# EVENT GUIDE

## Tatton Park Chase The Sun

## 5k & 10k

### Wednesday 20th August 2025

RunThrough

TATTON PARK

5K & 10K

# YOUR RACE EXPERIENCE

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TRIAL
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HYPERION
RANGE
at RunThrough
HYPERION MAX 3

# 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**

BEATRICE

SOPHIE

JADEN

TOM

COL

# TRAVEL

**Address:Tatton Park, Rostherne Dr, Knutsford WA16 6SG**

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 5:30pm to help you park.

**Parking**

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

**Travel 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.
- You will enter through Rostherne Gate, WA16 6SG, wihich is the main entrance to the park.

**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
- You will enter through Rostherne Gate, WA16 6SG, wihich is the main entrance to the park.

**Travel 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.

**Travel By Rail**

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

what3words

**Event Village** ///micro.inch.lyrics

**Car Park** ///exist.financial.cure

# RACE PACKS

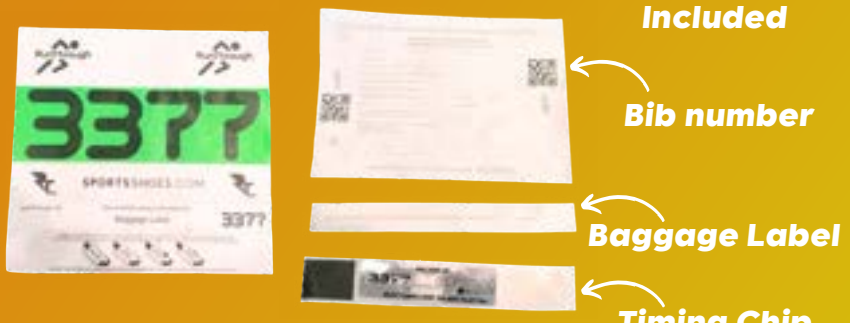
## Start Times

| | |
|---|---|
| 10K | 7:15pm |
| 5K | 7:35pm |

## Race Pack Collection Times

| | |
|---|---|
| 10K | 5:55-6:55pm |
| 5K | 6:15-7:15pm |

- 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 & RESULTS**

*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**

# EVENT VILLAGE

## FACILITIES

***Toilets*** ✓

***Refreshments*** ✓

***Parking*** ✓

***Spectators Welcome*** ✓

## TOILETS

There will be portable toilets within the event village.

## BAG DROP

- Please limit the number of belongings you bring to the event.
- The car park is located close to the event village. 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.

## 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 and race staff.**

**- Refrain from demeaning, discriminatory or harassing behaviour and speech.**

**- Be mindful of your surroundings and your fellow participants.**

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.

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. There will be pacers to help you along the way.

Please drain and 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.

*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.

