

# GREAT MANCHESTER RUN 2026

Sunday, 31 May



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

# GREAT MANCHESTER RUN 2026

## Your runner's guide

You're running the Great Manchester Run for us. Thank you. This guide will give you all the information you need about the day. Share this with your friends and family so that they can find our cheer point and we can all make a racket for you together. If you've any questions, give us a shout. Otherwise we'll see you as you race past.

## Why it's important

"My wife (and Alex's Mum), Claire, was diagnosed with type 1 diabetes when she was just seven years old. There were some difficult times. It was a lot for a small child to have to deal with. Things have improved in the years that have passed but Claire often thinks about the young children being diagnosed now and what further improvements can be made. Some of the stories that Claire has shared gave rise to our motivation to take part in an event, supporting Diabetes UK. After the Great Manchester Run, we'll be considering what else we can do to support the great work undertaken by the charity. We like a challenge!"

Lee and his son Alex,  
Great Manchester Run  
2024 participants.

## 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

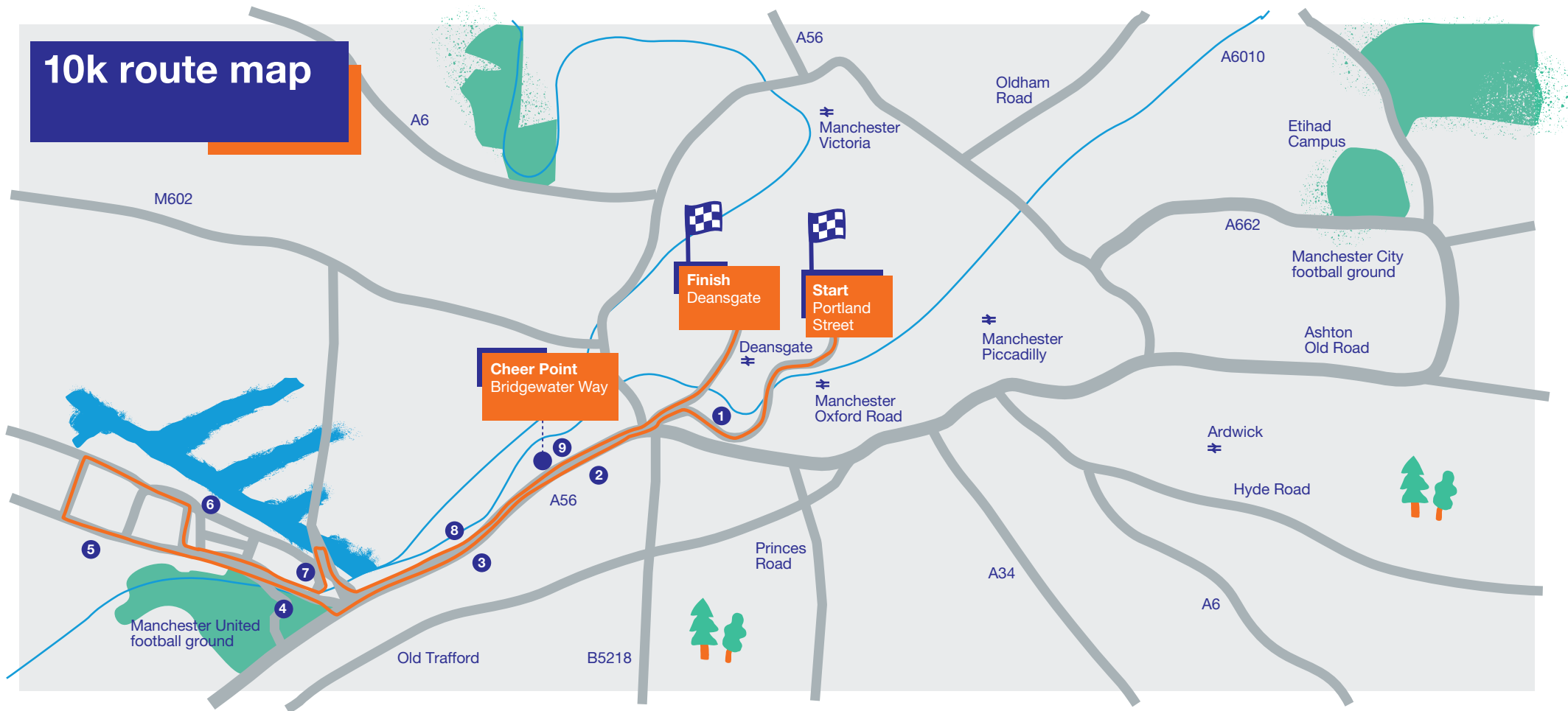
If you're on Twitter, Facebook or Instagram, then get sharing. We'd love to see your pictures and posts about the day. And don't forget to share your JustGiving link with all your followers. You're taking on an amazing challenge so it's the best day to get those donations flooding in.

