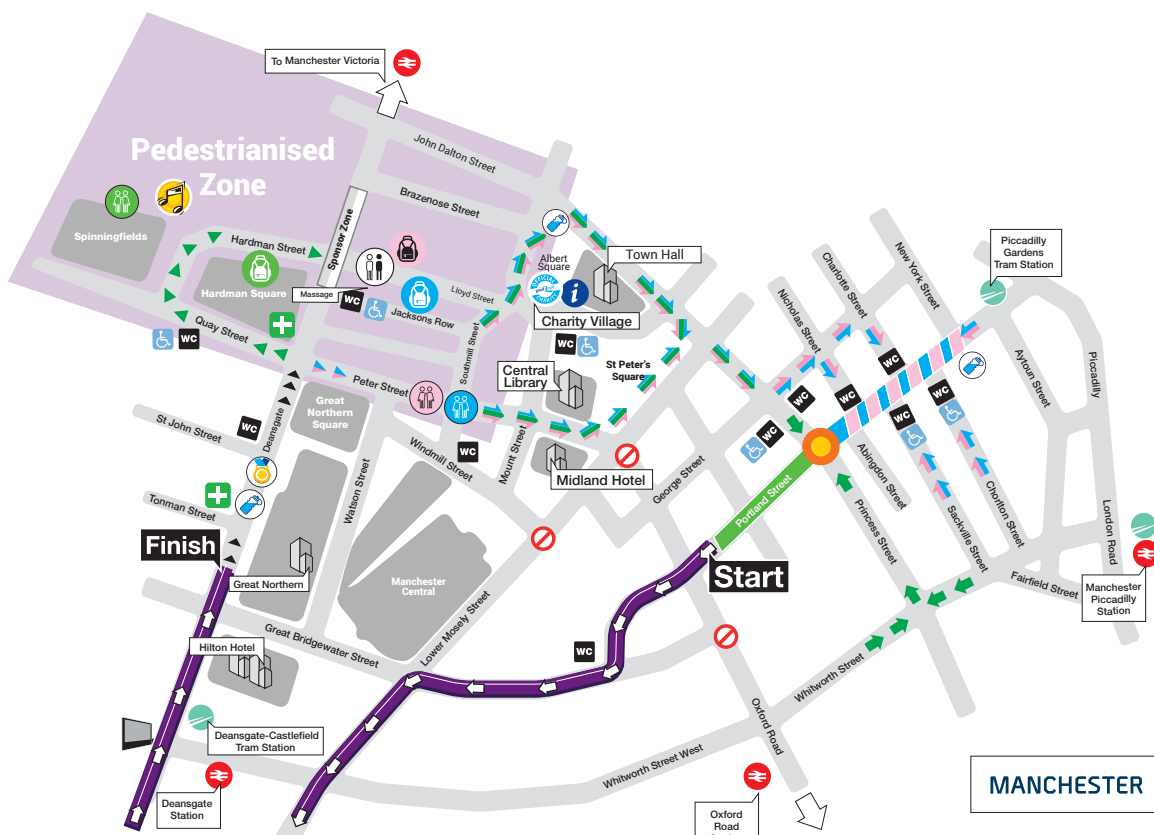
START & FINISH MAPS

Running in the 10K (Orange / White Numbers) Use this map.



