

EVENT GUIDE



RunTatton 10k & Half Marathon Sunday 19th November 2023

HOSTED BY



HEADLINE PARTNER

SEROTONIN

Your Race Experience

P3

Arrival



P4

Race Pack Collection



P7

Bag Drop & Toilets



P8

Warm Up & Race Start



P8

During the Race



P10

The Course



P11

Finish Goodies & Event T-shirts



P14

Run For Charity



P15

Results & Photos



P16

RTKit



P17

Join us Again!



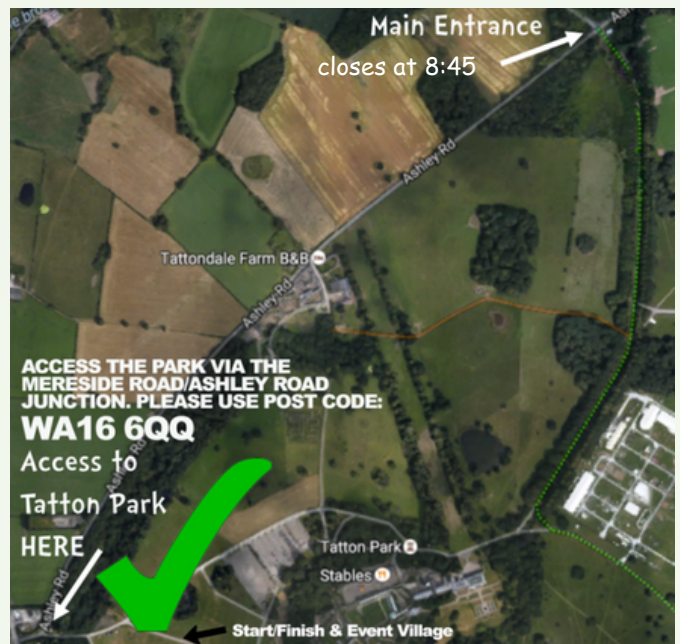
TRAVEL

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.

If entering from the main entrance, please arrive prior to 8:45, as this will close for the start of the Half Marathon.

The event village is approximately 2 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 S&C/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)

Start Times:

HM - 9:00am

10k - 9:30am

Race Pack Collection Times:

HM - 7:30-8:30am

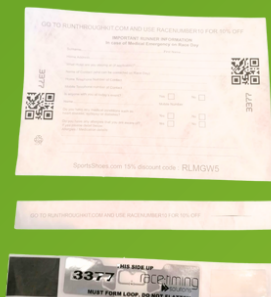
10k - 8:00-9:00am

RACE PACK COLLECTION

****IF YOU'VE ENTERED PRIOR TO THE 3RD NOVEMBER YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE POST****

- If your pack hasn't arrived or you've entered after this date, 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 below and on the back of your bib. This will help us in case of an emergency!

[CLICK FOR FORM](#)



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Terms & Conditions apply. See website for details.

Code valid until 19.11.23



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.

SPECTATORS COFFEE

We will have a coffee and food vans along with our RunThrough Kit and events stalls in the event village.



TOILETS

There will be portable toilets within the event village.

Places available now for:
Peak District Trails Camp: 14th- 16th June 2024
Morzine: 30th June - 6th July 2024

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.



WARM UP & 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 distance signs and arrows.

The 10k will follow green KM markers, the Half Marathon will follow yellow mile markers.

The course follows the roads through Tatton Park and the closed roads around the perimeter of the park.

The 10k will complete 1 lap, and the half marathon will complete 2 laps with an additional out & back on the first lap.

Please discard all litter and bottles within the signed litter zones. There will be large bags and bins within this area that you will pass just after the water stations.

REFRESHMENTS



There is a water station located at the 5km point on the 10k route, and at 4mi, 7mi & 10mi on the half marathon route.

Please help yourself to this as you pass.

