

EVENT GUIDE



Tatton Park

5k & 10k

Saturday 16th December 2023



SEROTONIN

Your Race Experience

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Join us Again!



TRAVEL

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

Please arrive early and car share where possible. As with many sporting events, please anticipate queues arriving at the venue.

We will have marshals at the Ashley Gate entrance from 6:45am to help you park.

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.

By Rail

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.



what3words

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

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

Start Times:

10K-9:00am

5K-9:20am

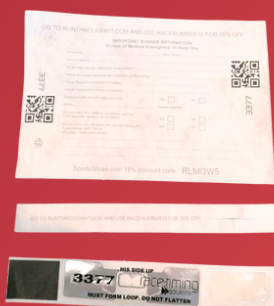
Race Pack Collection Times:

10k- 7:30-8:30am

5k- 7:50-8:50am

- ****IF YOU'VE ENTERED PRIOR TO THE 1ST DECEMBER 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](#)



Step 1



Step 2



Step 3



Step 4



✗



✗

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Code valid until 17.12.23



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 van 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 KM signs and arrows. The 10k will follow green KM markers, the 5k will follow red KM markers.

The course is all within Tatton Park on footpaths and roads. There will be pacers to help you along the way in the 10k race.

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

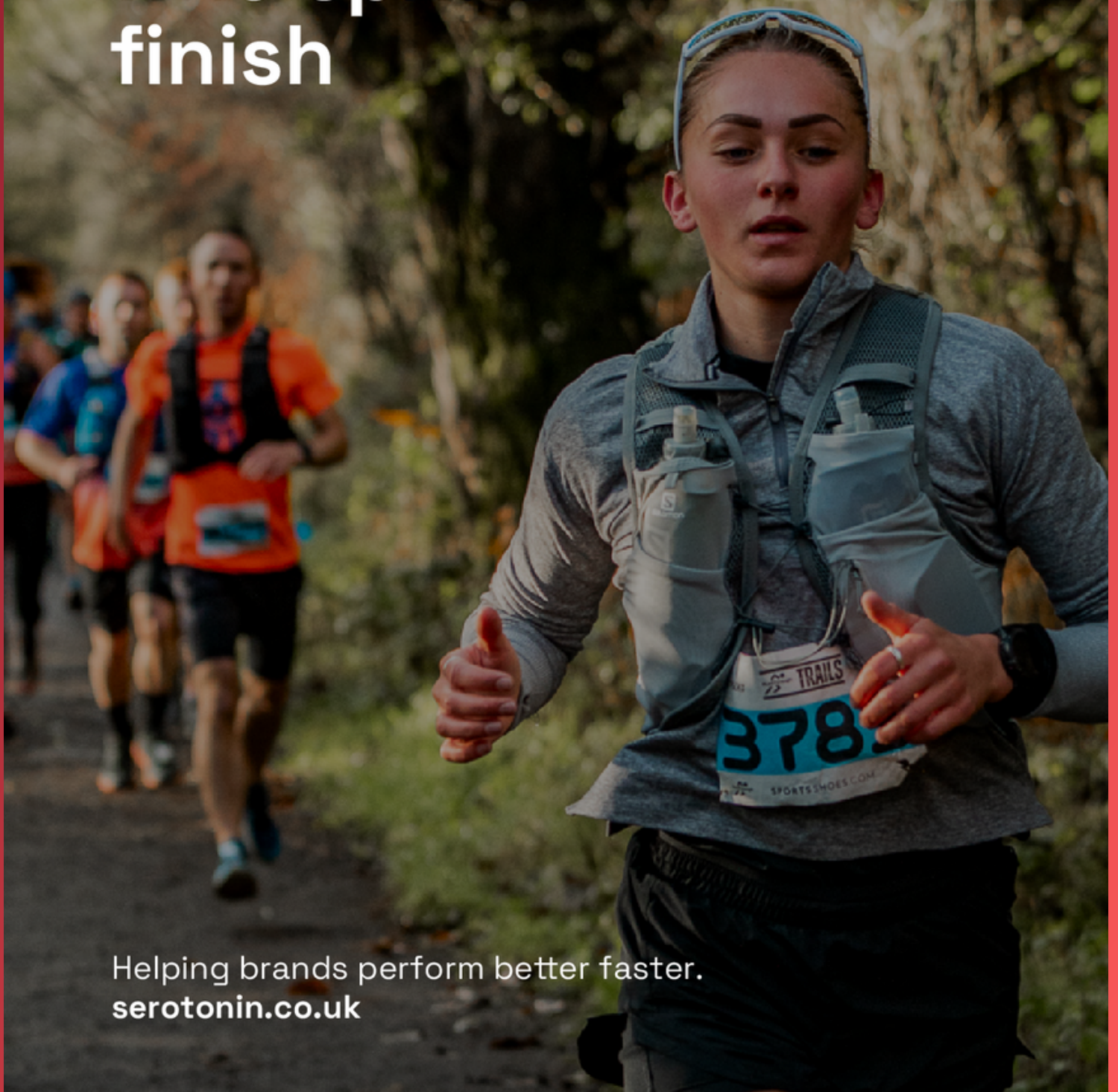
There will be a water station at 5km on the 10k course. (There will be no water station on the 5k).