***LOOK OUT FOR THE LITTER ZONE SIGNAGE!***

# WATER STATIONS

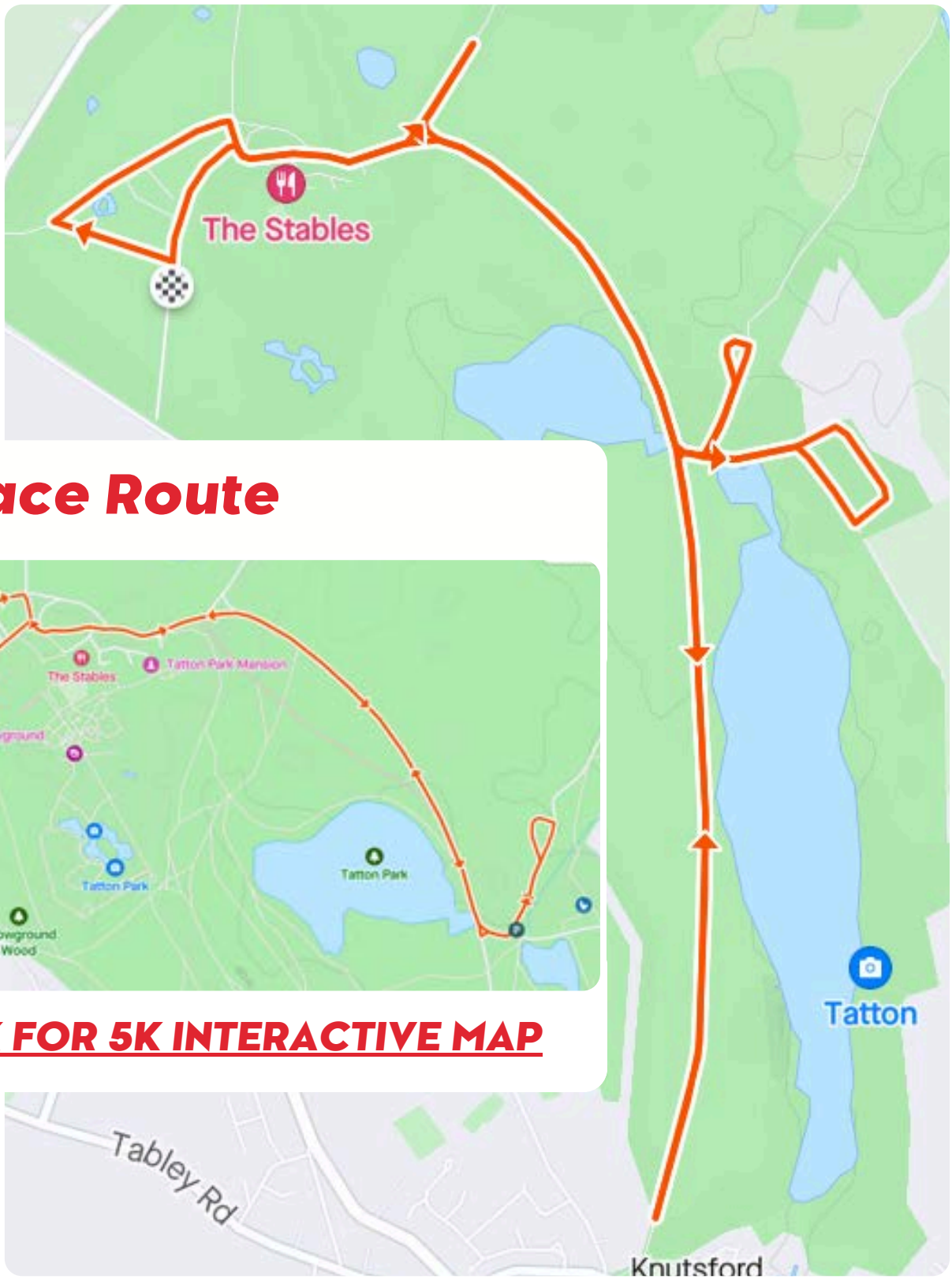
There will be a water station at 5km **on the 10k course only**. There will be no water station on the 5k race.

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.

# 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.

# 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.

*(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 AN EVENT T-SHIRT**

# 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!***

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.

To listen to all things running, RunThrough and inspiring stories, check out the Gone Running Podcast!

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!***

***Click the QR to fill out the form with your event day shoutout requests!***

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

# GET INVOLVED!

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

## PACERS

- £10 RTKIT VOUCHER
- £40 RACE CREDIT

## VOLUNTEERS & FINISH LINE FRIENDS

- £65 RACE CREDIT
- £10 RTKIT VOUCHER

**WWW.RUNTHROUGH.CO.UK/VOLUNTEER**

# 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. Under 35 is classed as a senior and 35+ is listed as Vets in 5-year increments.
This will further be categorised as Female, Male or Open (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, however, please contact us at info@runthrough.co.uk if you plan to take more than 2hrs as we may need to make special arrangements on the course and in the 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. Your race pack and everything associated with your entry fee has 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 distances?
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, please keep the volume low and remain aware of your surroundings and marshal instructions.

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 should I park for the event?
There is free parking for the event, please arrive early to avoid any queues on entry.

Where is the best place to spectate?
We advise staying within the event village to be sure you catch the finish! You're welcome to walk around the park, however, if you're following the race route, be respectful of other runners.

