



CHESHIRE 10K

INCLUDING TOP FLIGHT
SUNDAY 24TH MAY 2026

EVENT GUIDE



YOUR RACE EXPERIENCE

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AND OFFERS**



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

STEPHEN

BEATRICE

GIAN

TRAVEL

Address: Cheshire County Showground, Clay House Farm, Flittogate Ln,
Tabley, Knutsford WA16 0HJ

Please arrive early and car share where possible. As with many sporting events, please anticipate queues arriving at the venue.

Parking:

There is free parking at the showground which can be accessed from Flittogate Lane [HERE](#) if you're approaching from the South/ East.

For runners arriving from the North/West, there will be access into the car park from Pickmere Lane (B5391) [HERE](#). There will be marshals on arrival to direct you into the car park from the road and to help you park.

Please note, if you arrive via the A556 southbound, there is no right turn into Flittogate Lane. You'll need to head down the A556 for approx 1.5 miles to the next roundabout to turn around. If using Satnav / Google Maps etc, you should be directed to do this.

By Public Transport:

Public transport in the area is limited. Knutsford is the closest major town with bus and rail routes (4miles), from here a taxi or car sharing would be advised.

By Bike:

If you choose to cycle to the showground, you can keep your bicycle safe by our bag drop.



what3words

[Event Village:](#)

[///spend.corn.announced](#)

RACE PACK

START TIME

9:00am

RACE PACK COLLECTION TIMES

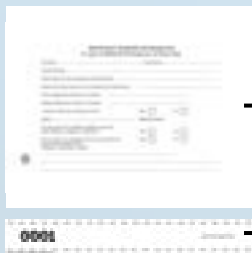
7:30-8:30am



FOR ENTRIES ON OR BEFORE THE 8TH MAY YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 21st May please email us at info@runthrough.co.uk and we'll make sure you have a replacement to collect on the day.

- If you've entered after the 8th May, 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.

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 the 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 distance signs and arrows.

You will follow Green KM markers 1-9.

The course follows traffic-free rural roads surrounding the showground, offering a smooth and speedy route ideal for PBs. With a friendly race village atmosphere and plenty of space to warm up, support fellow runners, and enjoy the day, it's a standout race experience in the heart of Cheshire.

Please drain and discard all litter and bottles within the signed litter zone, which is 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 approximately 5k on the course. Please help yourself to this as you pass.

There will 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.



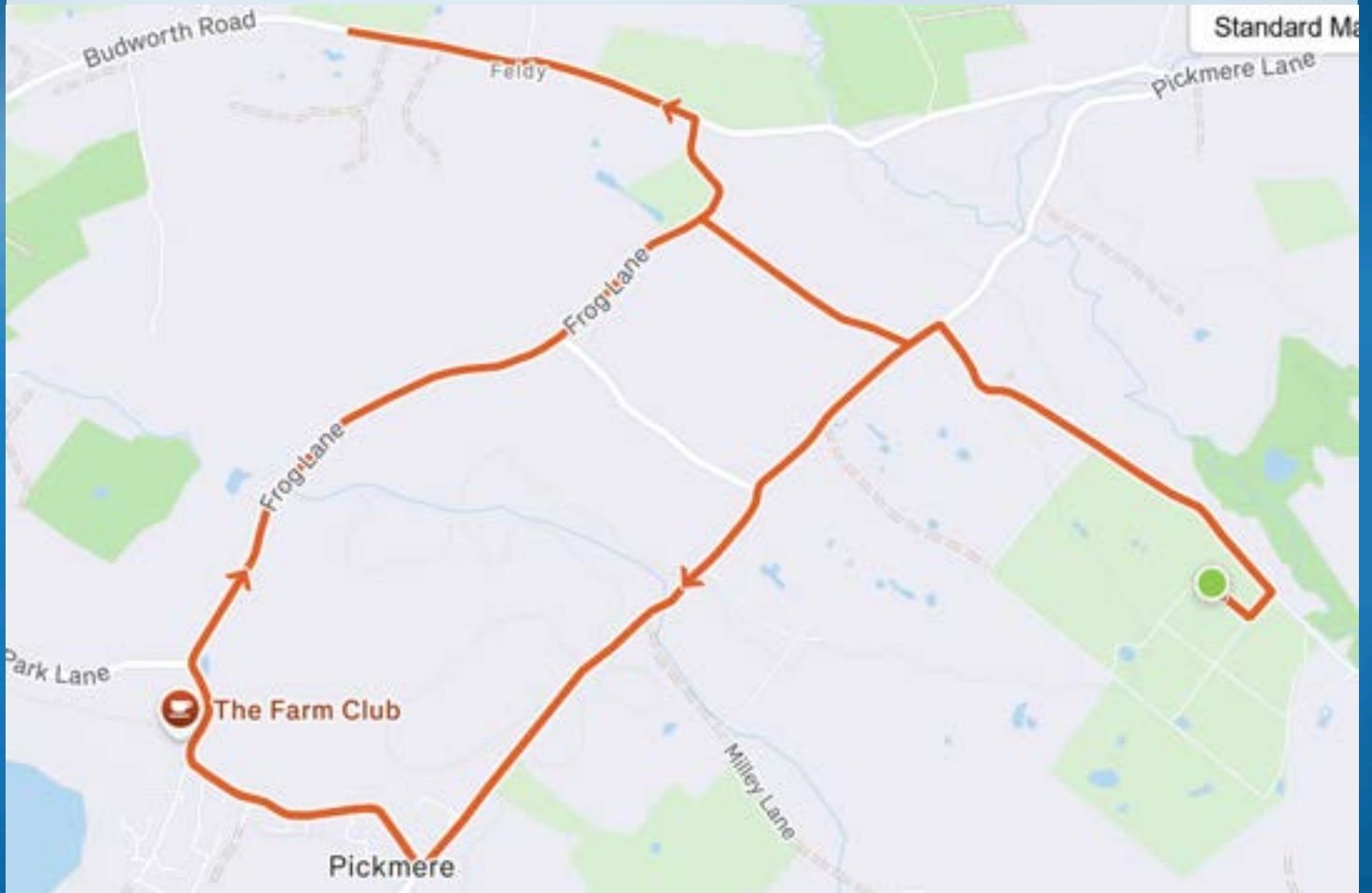
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAPS

