

# EVENT GUIDE



## Tatton Park

5k & 10k

Saturday 11th May 2024

**SEROTONIN**

The Christie  
Charity



TATTON  
PARK

5K & 10K

# Your Race Experience

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Join us Again!





# Welcome

The entire RunThrough Team is happy to extend a warm welcome to you, joining us for your upcoming race.

Our goal is simple: to inspire an active nation through running, through the provision of inclusive and welcoming events for everyone. Our collective passion for running and community has led us to create events that we hope will be memorable experiences for all participants.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. Collectively, we've participated in countless races, which has not only honed our event organising skills but also deepened our understanding of the journeys of all runners.

So, rest assured, whether you're chasing a PB or aiming to complete your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, know that your safety is our top priority. Our team (pictured) will be on the ground doing everything possible to ensure you have the best experience at this RunThrough event.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

The RunThrough Team



**COL**

**GRAHAM**



**KATIE**

# 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](https://www.what3words.com/micro.inch.lyrics) for exact event village location.

For car park location, use the words [///exist.financial.cure](https://www.what3words.com/exist.financial.cure)



## Start Times:

10K-8:45am

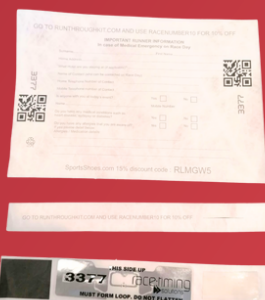
5K-9:05am

## Race Pack Collection Times:

10k- 7:15-8:15am

5k- 7:35-8:35am

- 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.



Included:

Bib number

Baggage Label

Timing Chip

[CLICK FOR ENTRY LIST](#)



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](#)





@SEROTONINDIGITAL

HELPING  
BRANDS  
PERFORM  
**BETTER  
FASTER**

**SEROTONIN**

Access your Serotonin x Run Tatton gift pack:  
[serotonin.co.uk/run-tatton](https://serotonin.co.uk/run-tatton)







# WIN A 5 YEARS SUPPLY OF BROOKS SHOES!

Scan the QR code to take part in the Brooks Run Quiz for a chance to win a 5 years supply of Brooks running shoes! A winner will be chosen at the end of the year, so get those thinking caps on.

T&Cs apply

**BROOKS**



*Scan or click  
the QR Code*



## **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.

**RUNNER**  
**RETREATS**



**RETREATS | CAMPS | WORKSHOPS**

**FOR RUNNERS OF  
ALL ABILITIES**

**FOUNDED BY**



**FIND OUT MORE**



# + nuun

HYDRATION

Hydration starts here

**NEW!**



## SPORT



Fuel your work out with electrolytes. Before, during and after exercise.

**LEMON LIME**  
NATURAL FLAVOURS AND COLOURS  
10 EFFERVESCENT ELECTROLYTE TABLETS  
WITH SUGAR AND SWEETENER  
(10 x 5g) 50g e

## ULTRA



Don't let dehydration slow you down. Optimized electrolyte and Carbohydrate formula.

**RASPBERRY**  
10 EFFERVESCENT ELECTROLYTE TABLETS  
WITH SUGAR AND SWEETENER  
(10 x 4.5g) 45g e

**Nuun is here to support every RunThrough runner.**

**Good Luck to all the runners!**

@nuunhydrationuk

#nuunuk

#nuuniverse

#nuunhydration

Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise.



## **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.

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 shortly after the water station.

## **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.



The creative digital agency in Manchester

@SEROTONINDIGITAL

# SEROTONIN

## RACE AHEAD IN YOUR CAREER:

Creative / Designer

Account Director

Operations Manager

Brand Strategist

Marketing Manager

**HELPING BRANDS PERFORM BETTER FASTER**

For more information and how to apply:  
[serotonin.co.uk/careers](http://serotonin.co.uk/careers)