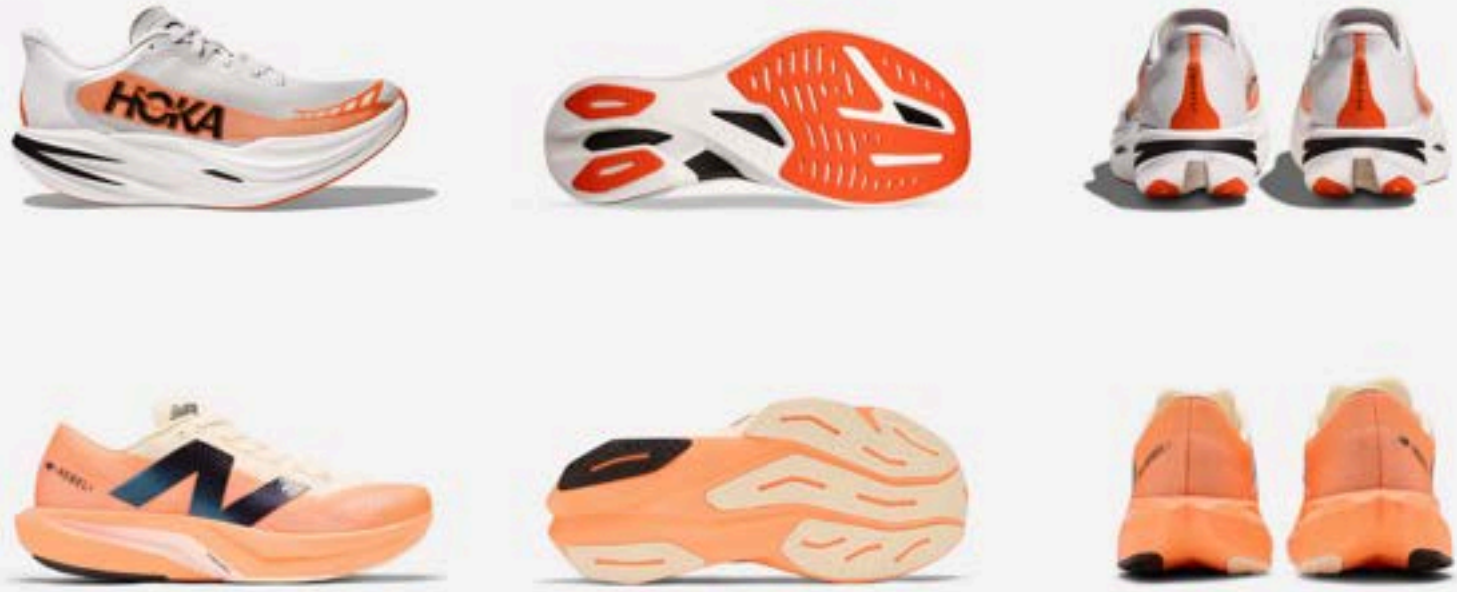
Will there be a prize giving?
The top 3 male and female participants and 1st in each age group can expect an email reward in the week following the race. There will be no presentation on the day. There will also be prize money (£200- 1st | £150- 2nd | £100- 3rd) sent out, only for those who beat the following times:
5k - Men's Sub 14:30 & Women's Sub 16:00mins
10k - Men's Sub 30:30 mins & Women's Sub 34 mins

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

SPORTS
SHOES
.COM

# SUMMER SALE

SUMMER 2025
30–80% OFF
OVER 6,000 LINES



# THE PERFECT RUNNING PAIR

JB's TREK. | RunThrough

**9G** PLANT PROTEIN

NATURAL INGREDIENTS

SOURCE OF FIBRE

## THE OFFICIAL SNACK BAR & PROTEIN BAR PARTNER OF RUNTHROUGH

RunThrough

SiS
SCIENCE IN SPORT

OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

22G
CARBOHYDRATES

ISOTONIC FORMULA

INFORMED SPORT
APPROVED

AIM FOR 60G OF
CARBOHYDRATES
PER HOUR

Voltarol
The joy of movement

RunThrough

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

Always read the label

12 HRS

UP TO **12 HOURS** OF TARGETED ANTI-INFLAMMATORY

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

nuun
HYDRATION

# Hydration starts here

RUNNER'S WORLD
EXPERT TESTED
2025

## SPORT

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

## ULTRA

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

## Hydrate your journey, embrace the challenge and make every step count!

## Good Luck Runners!

You've got this with Nuun Hydration!

RunThrough
Official Partner

*Click to follow @nuunhydrationuk*

*#nuunuk #nuuniverse #nuunhydration*

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

BOSE

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Never miss a beat with earbuds that combine complete openness to your surroundings with rich, private sound only you can hear.

Designed for all-day wear with light-as-air-grip that won't slip, water and sweat resistance and up to 7 hours of play time.*

Bose Ultra Open Earbuds

* Testing conducted by Bose with audio playback at a loudness of 75 dBA. Battery life varies based on settings and usage.