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



The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). A company limited by guarantee registered in England and Wales with no. 00339181 and registered office at Wells Lawrence House, 126 Back Church Lane London E1 1FH. © Diabetes UK 2026.

# 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.

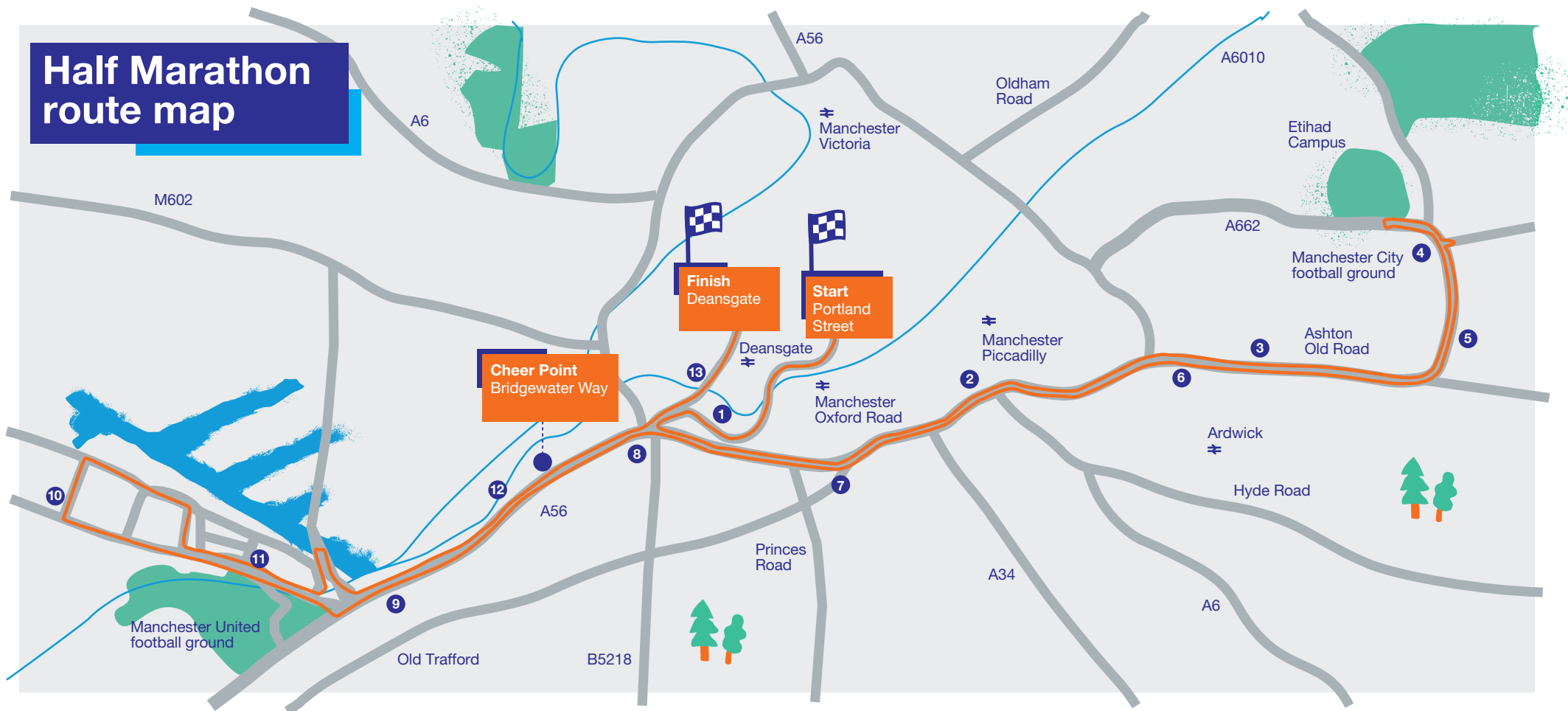
## Our cheer point

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 8/12 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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