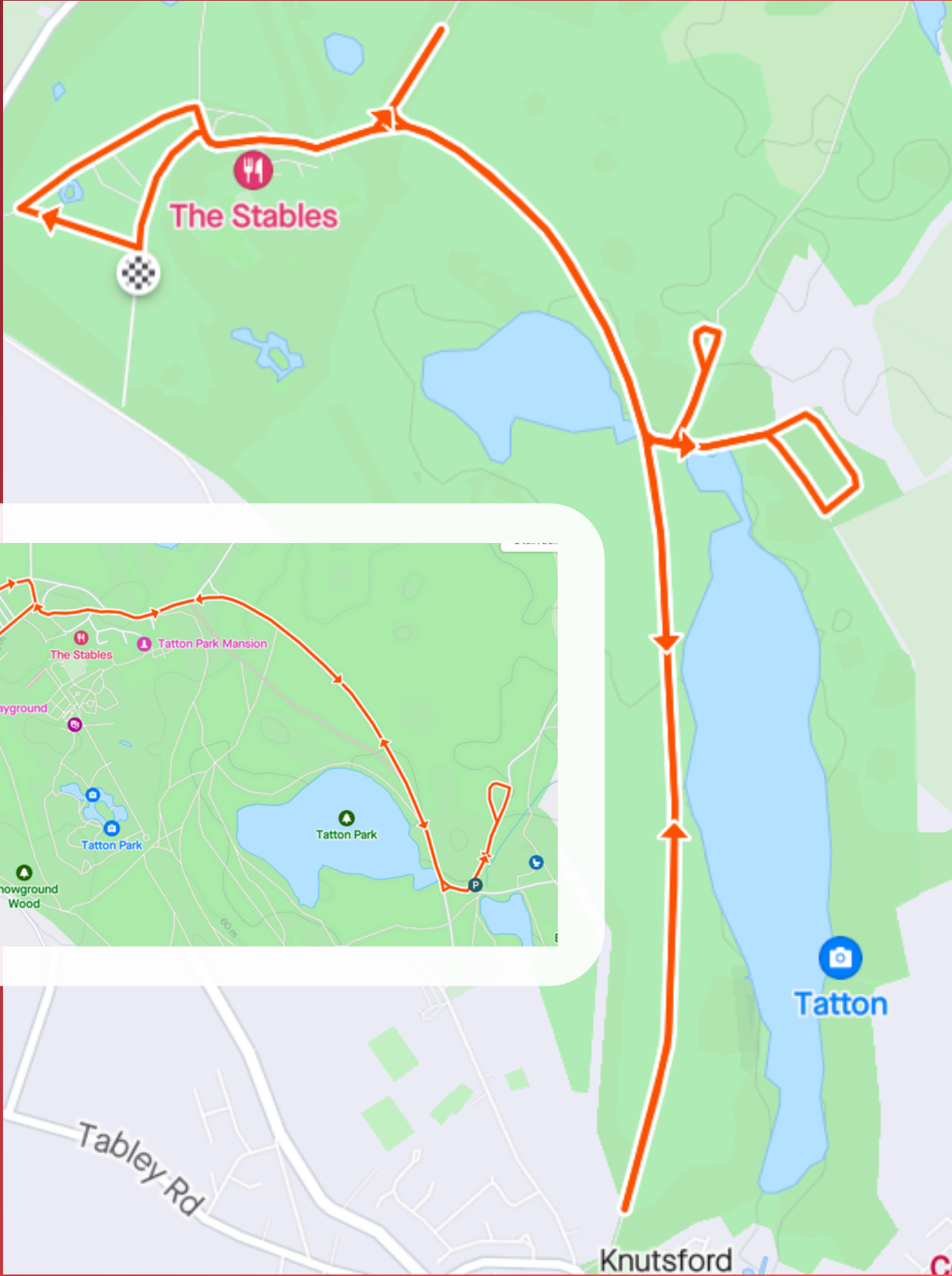
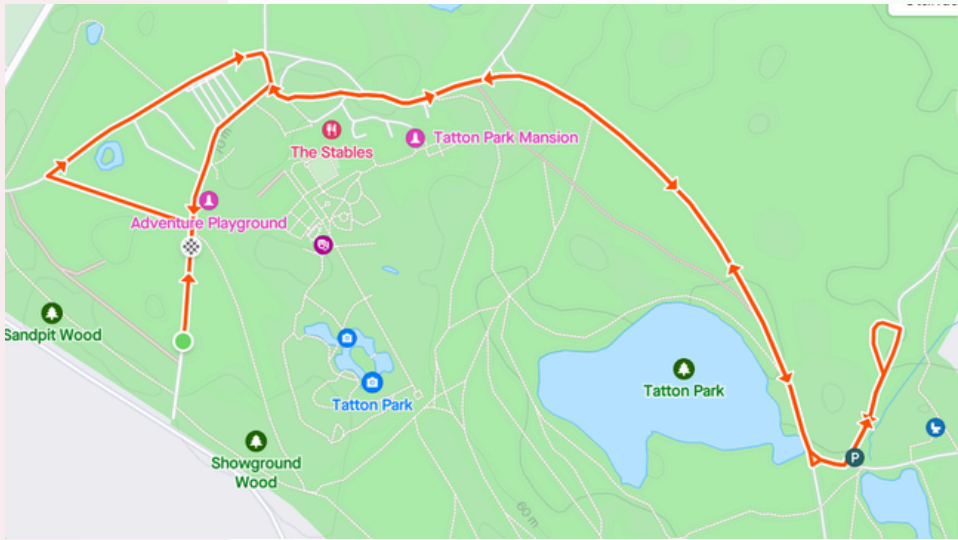


