RUNNERS' GUIDE

ALL THE EVENT INFORMATION YOU'LL NEED TO MAKE MANCHESTER MEMORABLE



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WELCOME FROM ROMANA ABDIN, SIMPLYHEALTH CHIEF EXECUTIVE

You are amazing! Yes, YOU! You may be asking why a random person you've never heard of is telling you such a thing. I'm a less than perfectly fit and able person

who, in January this year stood in awe on the start line of the Simplyhealth Great Edinburgh Winter Run, watching 3,000 people of every imaginable shape, size, age and physical ability doing something

I think is amazing

– getting active
by running with
friends, family and
colleagues, sharing
together in moving

I'm also lucky enough to lead Simplyhealth

and being healthier.

and we're the partner of the Great Run Company, the organisers of the Simplyhealth Great Manchester Run. We're doing this with one simple aim: to get millions moving.

We at Simplyhealth are people with a

passion and a purpose that's all about helping people to make the most of life through better everyday health.

You might be one of our three and a half million customers who we help every day in lots of ways but, even if you're not, I hope that through our support of the Simplyhealth Great Manchester Run we can help you in a small way to make the most of life.

My dad, who was a GP all of his working life, told me that if you want to be healthy you should smile a lot, sleep enough and get out of breath at least three times a week doing something you love

So, as you do your final training for the Simplyhealth Great Manchester Run I wish you every success for the big day and, of course, to remind you that you are amazing!

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 wish 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 – IT'S YOURS AND YOURS ALONE!

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.

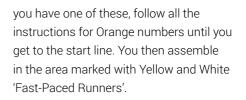
If you have any queries about your number or it doesn't match the number mentioned on the covering letter, get in touch sooner rather than later at

info@greatrun.org

All runners in the half marathon have red numbers and will all start together at 0900. 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



If you think you're going to run faster than your estimated time, please contact us at **info@greatrun.org** prior to the event as you cannot automatically move to a faster wave. On the other hand, if you plan to run slower or your mates are in a later wave, 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 on page 34 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 after May 1 at tfgm.com

Engineering works often take place on the rail network on weekends. If you are



(S) Simplyhealth

great manchester PARKING AND CITY CENTRE ROAD CLOSURES 23 P P P \mathbb{P}^3 P¹⁰ P 12 P **Finish** Palace Thea **MANCHESTER**

Closed from 04:00 Closed from 07:00 For a full list of road closures ple

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	Manchester Central	NCP	720			
21)	Great Northern	NCP	1240			
22	Spinningfields	NCP	680			
23	Rochdale Road	Total Car Parks	750			

ARRIVAL TIME GUIDE

Arrive in	Assembly	Start				
city from	Time	Time				
0745	0815	0900				
1130	1200	1307				
1145	1215	1325				
1250	1320	1355				
1250	1320	1400				
1330	1405	1440				
1330	1400	1500				
	city from 0745 1130 1145 1250 1250 1330	city from Time 0745 0815 1130 1200 1145 1215 1250 1320 1250 1320 1330 1405				

planning to come by train, you can get advance information from www.nationalrail.co.uk as well as on the 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 metrolink.co.uk/tramtimes.

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 s

please check on the car park signage before you park.

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 @MCRMetrolink on twitter for live travel advice, or call Metrolink Customer Services on 0161 205 2000.

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 13:00 use the M60, A62 accessing the city from the north. From 13:00 use Ashton New Road (A662), Ring Road (A665) or Hyde Road (A57) then A665 from Devonshire St North.

EVENT DAY TIMETABLE

0730	Great Run Information Desk	1030	Simplyhealth Mini Great	1320	Simplyhealth Great
	opens in Albert Square. Charity		Manchester Run assembly		Manchester Run 10k
	Village & Baggage Buses for		opens		Purple and Blue wave
	half marathon runners open	1043	Warm-up for Minis		assembly opens
0815	Start area opens for half	1050	Simplyhealth Mini Great	1325	Simplyhealth Great
	marathon Assembly		Manchester Run wave 1 start		Manchester Run
0850	Warm-up for the Simplyhealth	1052	Simplyhealth Mini Great		Wilfia wave start
	Great Manchester Run		Manchester Run wave 2 start	1348	Purple & Blue wave warm-up
	half marathon	1130	Baggage buses for 10k	1355	Simplyhealth Great
0900	Start of the Simplyhealth		open		Manchester Run Purple
	Great Manchester Run Half	1200	Start area open for assembly		wave starts
	Marathon		for Simplyhealth Great	1400	Simplyhealth Great
0930	Simplyhealth Junior Great		Manchester Run 10k		Manchester Run Blue wave
	Manchester Run assembly		Orange wave		starts.
	opens	1215	Start area open for assembly		Assembly areas open
0943	Warm-up for Juniors		for Simplyhealth		for pink wave
0950	Start of the Simplyhealth		Great Manchester Run 10k	1405	Assembly area open for
	Junior Great Manchester Run		White wave		Simplyhealth Great
	12-15 boys	1230	Simplyhealth Great		Manchester Run 10k
0952	Start of the Simplyhealth		Manchester Run elite	•	Green wave
	Junior Great Manchester Run		wheelchair start	1433	Warm-up for Green & Pink
	12-15 girls	1245	Simplyhealth Great		waves
0954	Start of the Simplyhealth		Manchester Run elite	1440	Simplyhealth Great
	Junior Great Manchester Run		women start		Manchester Run Green
	9-11 boys	1255	Warm-up for Orange		wave start
0956	Start of the Simplyhealth		& Wilita waves	1500	Simplyhealth Great
	Junior Great Manchester Run	1307	Simplyhealth Great		Manchester Run Pink wave
	9-11 girls		Manchester Run elite		runners start
1000	First Half Marathon finishers		men, fast-paced club runners		
	on Deansgate		and Orange wave start		

