



TATTON  
PARK

5K & 10K

# TATTON PARK

## 10K & 5K

SATURDAY 18<sup>TH</sup> APRIL 2026

IN SUPPORT OF

The Christie  
Charity



**EVENT GUIDE**



# YOUR RACE EXPERIENCE

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AND OFFERS**



# We're proud to be the official charity partner for the 2026 Run Tatton Series and we're cheering every single one of you on!

By choosing to support The Christie Charity, you're helping to give cancer patients the very best care, delivered by world-leading experts using the latest innovations in treatment, research, and technology.

Every pound you raise pushes forward ground-breaking projects that change and save lives. Your fundraising matters, and together we're making a powerful difference. Join Team Christie and be part of something truly remarkable.

You can begin your fundraising journey by creating your own [JustGiving page here](#).

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

As part of Team Christie you'll receive:

- A FREE Christie running top to wear proudly
- Personalised training and fundraising support
- Encouragement from our team on race day
- A memorable experience from start to finish

Got supporters coming to cheer you on? They can make a huge impact by joining our amazing cheer squad and helping us motivate runners all the way to the finish line. To volunteer, email [events@christies.org](mailto:events@christies.org)



Join The Christie  
against cancer

The Christie Charity

Registered charity no. 1201654

# WELCOME

The RunThrough Team is excited to have you join us for your upcoming race!  
Our mission is straightforward:

## **TO INSPIRE ACTIVE NATIONS THROUGH RUNNING.**

By hosting inclusive and welcoming events for everyone, fuelled by our shared passion for running and community, we strive to create events that leave lasting memories for every participant.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. With countless race experiences, we are experts at event organising while understanding the journey of all runners.

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

As race day approaches, safety is our top priority. Our team (pictured) will be on the ground doing everything 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



**KATIE**

**GRAHAM**

**TIM**

# 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 entrance from 6:45 am to help you park.

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

**By Car:**

**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.

**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 Train:** The event village is approximately 2 miles from Knutsford Railway station. It is then recommended to follow the postcode WA16 6QQ – only once you reach the Knutsford area.



what3words

Car Park Entrance: <///exist.financial.cure>

Event Village: <///micro.inch.lyrics>

# RACE PACK

## START TIMES

10K	8:45am
5K	9:05am

## RACE PACK COLLECTION TIMES

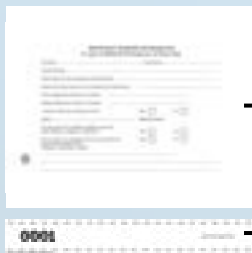
10K	7:15-8:15am
5K	7:35-8:35am



**FOR ENTRIES ON OR BEFORE THE 30TH MARCH YOUR RACE PACK SHOULD ARRIVE BY POST**

*If your pack hasn't arrived by 15<sup>th</sup> April please email us at [info@runthrough.co.uk](mailto:info@runthrough.co.uk) and we'll make sure you have a replacement to collect on the day.*

- If you've entered after the 30th March, 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 or shorts (we recommend safety pins or magnets).
- Please ensure your bib is on display at all times.
- Your timing chip will be attached to the back of your race bib, please do not tamper with or try to remove this.



INCLUDED:

— BIB NUMBER & TIMING CHIP

— BAGGAGE LABEL



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](#)

[CLICK FOR ENTRY LIST & RESULTS](#)



# EVENT VILLAGE

## FACILITIES

**TOILETS**



**REFRESHMENTS**



**PARKING**



**SPECTATORS  
WELCOME**



## BAG DROP

- Please limit the number of belongings you bring to the event.
- It is recommended to leave your belongings in your car.
- Informal bag drop is within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.



## TOILETS

There will be portable toilets available to use in the Event Village.

If you live locally we recommend using toilets at home.

## RACE DAY ETIQUETTE

At RunThrough we are massive advocates that running truly is for anyone. Whatever your ability, gender, age or ethnicity, we're here to support you.

