



TATTON
PARK

5K & 10K

TATTON PARK

10K & 5K

SATURDAY 3RD JANUARY 2025

IN SUPPORT OF

The Christie
Charity



EVENT GUIDE



YOUR RACE EXPERIENCE

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AND OFFERS**





The Christie Charity is delighted to be the charity partner for the **2026** Tatton Park 5k and 10k Series. Good luck to everyone taking part.

By choosing to fundraise for The Christie Charity you will be ensuring that Christie cancer patients receive the highest level of treatment and care and have access to world leading research and technology.

Your support allows us to fund life-changing and life-saving projects that will benefit cancer patients both now and in the future. Do something amazing and run with Team Christie!

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 or call 0161 446 3400

When you join Team Christie you will receive:

- A FREE Team Christie running shirt to wear on the day
- Dedicated fundraising and training support from our team
- Race day support
- An experience to remember!

If you're not running but would still like to be part of Team Christie, why not join our cheer squad? For more information email us at 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



SOPHIE

KANE

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

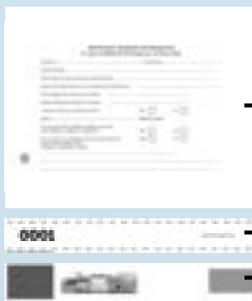
RACE PACK COLLECTION TIMES

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



**FOR ENTRIES BEFORE THE 12TH DECEMBER
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 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 & 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](#)

Step 1

Step 2

Step 3

Step 4



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.

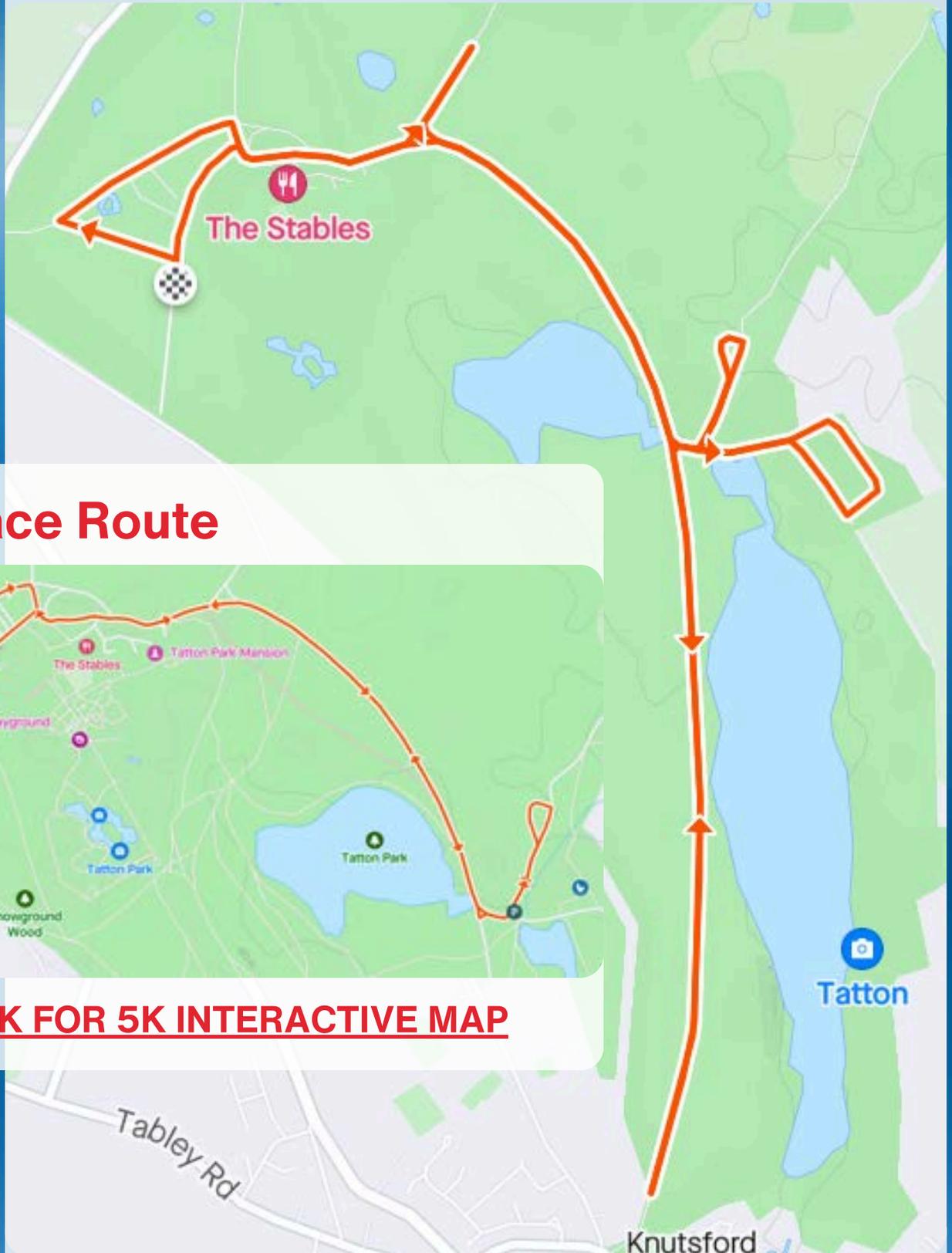
We recommend bringing your own water to stay hydrated in the lead-up to the event.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!

