

EVENT GUIDE



Tatton Park

5k & 10k

Saturday 10th June 2023



Start Times:

10K-8.45am

5K-9:05am

Race Pack Collection Times:

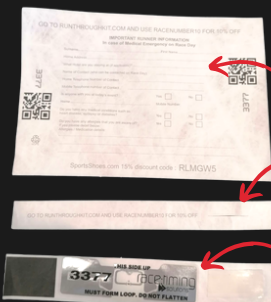
10k- 7:15-8:15am

5k- 7:35-8:35am

RACE PACK COLLECTION

- On arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Attach your number to the front of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the bottom of your race bib, tear this off and slot into your shoe laces.

[CLICK FOR ENTRY LIST](#)



Included:

Bib number

Baggage Label

Timing Chip



Please take a couple of minutes to fill out the brief runner information form on the back of your bib. This will help us in case of an emergency!



A woman and a man are stretching on a cobblestone path next to a river. The woman is on the left, wearing a white t-shirt and pink shorts, holding her right foot to stretch her leg. The man is on the right, wearing a blue long-sleeved shirt and grey shorts, in a low lunge position. In the background, there is a stone bridge and a large building with many windows.

GET RACE READY

15% OFF

at

SPORTSSHOES.COM

Use code:

RT2323

The UK'S NO.1 Online Retailer for RUN.GYM.HIKE

#NoFunStandingStill

Terms & Conditions apply. See website for details.

Code valid until 11.06.23



RACE START

We will have a warm up in the event village 15 minutes prior to the start of each race.

From here, we will call out estimated finish times to get all runners lined up and ready to run.

DURING THE RACE

There will be marshals all around the course as well as KM signs and arrows.

The course is all within Tatton Park on footpaths and roads.

There will be pacers in the 10k to help you along the way.

Please discard all litter and bottles within the signed litter zone. There will be large bags and bins within this area that you will pass on each lap of your race.

REFRESHMENTS

There will be a water station at 5km on the 10k course.

There will also be a bottle of water waiting for you at the finish line.

We recommend bringing your own drinks to stay hydrated in the lead up to the event.

3 things to remember when running in the heat!

