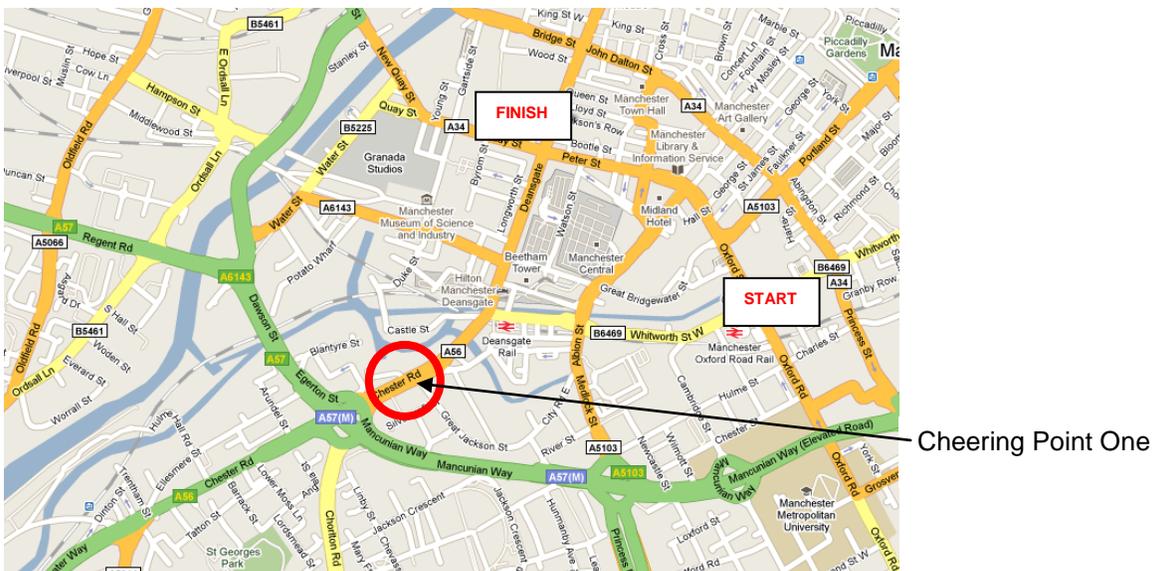


Your support squad

If your friends and family are coming to support you on the day, why not ask them to come and join one of our official supporter points? Supporter points are manned from 9.30am on race day until the last runner has passed. Your friends and family can join us at any point during the race.

Supporter Point 1 (we will see you at approx 1.5 and 9km)



This will double as the first and the final supporter point of the race (circled above). No doubt by the time we catch you for the second time at this point you will really appreciate the cheers and words of encouragement. This point will be manned from 9.30am until around 12.45pm.

Getting there

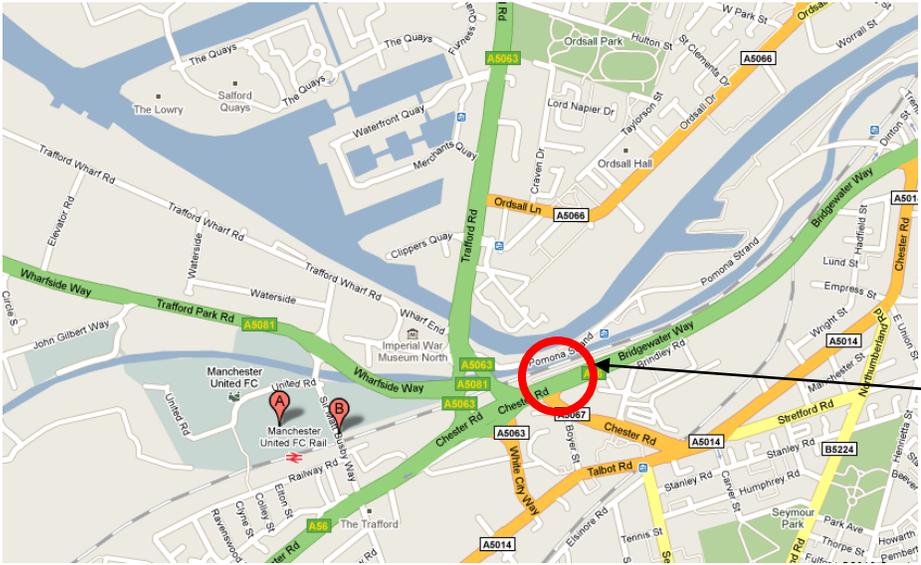
By Car - There are 2 large car parks situated within walking distance of the start, finish and 9km supporter points. They are at Manchester Central (entrance via Lower Mosley Street) and Great Northern (entrance via Watson Street).

By train - The nearest railway station is Deansgate

By Metrolink - The nearest Metrolink station is Manchester Central (GMEX).

Other - For information about other forms of public transport in Manchester, please visit www.gmpte.com

Supporter Point 2 (we will see you at approx 3 and 8miles)



Cheering Point Two

This will be our second supporter point where we will see you twice again. You will have run approximately 3km and 8km before you branch of to run alongside Old Trafford. This point will be manned from around 9.30 until about midday.

Getting there

By train - The nearest railway station is Old Trafford.

By Metrolink - The nearest Metrolink station is Old Trafford Station which is situated within a 5 minute walk from Old Trafford football ground.

Other - For information about other forms of public transport in Manchester, please visit <http://www.gmpte.com/>

Charity Village – An Area to Recover!

Macmillan will have a stand in the charity village at Manchester Central and will be there from 8.30am on the morning of the race. We'd love to see you both before and after the run, we'll be here to say hello, give out any last minute info and after the run to meet you and hand out refreshments and say a huge thank you to you for all your hard work. See you there!



Charity Village (Manchester Central formerly know as the GMEX)