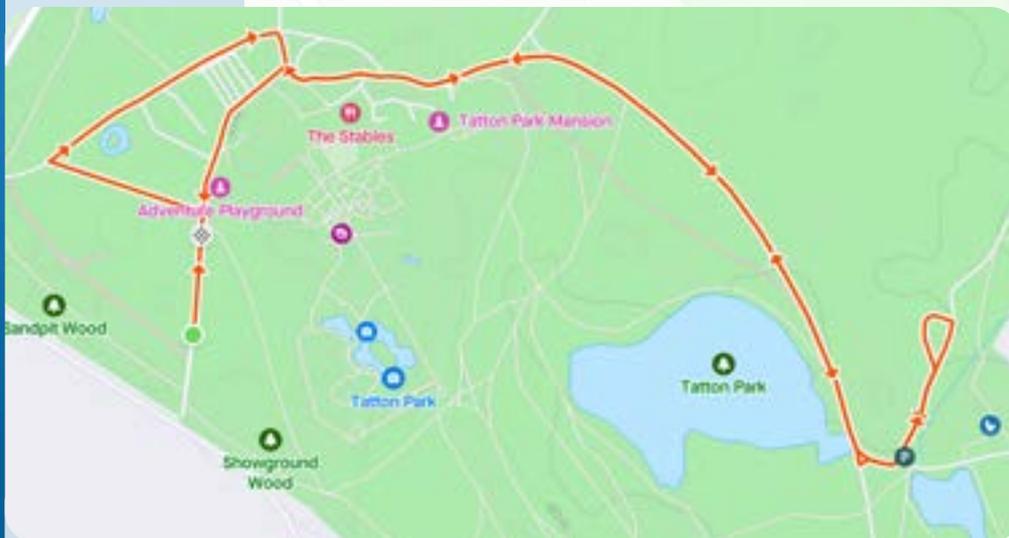


COURSE MAPS

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

Q 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 - £65 RACE CREDIT
- £10 RTKIT VOUCHER



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

WWW.RUNTHROUGH.CO.UK/VOLUNTEER

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 number of participants, and a 'SHARE' button. The central screen is the most prominent, showing the 'SURREY HALF MARATHON' event created by James Duncan. It has 7 participants and a progress bar showing £160 raised of a £500 target, which is 32% of the goal. Below the progress bar are buttons for 'GIVE NOW', 'SHARE', and 'FOLLOW'. The left screen shows the 'TATTON 5K & 10K' event created by Samantha Jones-Lockett, with 6 participants and £230 raised of a £200 target (115% of target). The right screen shows the 'BATTERSEA PARK RUNNING FESTIVAL' event created by Nicolai Deans, with 11 participants and £350 raised of a £300 target (116.67% of target). Both side screens also have 'GIVE NOW', 'SHARE', and 'FOLLOW' buttons.



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



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

#nuuniverse

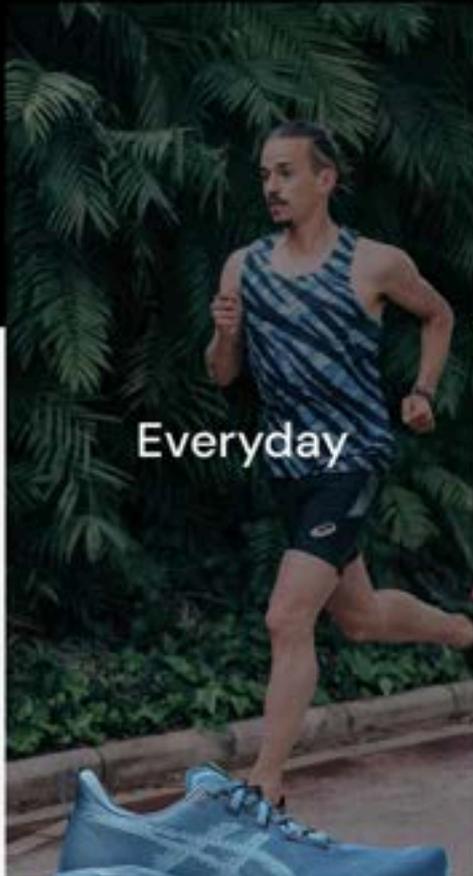
#nuunhydration

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



SPORTSSHOES.COM

Get 15% off our
latest launches*



asics.

NOVABLAST 5

The Asics Novablast 5 is a great and lightweight everyday running shoe that offers an extra bounce on steady runs.



HOKA

ROCKET X 3

The Hoka Rocket X 3 is a super fast carbon shoe, built for achieving your personal best.



RUN

PEGASUS TRAIL 5

The Nike Pegasus Trail 5 provides responsive cushioning and a waterproof Gore-Tex wet weather protection for trail running.

CHECK YOUR PRE RACE EMAILS FOR YOUR DISCOUNT CODE!

Ts&Cs apply*

Get 15% off AW25

MAKE NATURE YOUR POWER



**OFFICIAL SNACK BAR &
PROTEIN BAR PARTNER**

FOR THE LATEST
INFO ON TREK



FOLLOW US ON
INSTAGRAM
@EATTREK



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

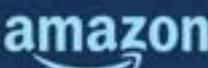


TRY OUR FLAVOURS



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

The logo features a large, stylized 'RT' in black, with the word 'KIT' in a bold, sans-serif font to its right.

RTKIT



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



BROOKS



SPORTSSHOES.COM

Interested in supporting an event?

Email: sam.williams@runthrough.co.uk