From the South before 13:00 use the M60, M602, Regent Road (A57), Trinity Way (A6042).

From 13:00 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.

There's lots of cycle routes, roads with

cycling facilities and bike parking options too. Visit tfgm.com/cycling.

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

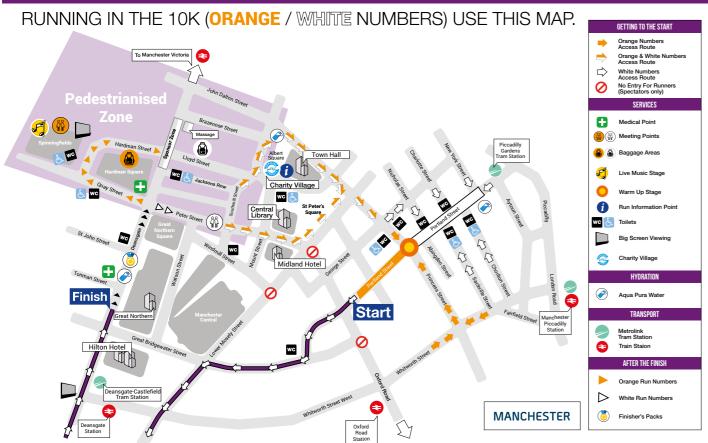
WHAT WILL I FIND AT THE START?

The Information Point is in Albert Square. You can't miss it, it's the Great Runbranded tent opposite the Town Hall steps.

Open from 12:00 to 17:00 on Saturday May 27 and from 07:30 on Sunday May 28. Any problems that can be sorted in advance though, check the FAQs at greatrun.org/fags or get in touch with the team at info@greatrun.org so we can sort the issue out and put your mind at rest.



Simplyhealth great manchester START & FINISH AREA MAP



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 **ALL 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.

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 your baggage is all on the bus correctly and do you know your coloured assembly zone?

Follow the signs to your assembly area, which will be highlighted by a huge coloured balloon arch.

You will need to show your number 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 10km 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 warmups 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

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.

I'M FEELING FIT 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 retire from the event. Nobody can be forced to stop, but it is strongly recommended that you heed their advice.

WHAT HAPPENS IF I **CAN'T CARRY 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 Agua Pura water stations near 5k. 10k 15k and 20k 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).

Take care when disposing of bottles and discard at the side of the road to avoid any hazards. Toilets are available at all drink