Whilst at a RunThrough event, we hope you feel safe, encouraged and included. In order to achieve this, we have a few simple rules we'd like our runners to follow:

- **Be considerate and respectful to other runners, race staff & members of the public.**
- **Refrain from demeaning, discriminatory or harassing behaviour and speech.**
- **Be mindful of your surroundings and your fellow participants.**
- **Help us keep the course pleasant for everyone by refraining from pushing, spitting and littering.**

If you see or experience anything that challenges these or makes you feel uncomfortable, please don't hesitate to visit our Information tent or speak to a member of our team. (We can be found in Blue High-vis jackets!) Or if you prefer you can email us at [info@runthrough.co.uk](mailto:info@runthrough.co.uk).

We're always available to deal with any issues, offer support or simply just have a chat! We're on hand to ensure everyone has the best race day experience possible and feels supported throughout the day.

# 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.

**10k Runners - follow green KM markers 1-9**

**5k Runners - follow red KM markers 1-4**

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

Tatton Park opens to the public at 10am. If you're still on the route from 10am onwards, there may be some vehicles using a small section of the route at the same time as runners. Vehicles will give way to runners, but please follow marshal instructions.

**\*Please note - This event takes place on public paths that may also be used by pedestrians. While every effort is made to manage shared use areas and ensure runner safety, including signage and marshal presence, we kindly ask all participants to remain aware of their surroundings throughout the race.**

Please drain and discard all litter and bottles within the signed litter zone, which will be shortly after the water station. There are no road sweepers, our event team picks up all litter by hand, so please help them to keep the course litter free for other runners and the local community.

# WATER STATIONS

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

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

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



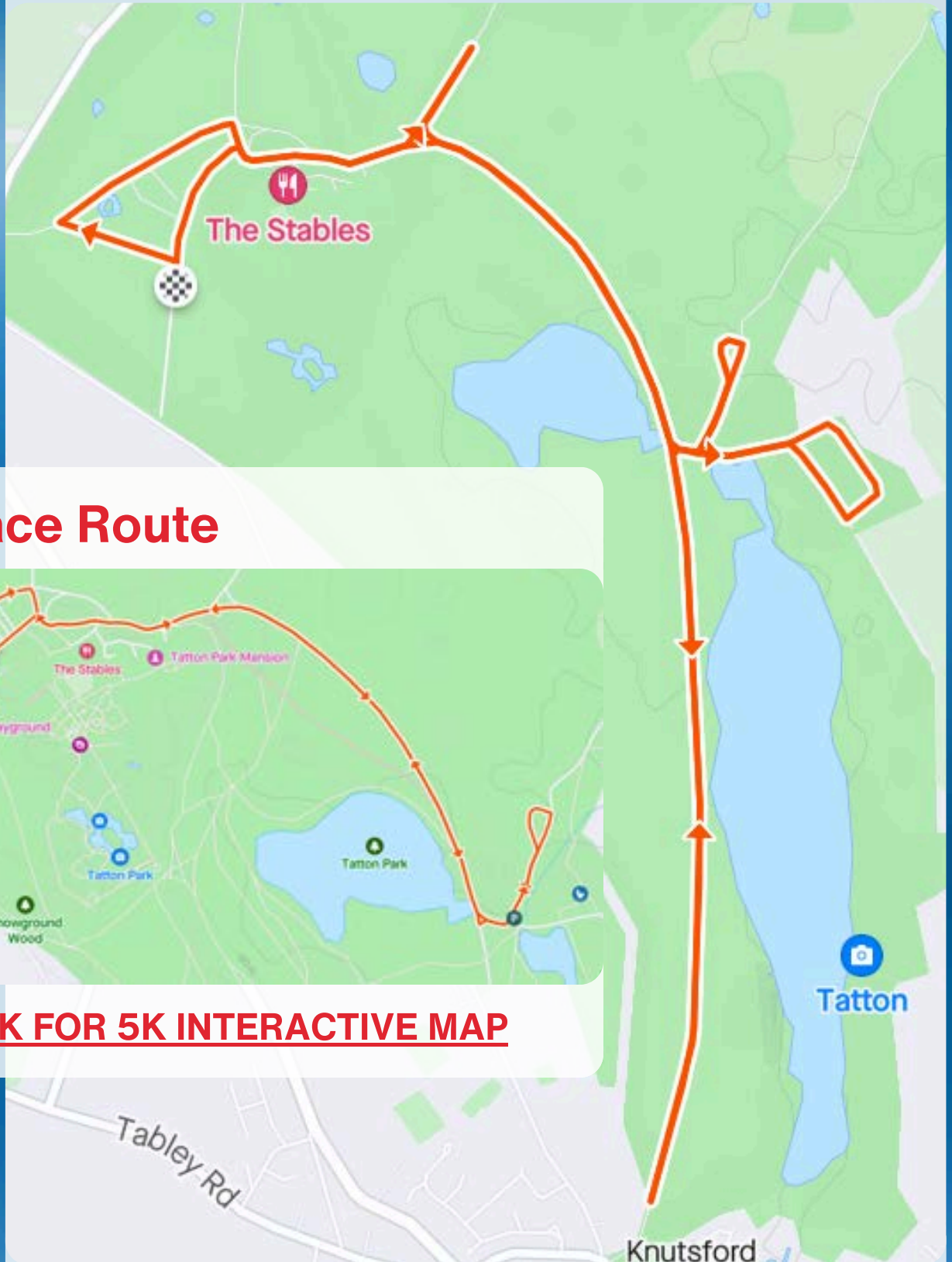
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