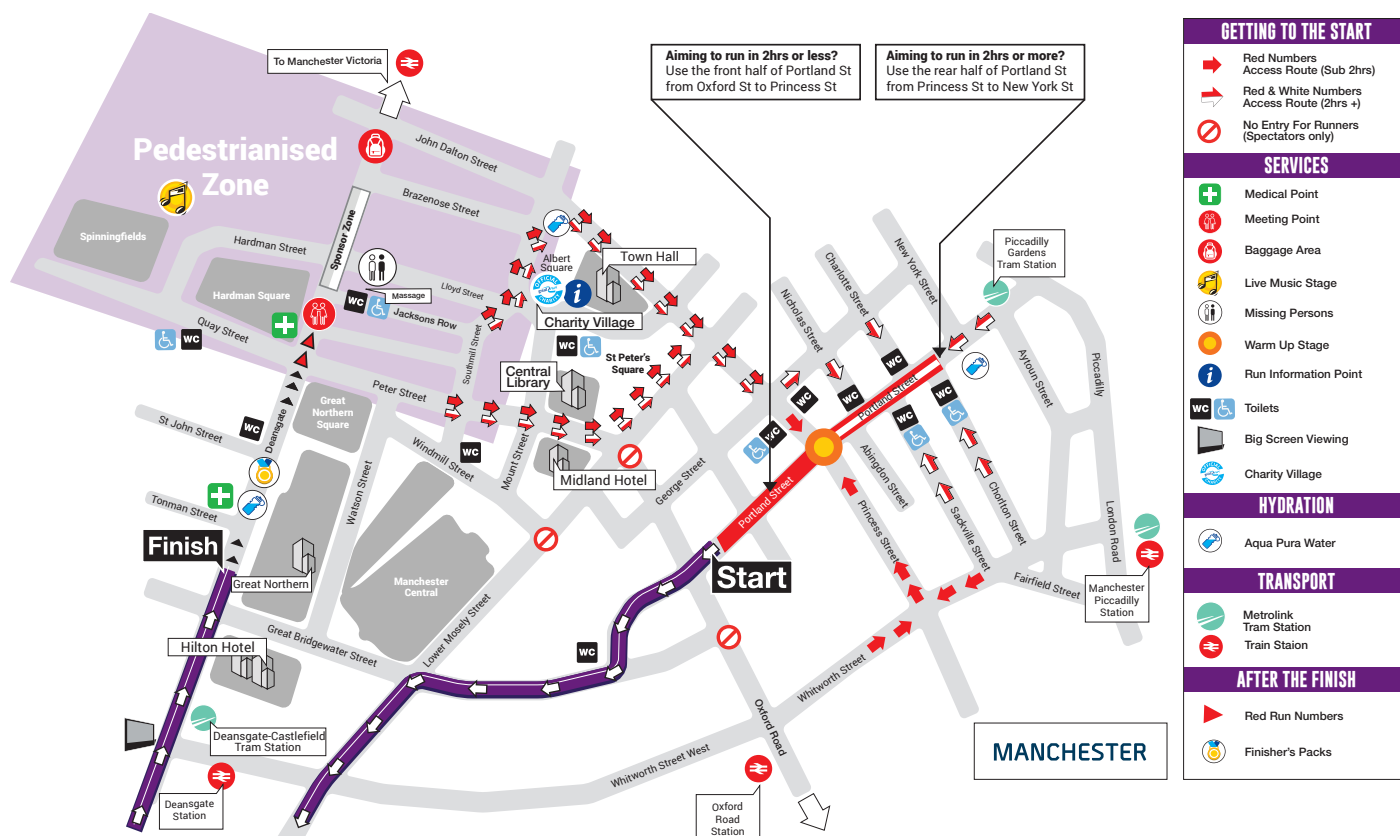
GETTING TO THE START	
	Orange Numbers Access Route
	Orange & White Numbers Access Route
	White Numbers Access Route
	No Entry For Runners (Spectators only)
SERVICES	
	Medical Point
	Meeting Points
	Baggage Areas
	Live Music Stage
	Missing Persons
	Warm Up Stage
	Run Information Point
	Toilets
	Big Screen Viewing
	Charity Village
HYDRATION	
	Aqua Pura Water
TRANSPORT	
	MetroLink Tram Station
	Train Station
AFTER THE FINISH	
	Orange Run Numbers
	White Run Numbers
	Finisher's Packs

Running in the 10K (Blue, Green or Pink Numbers) Use this map.