givestar

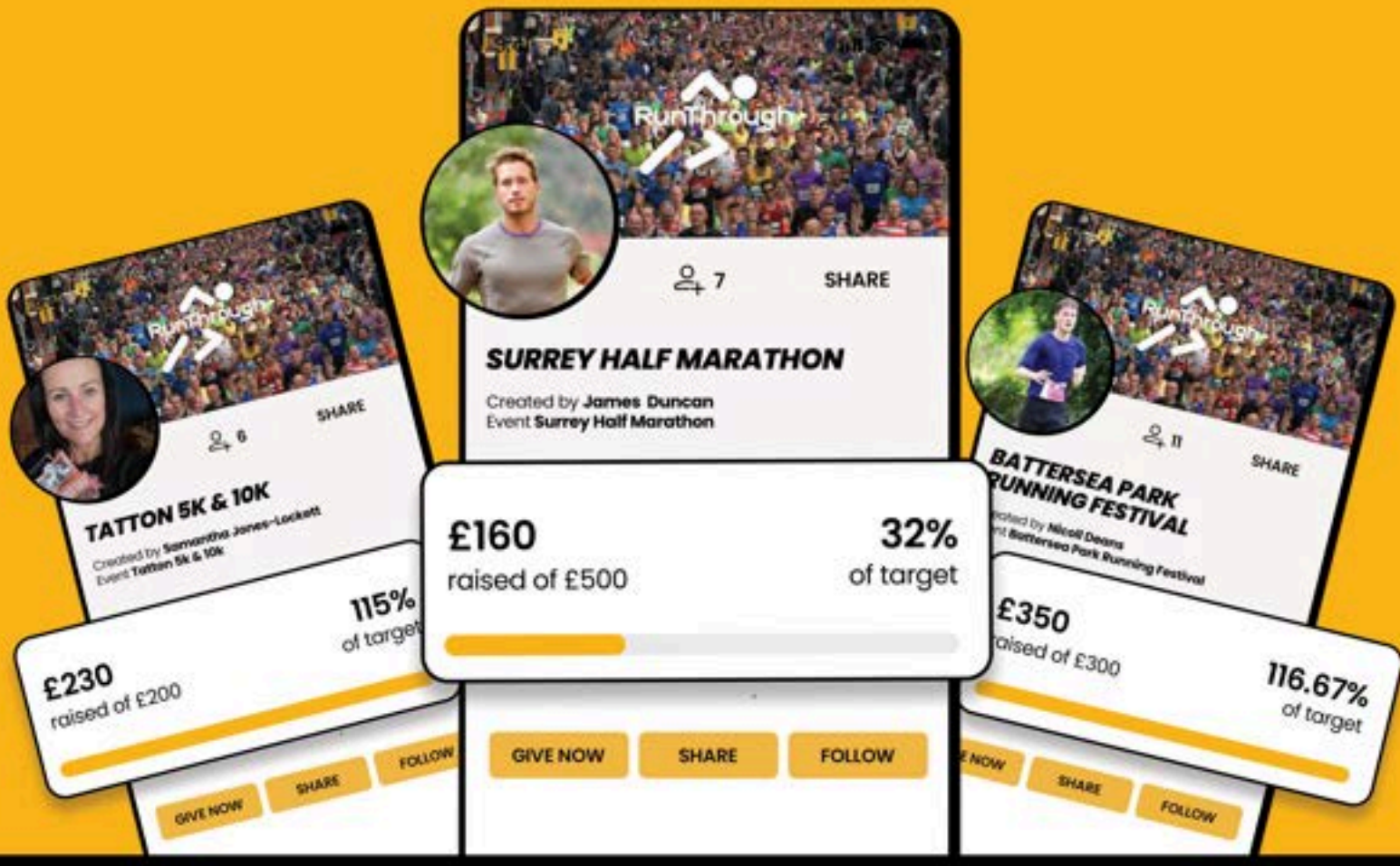
Download on the App Store

GET IT ON Google Play

# 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




OFFICIAL FUNDRAISING PLATFORM

Registered with FUNDRAISING REGULATOR

Certified B Corporation

LOVE CORN x RunThrough

# CRUNCHY CORN "OFF THE COB

- 50% LESS FAT*
  *in comparison to potato crisps
- HIGH FIBRE
- LOW SUGAR
- GLUTEN FREE

## FUEL YOUR RUN

## TRY OUR FLAVOURS

## PLAY CORN HOLE, WIN PRIZES!

Get CORN-petetive 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 amazon

USE CODE:
RUNTHROUGH20
amazon.com/lovecorn

RT KIT

**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

RUNNER RETREATS
RETREATS | CAMPS | WORKSHOPS
FOR RUNNERS OF ALL ABILITIES
FIND OUT MORE
FOUNDED BY
RunThrough
NEW LEVELS COACHING

# RUNTHROUGH TRAINING PLANS

POWERED BY

NEW LEVELS COACHING

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

RunThrough

**Supported by...**

RT KIT

nuun HYDRATION

BOSE

Voltarol The joy of movement

JB's TREK

BROOKS

RUNNER RETREATS

SiS SCIENCE IN SPORT

givestar

LOVE, CORN

NEW LEVELS COACHING

SPORTSSHOES.COM

***Interested in supporting an event? email: sam.williams@runthrough.co.uk***