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

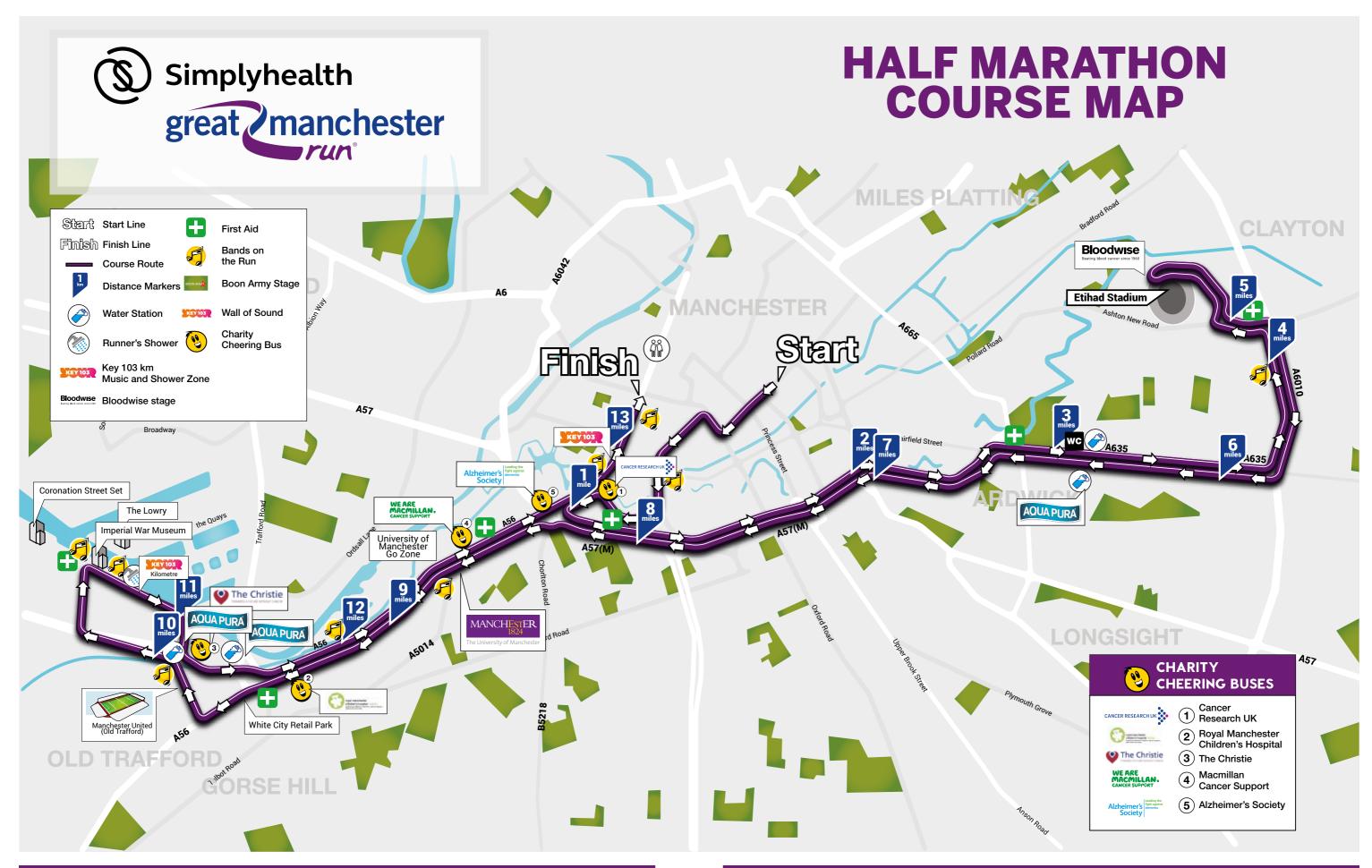
We've got a great Bands on the Run programme for you with music zones across the half-marathon and 10k routes with DJs, Manchester Jazz Festival group, live bands, drummers and cheering points from Manchester University, Cancer Research UK, Macmillan Cancer Care, Royal Manchester Children's Hospital, The Christie, Alzheimer's Society and Manchester Metropolitan University.

On the half marathon route Emmerdale star and City fan Jeff Hordley will be DJing as you pass the Etihad Stadium and Clint

(S) Simplyhealth

great manchester START & FINISH AREA MAP





Boon's Boon Army stage near the Imperial War Museum in Trafford (after 10 miles on the half-marathon and 5k on the 10k) is there to lift you as you run for home

MJF is Europe's most adventurous jazz festival, taking place here in Manchester (July 28-August 6) with gigs across the city, including at the festival 'hub' in Albert Square. From big-name bands to emerging artists and new works, MJF presents contemporary jazz in all its exciting guises. From mellow to high-energy and influenced by funk, soul, rock, folk and hip-hop, this is jazz at its most eclectic and fun.

Visit www.manchesterjazz.com

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 A GOOD 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, please remember the only roads that are closed are those needed for the run so stay safe on the footpaths at all times.

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

At 11 miles/ 7k you'll see supporters from The Christie; the Royal Manchester Children's Hospital will be at 9.5m/3k; Macmillan are at 12m/2k; Alzheimer's Society are at 1m/9k; and we have



run-through cheer zones with DJs from Manchester University at 9m/2k and Manchester Metropolitan University at 11.5m/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 ground (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 9.00am — one at 100m from the finish and one within Spinningfields by the Oast House stage.

FINALLY ... 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 ARE MY 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.

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.

Simplyhealth great manchester

START & FINISH AREA MAP

RUNNING IN THE HALF MARATHON (RED NUMBERS) USE THIS MAP.



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 7.30am to 6pm.

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 several
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 Great Run Massage Zone based in the Town Hall in Albert Square.

You can pre-book your slot by visiting www.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. This year's line-up will include Manchester favourites The Travelling Band and singer/songwriter Simon Aldred, known to many through performing as Cherry Ghost.

I'VE DONE IT AND I WANT TO SHOUT ABOUT IT

Of course you do and you can! If you'd like Great Run to share your results for free on your personal social media platforms, we can Tweet your results 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 the barcode at the top of 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 2017. 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.

SEE YOURSELF ON TV

The Simplyhealth Great Manchester Run will be shown live on BBC Two from 12 noon to 2.30pm, with highlights on BBC Two from 5.00pm.

HAVE A GREAT DAY AND ENJOY THE RUN!