## LOOK OUT FOR THE LITTER ZONE SIGNAGE!

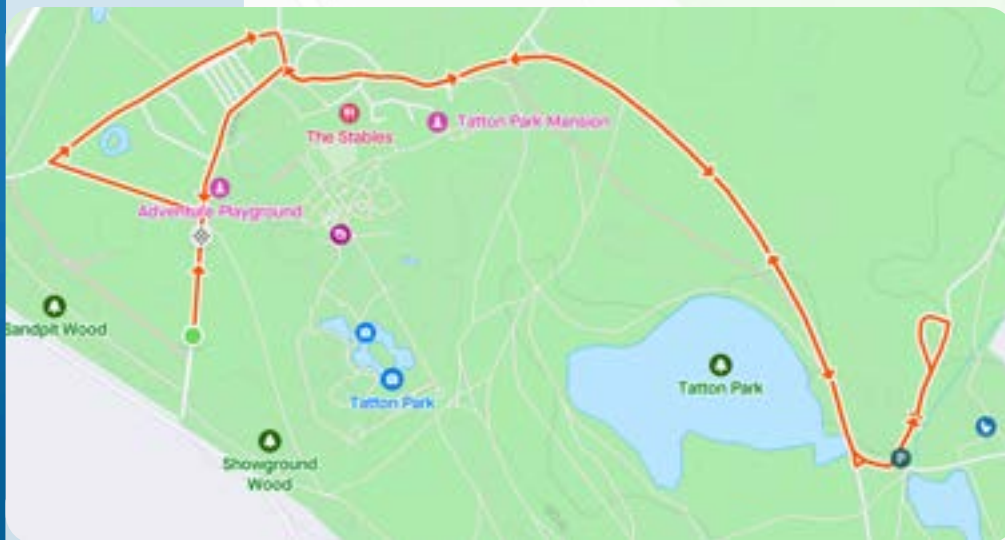


# COURSE MAPS

## 10K Race Route



## 5K Race Route



[CLICK FOR 5K INTERACTIVE MAP](#)

[CLICK FOR 10K 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.



## THE MEDAL



## EVENT MERCH

If you have purchased an event T-shirt or hoody 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 kit, but would like to purchase some, these are available below.