- WEAR APPROPRIATE CLOTHING, CAPS & SUNCREAM
- HYDRATE PRE, DURING AND POST RACE
- ADAPT & TAKE IT EASY

RunThrough

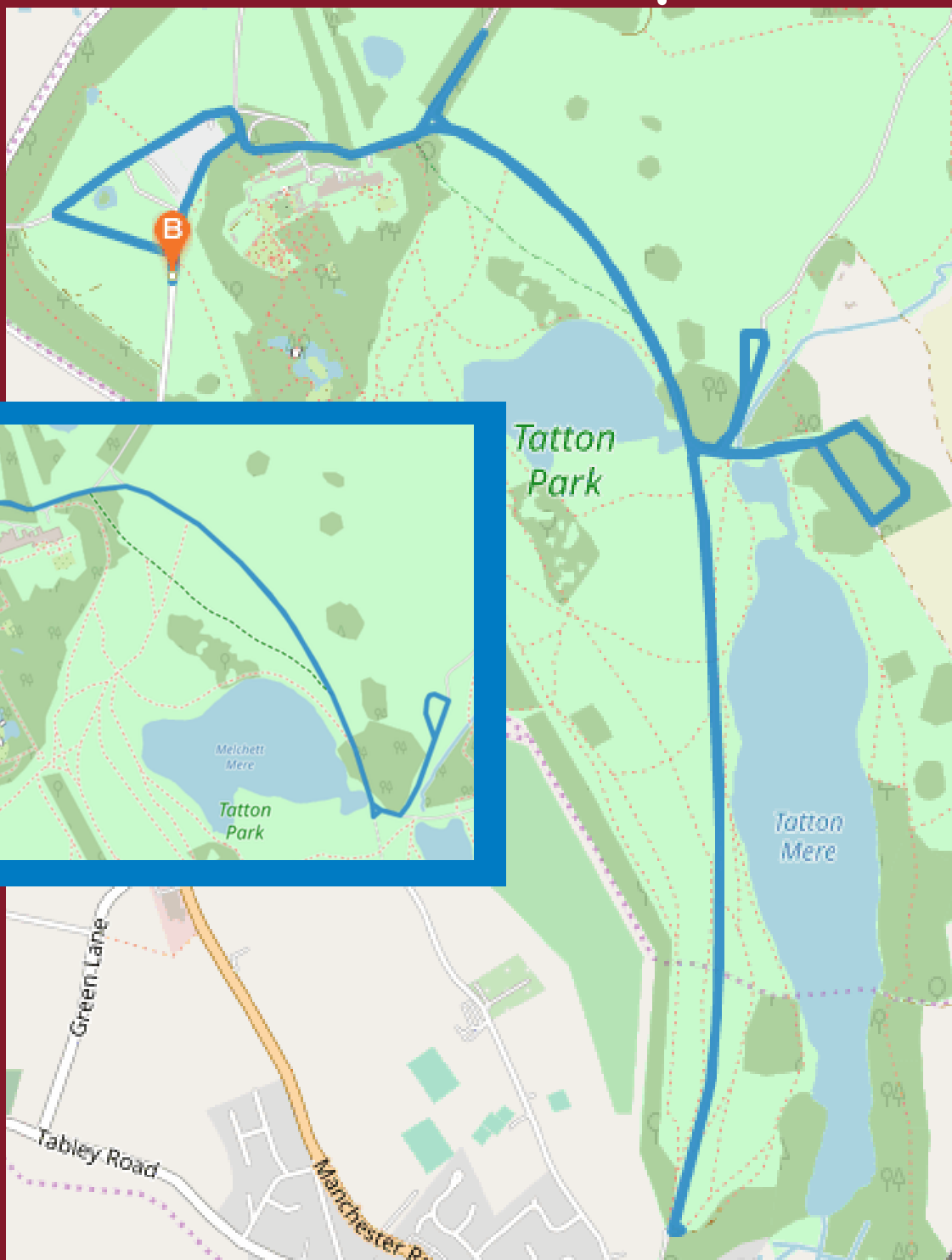
AFTER THE RACE

Please continue through the finish to collect your medal and goodies!



COURSE MAP

10K



5K



[CLICK FOR 10K INTERACTIVE MAP](#)

[CLICK FOR 5K INTERACTIVE MAP](#)

SPECTATORS

COFFEE

We will have a coffee van along with our RunThrough kit and events stalls in the event village.

TOILETS

There will be portable toilets within the event village.



BAGGAGE

- Please limit the number of belongings you bring to the event. The car park is located close to the event village, we therefore recommend leaving any belongings in your car.
- There will be an informal bag drop within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our Bag drop marquee.
- Collect your bag after your race.



Places available now for:

Loughborough Performance Retreat : 4th - 7th August 2023

Lake District Retreat: 13th -16th October 2023

RUNNER RETREATS

[Find out more >](#)

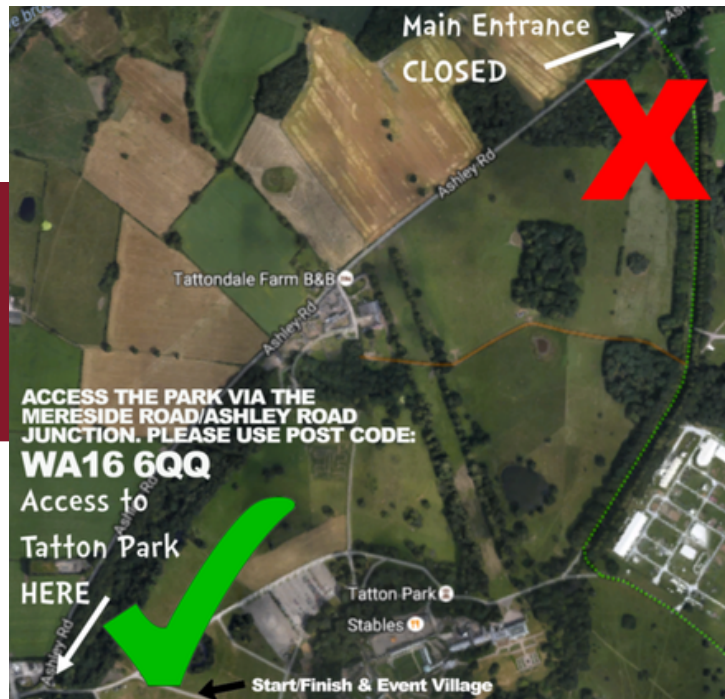
Retreats, Camps & Workshops for runners of all abilities

Let our UK leading coaching team re-energise your running at our unforgettable and inspirational running venues.

TRAVEL

Address: Tatton Park, Ashley Road, Knutsford WA16 6QQ

By Car – You will need to enter Tatton Park from Ashley Road, having turned off Mereside Road – PLEASE NOTE this is not a usual entrance to the park. We will have marshals at the entrance from 6:45am.



The entrance to the park is approximately half a mile from Knutsford Railway station. It is then recommended to follow the postcode WA16 6QQ – only once you reach the Knutsford area.

M6 junction 19

Take the A556 towards Manchester S6C/Airport/M56.

Take B5569 towards Warrington Rd/A50. Take the first exit at the roundabout then turn right onto Warrington Rd/A50, it is then left onto Mereside Rd/A5034, signposted for Knutsford and Rostherne. After 500m turn right onto Ashley Rd, the entrance is immediately on the right after turning.

M56 junction 7

Exit at J7 towards A556

Take the A5034 exit towards Knutsford/A50

At the roundabout, continue straight onto Chester Rd/A5034.

Slight left onto Mereside Rd/A5034 between the BP garage and The Swan Pub

Turn left onto Ashley Rd, the gate is immediately on your right.

Parking

The car park is adjacent to the event village, our team will help you park on arrival.

