

# GREAT MANCHESTER RUN 2023

Sunday, 21 May



**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

# GREAT MANCHESTER RUN 2023

## Your runner's guide

You're running the Great Manchester Run for us, thank you. This guide will give you everything you need to know about the day. Share this with your friends and family so that they can find our cheer point and marquee in the charity village. If you've got any questions, give us a shout. Otherwise we'll see you on race day.

## Why it's important

"2022 marked my 40th Diaversary. I know many of you, like me, remember the glass syringes and mini chemistry sets for testing our sugar. The first glucose test strips we cut in half to save money and compared to a colour chart, seemed incredible at the time. Now look at the amazing technology we have!"

**Sarah, Great Manchester Run 2023 participant**

## Getting ready

Your race pack, including your race number and timing chip will be posted out by the race organisers, approximately two weeks before race day. Please do have a good read through it. If you haven't received your pack by the week of the event, please email [info@greatrun.org](mailto:info@greatrun.org) where a member of the team will assist you.

Don't forget to wear your Diabetes UK running top. If you didn't request one and would like one then let us know. It means we can see you coming and will cheer you on as you pass our cheer point. Iron your name on the front so the crowd can chant your name and try to position your race number below our logo so everyone knows who you're running for.

## Social media

If you're on Twitter, Facebook or Instagram, then get sharing. We'd love to see your pictures and posts about the day. And don't forget to share your JustGiving link with all your followers. You're taking on an amazing challenge so it's the best day to get those donations flooding in.

## Celebrate with us

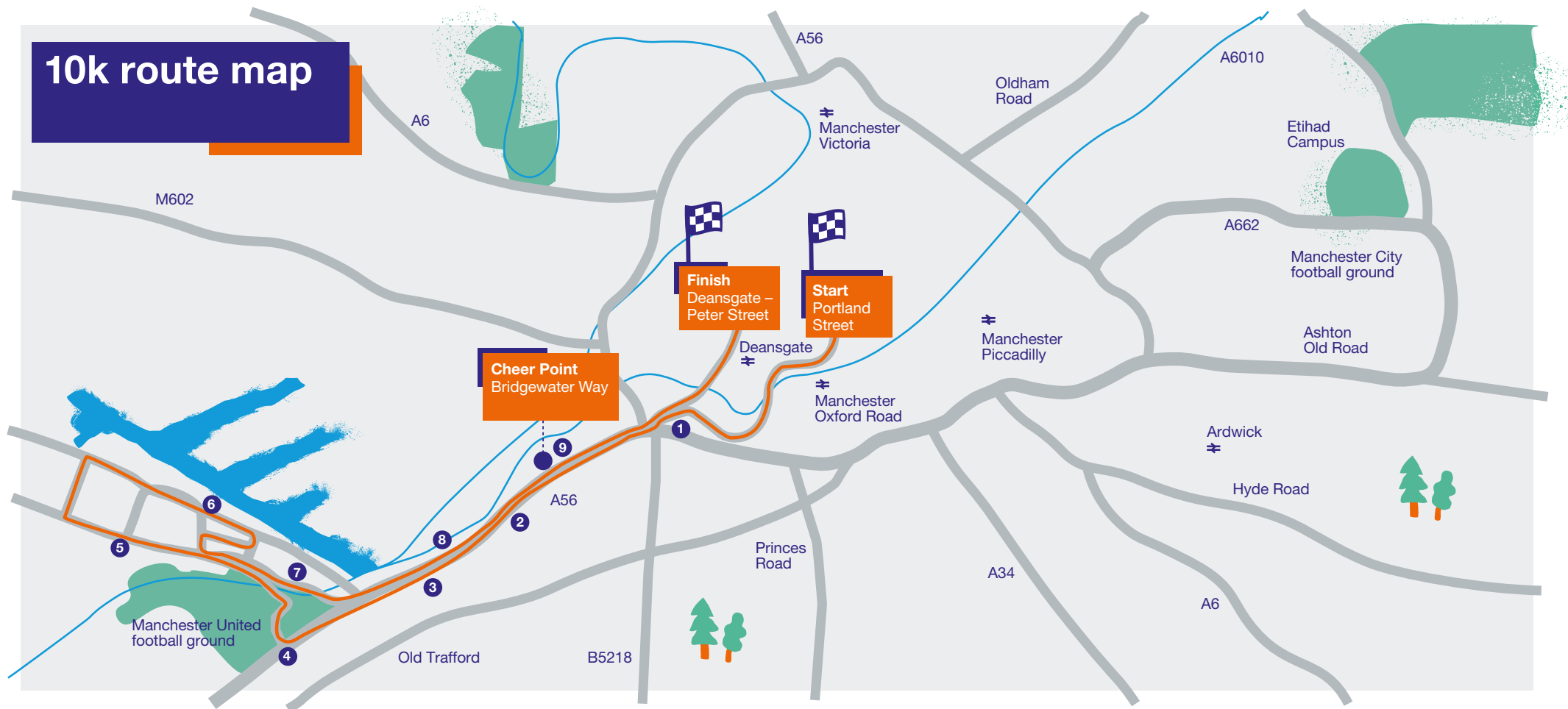
Celebrate your amazing achievement with #TeamDUK in the Charity Village at its location on Peter Street, which is just off Deansgate. Just follow the charity village signs after you cross the finish line. We'll have well deserved refreshments and sports therapists on hand to help with your cool down. Please feel free to use our marquee as a meeting point for friends and family. Our marquee will be number eight in the Charity Village.