# COURSE MAPS

# 10K



# 5K



[CLICK FOR 5K INTERACTIVE MAP](#)

[CLICK FOR 10K INTERACTIVE MAP](#)



**GET RACE READY**

**15% OFF**

at

**SPORTSSHOES.COM**

Use code:

**WOYL8J75L**

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

#NoFunStandingStill

Terms & Conditions apply. See website for details.

**Code valid until 12.05.24**



# TEST THE LATEST NIKE SHOES AT TATTON PARK

Look out for the SportsShoes x Nike trial van



**SPORTSSHOES.COM**  
www.sportsshoes.com







## **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](#)**

## CRUNCHY CORN "OFF THE COB"

♥ **50% LESS FAT\***  
\*in comparison to potato crisps

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

## FUEL YOUR RUN

PERFECT CRUNCH

GREAT FLAVOUR

SIMPLE  
INGREDIENTS




## TRY OUR FLAVOURS



## PLAY CORN HOLE, WIN PRIZES!

Get CORN-petitive with our corn hole game in the event village! Make sure you record your score by scanning the QR code at events to be in with a chance of winning race entries, LOVE CORN merch and more!



**20% OFF**  
your next order 

USE CODE:  
**RUNTHROUGH20**  
[amazon.com/lovecorn](https://amazon.com/lovecorn)



# RUNTHROUGH TRAINING PLANS

POWERED BY



REAL COACHES FOR  
REAL RUNNERS.  
OUR TEAM OF EXPERT  
COACHES PROVIDE

✓ STRUCTURE

✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**START TRAINING TODAY**



# GOOD LUCK, YOU'VE GOT THIS!



Join The Christie  
against cancer



The Christie Charity are delighted to be the charity partner for the 2024 Tatton 10k Series, good luck to everyone taking part on Saturday 11th May!

Every pound you raise will allow us to remain at the forefront of research, treatment and care for cancer patients from the North West and across the UK, and will help us to save lives for generations to come. Do something amazing and run with #TeamChristie!

When you join Team Christie in the Tatton 10K you will receive:

- A FREE Team Christie running shirt
- Dedicated fundraising and training support from our team
  - Race day support
- An experience you will never forget!

You can start fundraising for Team Christie by setting up your own JustGiving page [here!](#)

If you already have your own place request your sponsorship pack here or contact us at [events@christies.org](mailto:events@christies.org) or call 0161 446 3400.





# gofundme™

**Make your place count!**

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

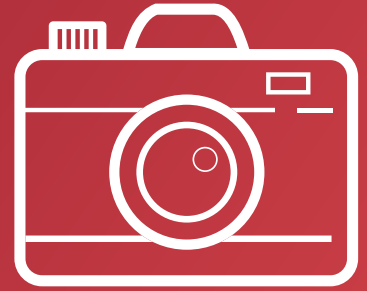
Create your GoFundMe fundraising page today  
to raise money whilst going that extra mile.  
Successful fundraising is at your fingertips.

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 North Facebook page.

If you #RunThroughNorth 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](http://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 £65 of race credit to be used on any of our awesome events and a £10 RunThrough Kit Voucher!

**SIGN UP HERE!**

**FIND OUT MORE!**





# F.A.QS

## How will my results show?

Results will be listed in Gun Time order (time from the start of the race, to you finishing). You will also be able to see your Chip time (the exact time from when you cross the start line to your finish). The difference between times may be due to it taking a few minutes to get everyone over the start line.

Your category is determined by your age, anyone under 35 is classed as a senior, 35+ will be listed as Vets in 5yr increments. This will further be categorised as Female, or Open (All male, non-binary, or those who prefer not to say).

## 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](mailto: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.

5k Men's Sub 14:30, Women's Sub 16:00mins

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



RunThrough



Supported  
by...



The Christie  
Charity



SEROTONIN



LOVE,  
CORN

RUNNER  
RETREATS



SPORTSSHOES.COM

Interested in supporting an event? email: [sam.williams@runthrough.co.uk](mailto:sam.williams@runthrough.co.uk)