By bike

Cycle racks are available at both main entrances to Tatton Park. Please ensure you do not lock your bike to any of the fences on the course.



what3words

use the words [///micro.inch.lyrics](https://micro.inch.lyrics) for exact event village location.

For car park location, use the words [///exist.financial.cure](https://exist.financial.cure)

Welcome to Runna

Our Official Training Provider
of RunThrough

Whether you're a beginner training for your **first race** or an **elite athlete** looking for a new PB, download Runna to get your own personalised training plan.

5K

5k Improvement Plan

13.1

Half Marathon Plan

10K

10k Plan

26.2


Marathon Plan

+16 more plans...

STRAVA  WATCH GARMIN  COROS



Click **here** to download Runna
and start your 2 week **FREE**
trial

 Trustpilot

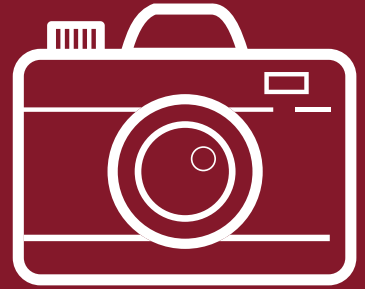


Take your running
to the **next level**



PICTURES

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.



click the camera to visit the page!



SOCIAL MEDIA

For updates leading up to the race, please check out our Twitter @runthroughuk and use the hashtag #Runthroughuk in the build-up to the race.

If you want to talk all things running before and after the event join our RunThrough Chat group on Facebook.

If you #RunThroughUK on Instagram with your race day collages, the best ones will feature on our page!



click the icons to visit our pages!



RESULTS AVAILABLE AT
WWW.RESULTS.RUNTHROUGH.CO.UK

Event T-shirts!

If you have purchased an event T-shirt with your race entry, please head to the RT Kit stall on the day of your race, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered a T-shirt, but would like to purchase one, these are available below.

[PURCHASE AN EVENT T-SHIRT](#)



Alternatively, you can purchase a RunThrough T-shirt or Hoody to celebrate your race with us!

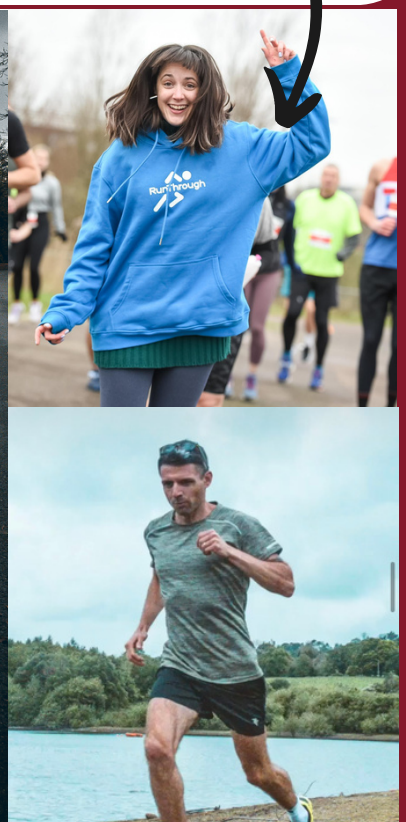
These Unisex products are comfortable, and designed with your daily workouts in mind.

These will probably be your favourite pieces of kit. Made to keep you comfortable and fresh on your run, and cool throughout the year.

Any RunThrough Tees and Hoodies purchased with your race entry or via the following links will be available to collect on the day.

[PURCHASE A T-SHIRT](#)

[PURCHASE A HOODY](#)



F.A.Q'S

Is the event chip timed?

Yes!

What is the minimum age for this event?

5k-11 | 10k-15

Is there a time restriction to complete the race?

No, everyone is welcome, however please get in contact with us at north@runthrough.co.uk if you plan to take more than 2hrs to complete your race as we may need to make special arrangements around the course and event village.

I can no longer make the event, can I get a refund?

We are sadly unable to refund or transfer your entry within 14 days of the race as your race pack and everything associated with your entry fee including your medal, and post race goodies have already been paid for by this time. We'd love for you to run virtually and we can post out your medal and goodies!

Can I transfer my entry to a friend or swap distance?

Yes, we can happily swap the names and details associated with a booking. Please email in with your order number, and the new runners' name, email, address and date of birth.

Or alternatively, visit the information desk on the morning of the race to do this.

Will there be a water station on the course?

Yes, we will have a bottled water station out on the 10k course for you to help yourself to as you pass. (The 5k does not pass a water station).

Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

When will I get the add on RTKit I ordered with my entry?

This will be available to collect at the RTKit Stall on the day. Please have your email confirmation ready to show to our staff.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! You're more than welcome to walk around the park, however if you're following the race course route, we ask spectators to be respectful of other runners on the paths.

Will there be a prize giving?

The top 3 male and female participants can expect an email reward in the week following the race. There will be no presentation on the day. However check out our podium and photo wall to get your celebratory pictures!



Supported
by...



ALZHEIMER'S
RESEARCH UK

FOR A
CURE

runna

**RUNNER
RETREATS**

LOVE,
CORN

SPORTSSHOES.COM