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  RunThrough

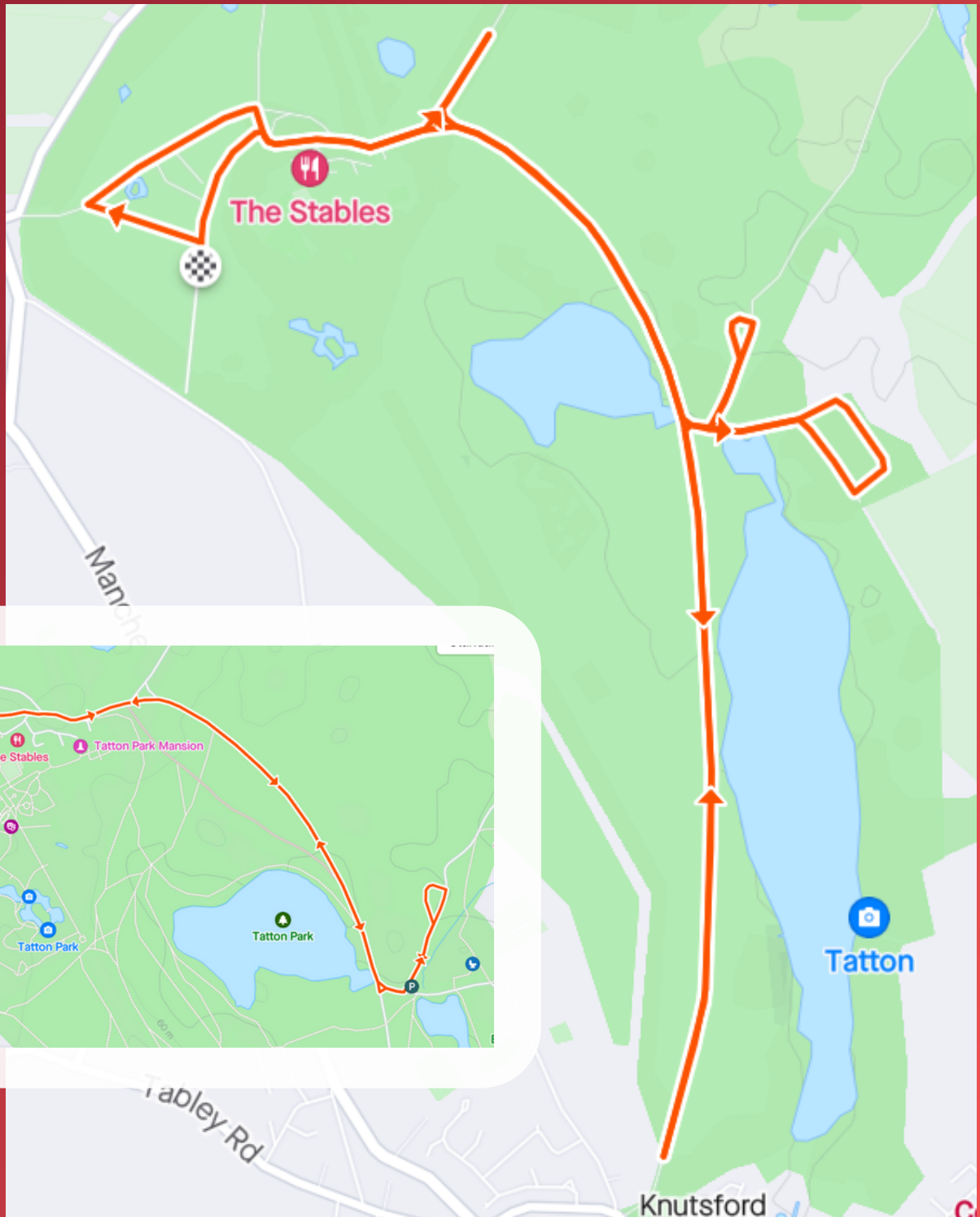
Good things
come to those
who **sprint**
finish



