



**TATTON
PARK**

5K & 10K

TATTON PARK 10K & 5K SATURDAY 7TH FEBRUARY 2026

IN SUPPORT OF

The Christie
Charity



EVENT GUIDE



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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 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



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

CORINNE

COL

KIRSTEN

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

Event Village:

[///micro.inch.lyrics](http://micro.inch.lyrics)

Car Park:

[///exist.financial.cure](http://exist.financial.cure)

RACE PACK

START TIMES

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

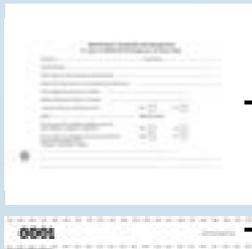
RACE PACK COLLECTION TIMES

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



**FOR ENTRIES BEFORE THE 23RD JANUARY
YOUR RACE PACK SHOULD ARRIVE BY 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 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 ENTRY LIST & RESULTS](#)

[CLICK FOR FORM](#)



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.**

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.

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. There will be large bags and bins within this area that you will pass shortly after the water station.

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.



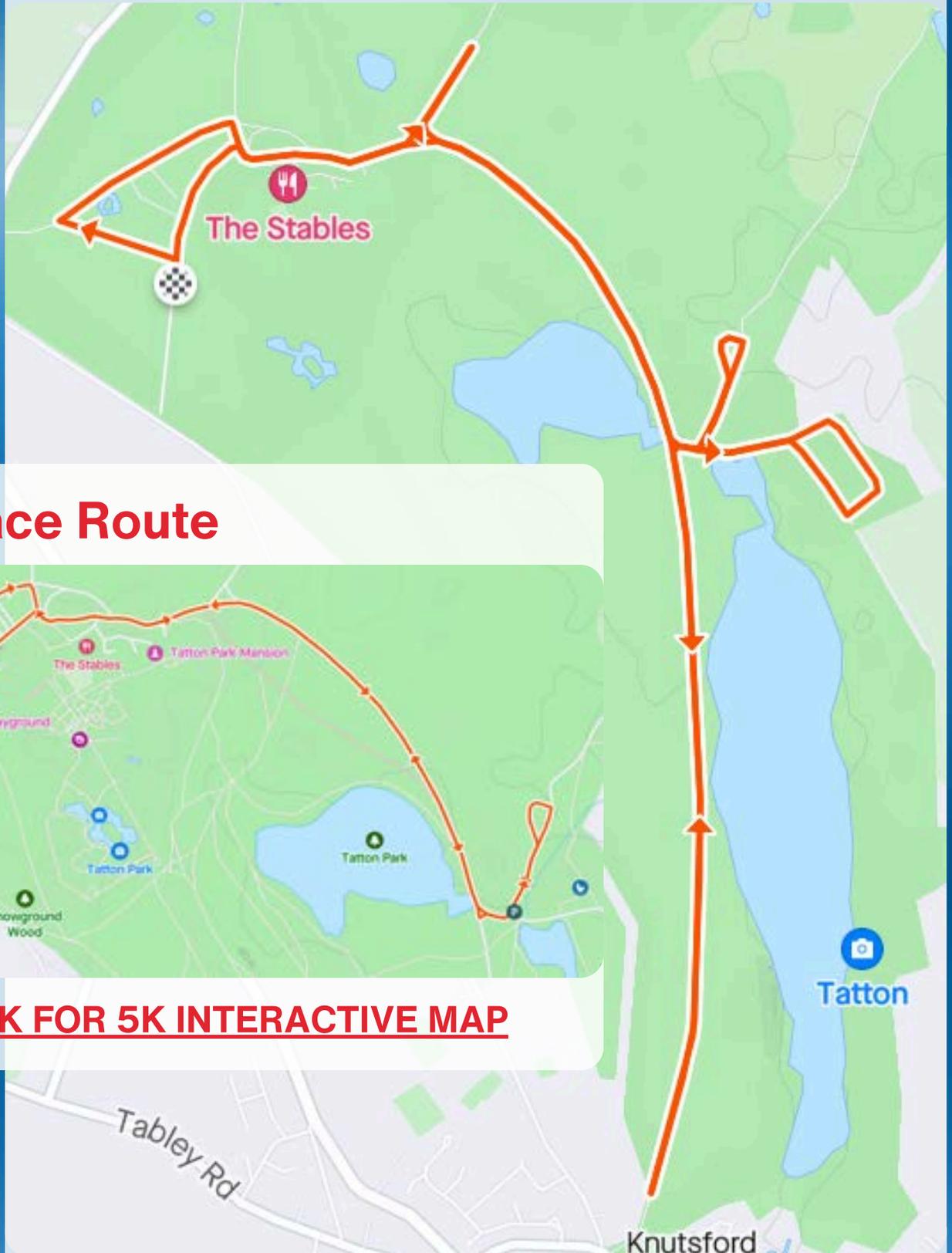
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!

