

THE MANCHESTER UNIVERSITIES RUN

18 MARCH 2020

PLATT FIELDS PARK, MANCHESTER

EVENT INFORMATION

- **12:20** - 5k wave 1 starts
13:30 - 2.5k starts
14:15 - 5k wave 2 starts
- Enter the park through the entrance off Platt Lane
- Plan to arrive at least 20 minutes prior to your start time. You do not need to collect anything prior to the race but come and say hi to us at the information point!
- Try not to bring any bags with you. There is no dedicated bag drop so please leave your valuables at home.
- Wear appropriate clothing and footwear. The run is all on tarmac paths, but it's March in Manchester – so prepare for all weather conditions!
- There is no dedicated event parking, please use public transport where possible.
- Watch out for uneven surfaces on the route and take extra care on the sections around the lake.
- Please be courteous to other park users, respect the environment and do not litter. Bins will be available at the start/finish area.
- Don't forget to collect your medal at the end and have a chat to your Uni reps in their marquee.
- We've organised for some official photographers to take pictures of the run, so please look out for these and smile for the camera!
- The event is not timed so please bring along your watch if you would like a time.

2.5K ROUTE - 1 LAP

5K ROUTE - X2 LAPS