GETTING TO THE START	
	Green Wave Access Route
	Blue & Pink wave Access Route
	Blue, Green & Pink wave Access Route
	No Entry For Runners (Spectators only)
SERVICES	
	Medical Point
	Meeting Points
	Baggage Areas
	Music Stage
	Warm Up Stage
	Missing Persons
	Information Point
	Toilets
	Big Screen Viewing
	Charity Village
HYDRATION	
	Aqua Pura Water
TRANSPORT	
	MetroLink Tram Station
	Train Station
AFTER THE FINISH	
	Green Numbers
	Pink/Blue Run Numbers
	Finisher's Packs

Running in the Half Marathon (Red, Red & White Numbers) Use this map.



Look out for the Duracell Bunny pacers in every wave, helping you run for longer

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 the bare minimum. There will be an increased security presence and bags may be subject to checks. The buses will not move (see start/finish area maps): they are positioned near to the finish so if you want to use them factor in a 10-minute walk to the start.

I want to get started

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 bus and do you know your coloured assembly zone?

Follow the signs to your assembly area. Half marathon assembly zones are marked by time band signs. 10k assembly zones will be highlighted by a huge coloured balloon arch.

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 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.

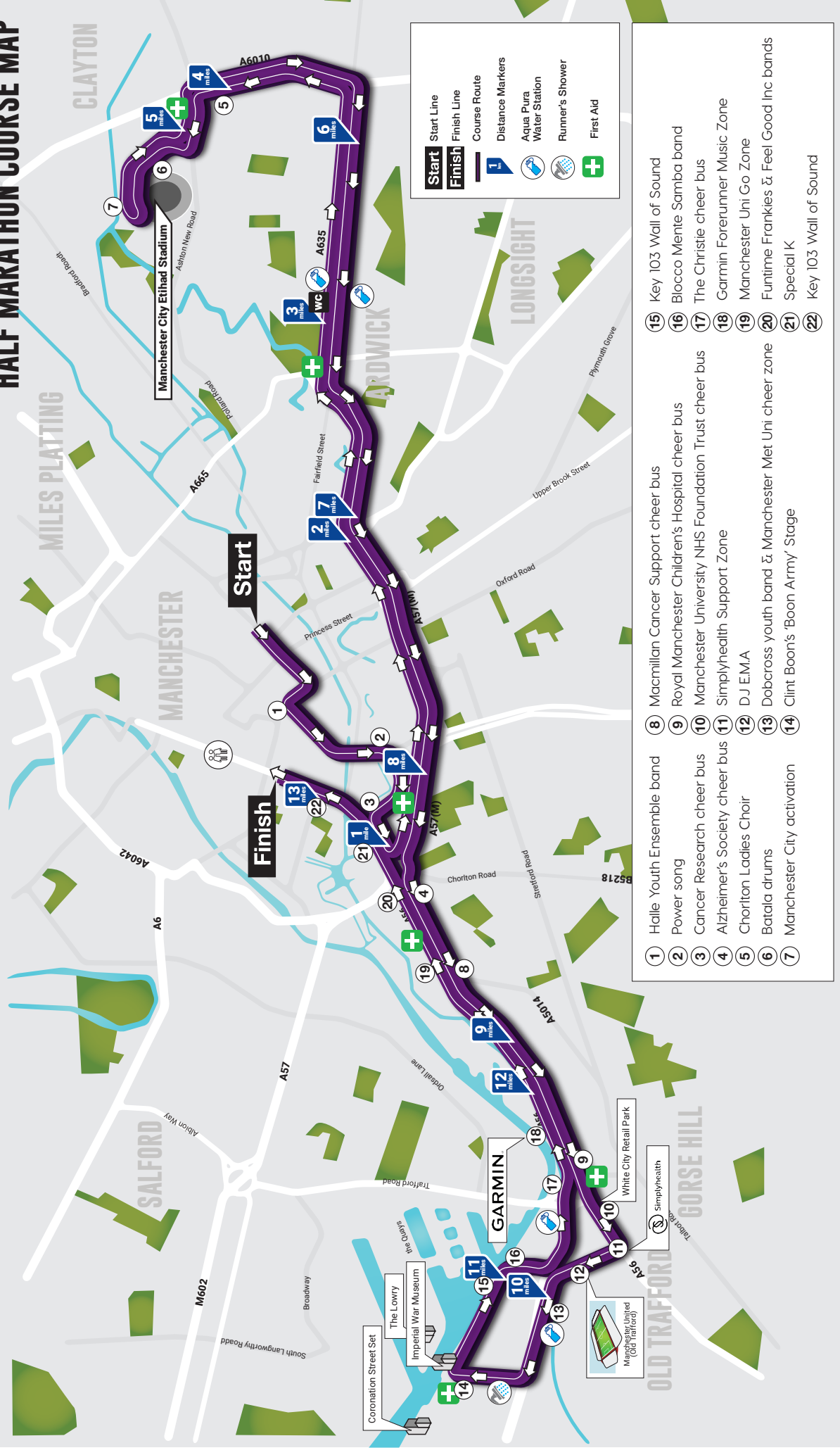
The start line for both distances is on Portland Street near the junction with Oxford Street. Each kilometre/mile will be accurately marked by large signs at the side of the road.