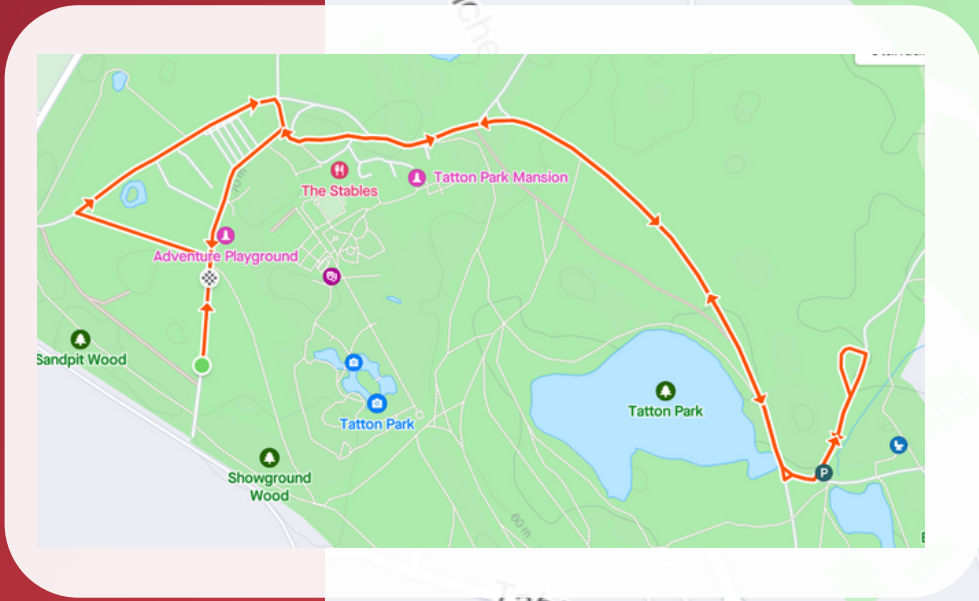
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COURSE MAPS

10K



5K



[**CLICK FOR 10K INTERACTIVE MAP**](#)

[**CLICK FOR 5K 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](#)



Support the food bank by donating food and other essentials.

This winter will be our busiest ever. More people than ever are being driven to food banks and the sharp increase in people needing help is outstripping food donations.

This December RunThrough will be collecting donations, we kindly ask runners to leave any of the suggested donations at the information stall in the Event Village.

Food

- UHT milk
- Tinned meat (hotdogs, meatballs etc.)
- Tinned fish
- Tinned fruit
- Sponge/rice puddings
- Coffee (small jars)
- Long-life juice
- Pasta sauce
- Tinned veg (potatoes, carrots, green beans, tomatoes)
- Tinned meals (spaghetti, chicken or veg curries, chilli)
- Tinned soup
- Jam and spreads

Non-food items

- Shower gel
- Shampoo/conditioner
- Deodorant
- Toilet rolls
- Washing up liquid
- Laundry detergent pods



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*in comparison to potato crisps

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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

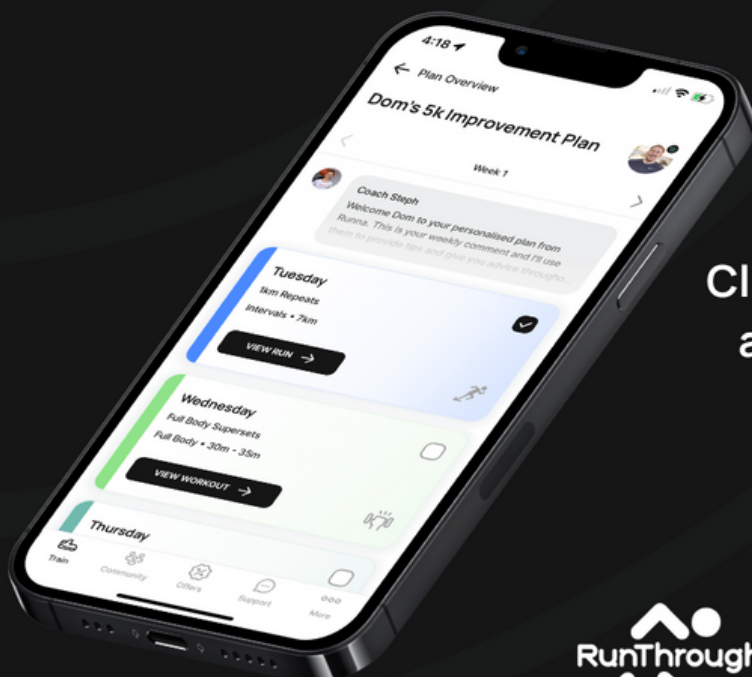
13.1 Half Marathon Plan

10K 10k Plan


26.2 Marathon Plan

+16 more plans...

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and start your 2 week **FREE**
trial

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***It's never too late to start fundraising
for a charity of your choice!***

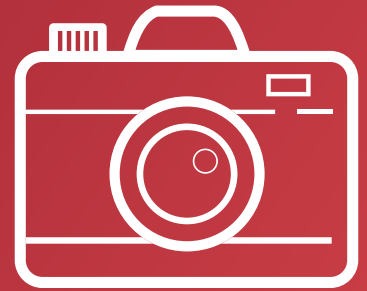
**Create your GoFundMe fundraising page today
to raise money whilst going that extra mile.
Successful fundraising is at your fingertips.**

**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



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?

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?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed.

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 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 and 1st place in each age group can expect an email reward in the week following the race. There will be no presentation on the day.

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.

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



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