

# MS Walk Manchester 2024

Saturday 11th May



## Event Information

Please read this pack carefully as it contains everything you need to know about MS Walk Manchester 2024.

**Walk, roll or stroll to stop MS**

## The Basics

### Location:

MS Walk Manchester will be starting and finishing at Mayfield Park, Boardman Gate, Baring Street, Manchester, M1 2PY

### Sign-in time:

Signing in is open from 9:00am, please arrive in plenty of time for the start of your walk.

### Start times:

At 10:00am there will be a welcome from the team and warm up to get you ready for the start.

### The start times for the routes are:

Distance	Welcome & Warm Up	Start Time
10km	10:00am	10:15am
5km	10:00am	10:20am
1km	10:00am	10:25am

### Finish time:

The event area will close at 16:00pm, so please make sure you're back in time to claim your medal.

### In the event of an emergency:

Please call **07557 532134**. This number will only be live on the day of the event and is for emergencies only.

## How to get there

**Train:** Manchester Piccadilly Station is the nearest station to the park and is a 3-minute walk to the park. Manchester Victoria Station is a 20-minute walk to the park through Manchester city centre and past Piccadilly station.

**Bus:** The following buses stop near to Mayfield Park at Piccadilly Train station: Bus Stop C – 147, 219, 220, 221.

**Car:** We recommend using public transport, but if you need to drive, there are a number of nearby car parks. Piccadilly Station car park is a 3-minute walk from Mayfield Park and a Just Park car park is a 3-minute walk away on Travis Street. There is also limited on street parking on Buxton Street right by Mayfield Park.

Please make sure you've checked for engineering works in the area, whichever way you get there.

## On Arrival

- **All participants are required to sign in before their walk. Please arrive in plenty of time before your allocated start time to sign-in.**

If you wish to walk with someone who isn't in your start time, please let us know at sign-in and we will accommodate you.

- Upon arrival you will be directed to the registration tent to sign-in to the walk and receive your special MS Walk Manchester Map! There will also be a designated tent to collect your T-Shirt or swap T-Shirts if you have received the wrong size.

- If you are going to be late, or can no longer attend the event, there is no need to tell us. We will slot you in on a later start time. Please note that after 12:00pm we will not be able to let participants commence their walk.
- There will be volunteers at the start and a few select points on route, please ask them questions or simply say 'Hi'. We couldn't put on our MS Walks without our fantastic volunteers!



## Further safety information

MS Walk is a fun family (and dog friendly) day out, but we want to keep everyone safe and smiling. Please read the below and understand what to expect at MS Walk Manchester 2024.

There will be medical support based in the event site that can attend to medical issues on course, however in cases of a medical emergency please call 999 and then inform the MS Society emergency contact number on **07557 532 134**.

Please follow the highway code at all times, especially when crossing roads. Please use marked crossing points where possible, as all the roads on route are open to traffic.

Please walk carefully and look out for each other and members of the public on route.

We ask that you please respect and be patient with other groups along the route.

Whilst on the route, which is open to the public in its entirety, you are responsible for yourself and your belongings.

Any participants with limited mobility are advised that there is seating available at the event area but on the route, you will need to source your own.

It's not a race so watch your step and enjoy the day.

## Food & Drink

Please make sure to bring your own water and snacks for the walk.

Water will be available at some of our rest stop and at the finish line for all our walkers.

There are plenty of coffee shops and cafes close to Mayfield Park around Piccadilly station for your morning coffee and a snack.

**We're with you  
every step of the way.**



Multiple Sclerosis Society.  
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