Don't forget to use **#TeamDUK** and **@DiabetesUK** in your posts.



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# 10k route map



## Feel the noise

Never underestimate the power of hearing your name called to perk you up if you're flagging, or drive you on even faster if you're feeling great. Look out for our big blue cheer point along the route and encourage your friends and family to join us.

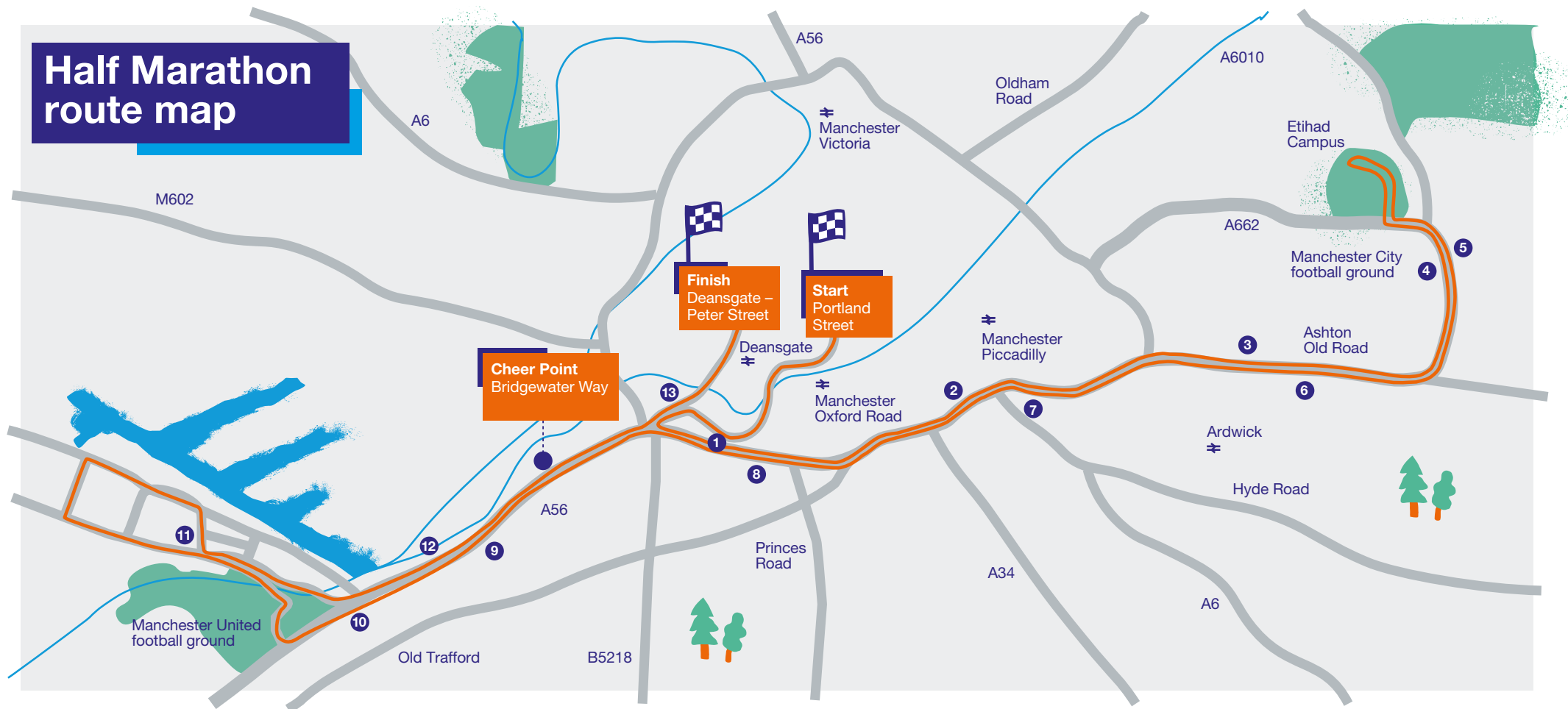
## Our cheer point

On Bridgewater Way/A56, near to the Co-op Food Cornbrook Hub/ M15 4EX. It's a 10 to 15 minute walk from the city centre and near the 9/12 mile half marathon marker and the 2k/9k marker for the 10k race.

## Got a question

Email us:  
[events.fundraising@diabetes.org.uk](mailto:events.fundraising@diabetes.org.uk)

# Half Marathon route map



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