*(Please note: Kit purchased within 4 days of the race may not be ready to collect. Any kit not ready for collection will then be posted out.)*



**[PURCHASE HERE](#)**

# RESULTS & PHOTOS

## PHOTOS

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

runthroughuk



Click the icons to visit our pages!

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



FOR FAQ'S  
CLICK HERE

RESULTS AVAILABLE AT  
[WWW.RESULTS.RUNTHROUGH.CO.UK](http://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)**

STRUCTURE

INSPIRATION

SUPPORT

GUIDANCE

# TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.





# GET INVOLVED!

## VOLUNTEERS

**RACE ENTRY CREDITS VALUED AT:**

- £40 - 5K/10K
  - £65 - HALF MARATHON
  - £100 - MARATHON/ULTRA
- RT KIT REWARDS ON MULTIPLE EVENTS ATTENDED**



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

**[WWW.RUNTHROUGH.CO.UK/VOLUNTEER](http://WWW.RUNTHROUGH.CO.UK/VOLUNTEER)**

# MAKE NATURE YOUR POWER



**OFFICIAL SNACK BAR &  
PROTEIN BAR PARTNER**

FOR THE LATEST  
INFO ON TREK



FOLLOW US ON  
INSTAGRAM  
@EATTREK



# THE FUTURE



*in the new*

## **GLYCERIN FLEX**

The future of running is here, where human movement and tech become one. Feel the freedom of Glycerin Flex, made to move with you so that you can take control of your run. Now you can choose from even more options in the Glycerin for however you want to experience the run.

[Learn more](#)

# **BROOKS**



OFFICIAL PARTNER

# THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



**SURREY HALF MARATHON**  
Created by James Duncan  
Event Surrey Half Marathon  
7 participants  
£160 raised of £500  
32% of target

**TATTON 5K & 10K**  
Created by Samantha Jones-Lockett  
Event Tatton 5k & 10k  
6 participants  
£230 raised of £200  
115% of target

**BATTERSEA PARK RUNNING FESTIVAL**  
Created by Nicolai Deans  
Event Battersea Park Running Festival  
11 participants  
£350 raised of £300  
116.67% of target



# OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



**22G  
CARBOHYDRATES**



**ISOTONIC  
FORMULA**



**INFORMED SPORT  
APPROVED**



**AIM FOR 60G OF  
CARBOHYDRATES  
PER HOUR**





# MAXIMUM STRENGTH PAIN RELIEF FOR SPRAINS, STRAINS AND RUNNING INJURIES



Always read the label



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POWERFUL ANTI-INFLAMMATORY TARGETS THE SOURCE OF PAIN



WORKS DEEP IN THE MUSCLE TISSUE FOR A **FASTER RECOVERY\***  
\*vs non-medicated gel.

## THE OFFICIAL PAIN RELIEF PARTNER OF RUNTHROUGH

WELCOME TO THE  
**HOUSE *of* SPORTSSHOES**

THE FLAGSHIP RUNNING STORE  
IN SHOREDITCH, EAST LONDON.

More than a place to shop - House of SportsShoes is a space to learn, connect and train. Get advanced gait analysis in the in-store Running Lab, experience performance-led events and shop curated collections from world-leading running brands.

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E1 6JE.

[Find Out More](#)

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133

932 15322





# RUNNING WORKSHOPS

TAKE YOUR RUNNING TO NEW LEVELS

Expert coaching workshops for smarter training  
Improve technique & performance  
Supportive environment for all abilities

[FIND OUT MORE](#)

**RUNNER  
RETREATS**

# MORZINE RUNNING RETREAT

21ST-27TH JUNE 2026

YOUR DREAM RUNNING HOLIDAY AWAITS

[FIND OUT MORE](#)



Supported by...



**BROOKS**



**SPORTSSHOES.COM**

Interested in supporting an event?

Email: [partners@runthrough.co.uk](mailto:partners@runthrough.co.uk)