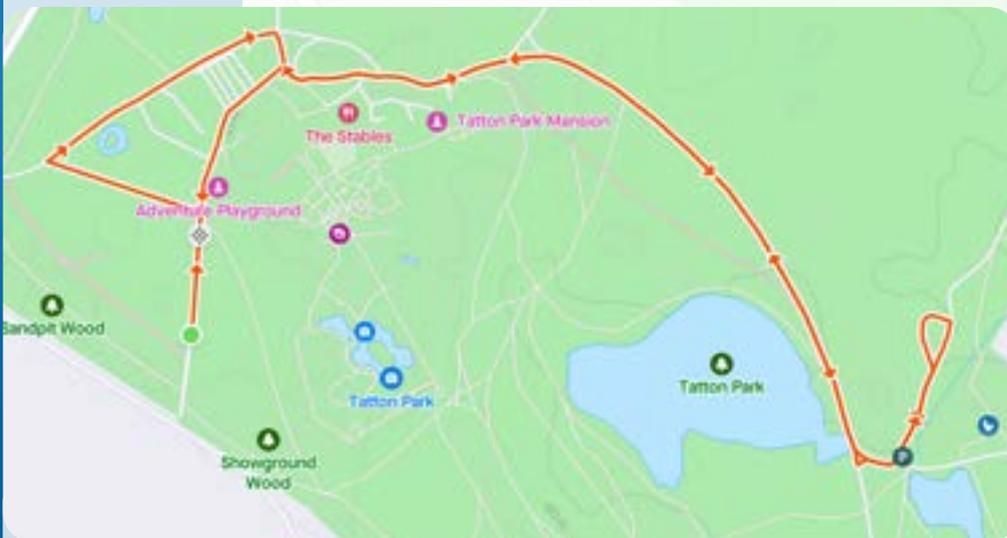


COURSE MAPS

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 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](#)



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

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



MAXIMUM STRENGTH PAIN RELIEF FOR SPRAINS, STRAINS AND RUNNING INJURIES



Always read the label



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



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!

Click to follow @nuunhydrationuk

#nuunuk

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#nuunhydration

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

Official Partner

THE SALE

SPORTSSHOES.COM

UP TO
80% OFF

The SportsShoes January Sale has landed. With thousands of products from the top brands, you won't want to miss out. You'll find hundreds of deals with up to 80% off, so you can refresh your kit and get ready to reach your goals in 2026.



HOKA
Cielo X1 2.0

£149.99 ~~£249.99~~

Shop Now

BROOKS

Let's Run There

SUPPORT YOUR JOURNEY

ADRENALINE GTS 25



The Adrenaline GTS 25 continues its legacy of structured support with a smooth ride and GuideRails™ technology to help keep you in your natural motion path.



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



The image shows three smartphone screens displaying fundraising pages on the Givestar platform. Each screen features a 'Runthrough' logo, a profile picture of the event creator, the event name, the creator's name, the number of participants, and a progress bar showing the amount raised relative to the target. The 'Surrey Half Marathon' screen is the largest and most prominent, showing £160 raised of a £500 target (32% of target). The 'Tatton 5K & 10K' screen shows £230 raised of a £200 target (115% of target). The 'Battersea Park Running Festival' screen shows £350 raised of a £300 target (116.67% of target). Each screen also has 'GIVE NOW', 'SHARE', and 'FOLLOW' buttons at the bottom.

Event Name	Created by	Participants	Amount Raised	Target	Progress (%)
TATTON 5K & 10K	Samantha Jones-Lockett	6	£230	£200	115%
SURREY HALF MARATHON	James Duncan	7	£160	£500	32%
BATTERSEA PARK RUNNING FESTIVAL	Nicola Deans	11	£350	£300	116.67%



OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH



22G
CARBOHYDRATES



ISOTONIC FORMULA



INFORMED SPORT
APPROVED



AIM FOR 60G OF
CARBOHYDRATES
PER HOUR



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

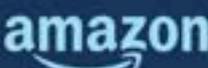


TRY OUR FLAVOURS



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:
RUNRUNRUN
amazon.com/lovecorn



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





Supported by...



The Christie
Charity



nuun
HYDRATION



BROOKS

**LOVE,
CORN**

SIS
SCIENCE IN SPORT


givestart

SPORTSSHOES.COM

Interested in supporting an event?

Email: partners@runthrough.co.uk