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

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

SEROTONIN

X



Good things come to those who **sprint** **finish**



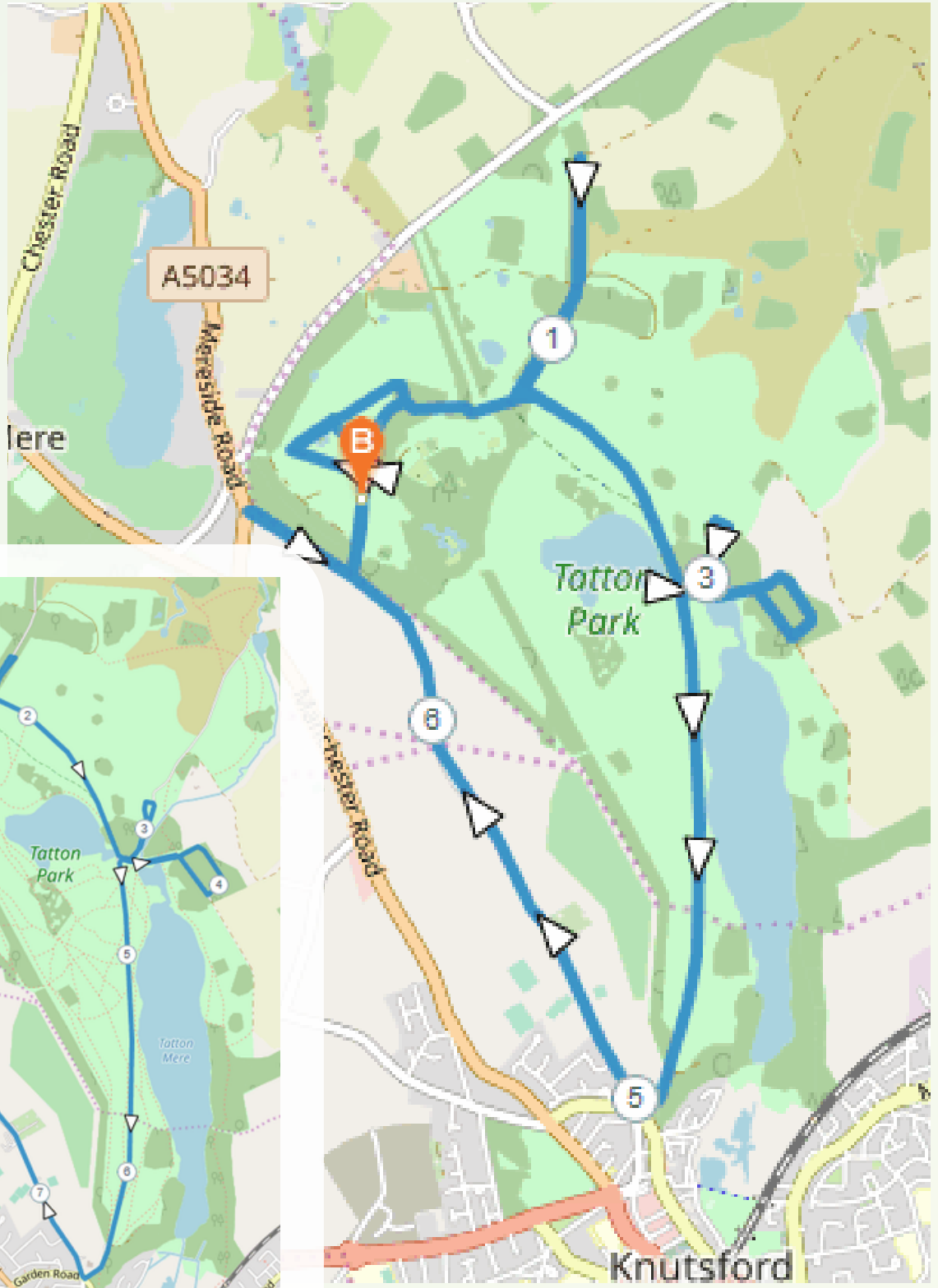
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COURSE MAPS

10K



HM



CLICK FOR 10K INTERACTIVE MAP

CLICK FOR HALF MARATHON INTERACTIVE MAP



THE FINISH LINE

Please continue walking through the finish funnel to collect your medal and all your post race goodies!

These will consist of a bottle of water and snacks from our sponsors.



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

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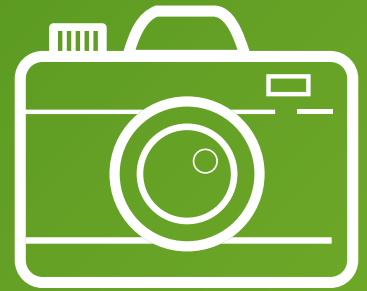
Create your GoFundMe fundraising page today
to raise money whilst going that extra mile.
Successful fundraising is at your fingertips.

Share updates, thank donors, and get
automatic transfers to your charity with
GoFundMe's powerful fundraising tools.

Start a GoFundMe

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 X account @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!



Cheer on your friends, celebrate your achievements and share your story with us! We love to hear from you!

Fill out the form with your event day shoutout requests!



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



Any pre-ordered kit can be collected at the RTKit stall, please have your order confirmation ready to show our team.

Check out the RTKit Stall located in the event village.

www.RunThroughKit.com



VOLUNTEER WITH RUNTHROUGH!

Here at RunThrough we are always looking for likeminded people to join our community.

We always value an extra pair of hands and would love for you to come along and help us!

To show our gratitude, we will be offering you 2 free entries to any of our awesome events and a £10 RunThrough Kit Voucher!

SIGN UP HERE!

FIND OUT MORE!



F.A.Q'S

Is the event chip timed?

Yes!

What is the minimum age for this event?

10k - 15 | Half Marathon - 17

Is there a time restriction to complete the race?

Yes, due to road closures in place, please get in contact with us at north@runthrough.co.uk if you plan to take more than 3hrs 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 and date of birth. Or alternatively, speak to our staff on the information desk on the morning to do this.

Will there be a water station on the course?

There is a water station located at the 5km point on the 10k route, and at 4mi, 7mi & 10mi on the half marathon route. Please help yourself to this as you pass.

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 route, we ask spectators to be respectful of other runners on the paths.

Will there be a prize giving?

There will be a prize giving on the stage for the top 3 in each distance. 1st place in each age group can expect an email reward in the week following the race. There will also be prize money (£200- 1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times:

10k Men's Sub 30:30 mins, Women's Sub 34 mins.

Half Marathon: Men's Sub 67:30 mins, Women's Sub 75 mins

Check out our podium and photo wall to get your celebratory pictures!



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