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, led by our Great Run fitness guru Roy Gayle and Manchester's own Christina Waring.

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, please be patient. Your timing chip does not activate until you cross the start line so you will receive a completely accurate finish time.

HALF MARATHON COURSE MAP







I'm feeling fine but is there help at hand if that changes?

We hope you don't need them, but there is a full medical team consisting of doctors, nurses, paramedics and first aiders in place. North West Ambulance Service and St John Ambulance will be at the start, along the course, at the finish on Deansgate and in the city centre.

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 unwise 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 the rear of the last wave to pick up anyone who feels unable to finish.



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.

Only take one bottle per station and move straight on (there are lots of thirsty runners behind you).

SiS energy gels will be available at the mile six drink station (on the half marathon course only).

Take care when disposing of bottles and packets and discard at the side of the road to avoid any trip and slip hazards. We have cleaning teams who will collect the rubbish during and after your run to send it off to be recycled.

Toilets are available at all drink stations.



How can i keep cool?

You don't need to pour bottled water over your head to cool down. Run through the Key 103 fine mist shower at 11 miles on the half marathon and 6.5k on the 10k. The clue that you've nearly reached them are the large 'shower ahead' signs!



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 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 either 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 we have have 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.

Chepstow 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.

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.

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.



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.

EXHIBITORS & SPONSOR TENTS



1

Make your own smoothie, try out the boogie bike or be in with a chance to win a year's membership with the Pure Gym Gif booth



2

Look out for restaurant samples and pose on the podium with the Nando's mascot.



3

Duracell will be retailing their new 'Duracell Powerbanks', ideal for runners with dead phone batteries!



4

Check out Garmin products that would work for you, helping you BeatYesterday



5



6



7



Read more about the Simplyhealth Stretch and Active Zones and the Simplyhealth Massage Team on the next page.

WITH YOU EVERY STEP OF THE WAY

Stretch Zone - Spinningfields Square

A fitness instructor will be on stage to guide you through a number of simple stretches. This area will be clearly signposted from the finish and is completely free to all runners, helping you to stretch out, avoid injury and recover more quickly.

Active Zone - Spinningfields Square

Bring your friends and family to the Simplyhealth active zone where you can get a snap in the Gif booth, test your reactions with the Batak speed test as well as a BMI calculator

Massage Zone - Chamber of Commerce, Deansgate

The Simplyhealth Massage Team are ready and waiting in the Manchester Chamber of Commerce, offering complimentary massages to help you recover after your run.

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.

***GOOD LUCK AND ENJOY YOUR DAY FROM THE
SIMPLYHEALTH GREAT RUN TEAM AND
ALL OUR PARTNERS.***



***BRING YOUR
INCREDIBLE***

JOIN US ONLINE AT [PUREGYM.COM](https://www.puregym.com)