TUK Race Route



[CLICK FOR](#)
[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**

TOP FLIGHT RACES

CHESHIRE 10K



**Series Prize
Pot
£60,000**

UPCOMING RACES:

JUNE- BATTERSEA 5K

JULY - STOCKPORT 10K

AUGUST- QUAYSIDE 5K

SEPTEMBER - ALTRINCHAM 10K

What is the Top Flight Race Series?

Top Flight by RunThrough is a 12-race series across the UK, designed to support elite-level athletics by offering high-quality competition opportunities and rewarding top performances. Each race features an elite prize structure, with additional rewards for the overall series standings.

Scoring System

Points are awarded as follows:

- 1st – 25 points**
- 2nd – 18 points**
- 3rd – 15 points**
- 4th – 12 points**
- 5th – 10 points**
- 6th – 8 points**
- 7th – 6 points**
- 8th – 4 points**
- 9th – 2 points**
- 10th – 1 point**

Each athlete's best three scores count towards their final series total.

Tie-Break Criteria

In the event of a tie on points:

1. Head-to-head result at the series finale (Ribble Valley 10k) determines placing.
2. If still tied, individual head-to-head record and best time over the same distance are considered.
3. If records remain identical, prize money for that position is split.

Series Eligibility

To qualify for the overall series prize money, athletes must :

1. Compete in and finish at least three races.
2. Score in at least one race.
3. Achieve a Top Flight entry standard in at least one race.

Series Standings

Men's

	POINTS
KADAR OMAR	50
JACK MILLAR	36
DOMINIC JONES	27
KEVIN CAMPBELL	25
OMAR AHMED	25
JONATHAN ESCELANTE-PHILLIPS	18
CHRIS COULSON	18
LAWRENCE MCCOURT	15
ALEX HOWARD	15
TOM WEBB	15

Series Prize Money

1 st	- £1,000
2 nd	- £700
3 rd	- £600
4 th	- £500
5 th	- £400
6 th	- £300
7 th	- £250
8 th	- £200
9 th	- £150
10 th	- £100

Women's

	POINTS
LISA BAILEY	27
HANNAH MOREIRA DOS SANTOS	27
MEGAN STENHOUSE	25
POPPY TANK	25
ANDREA CLEMENT	25
HANNAH VINER	25
RACHEL BROWN	18
NATASHA PHILLIPS	18
SARAH HOLT	18
EVIE WARREN	18





SPRING RACE COLLECTION

15% off for RunThrough runners
Use code: RTEVENTS15

[SHOP THE FULL RANGE](#)

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



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[Find Out More](#)

HOUSE *of* SPORTSSHOES

133

932 15322



MAKE NATURE YOUR POWER



**OFFICIAL SNACK BAR &
PROTEIN BAR PARTNER**

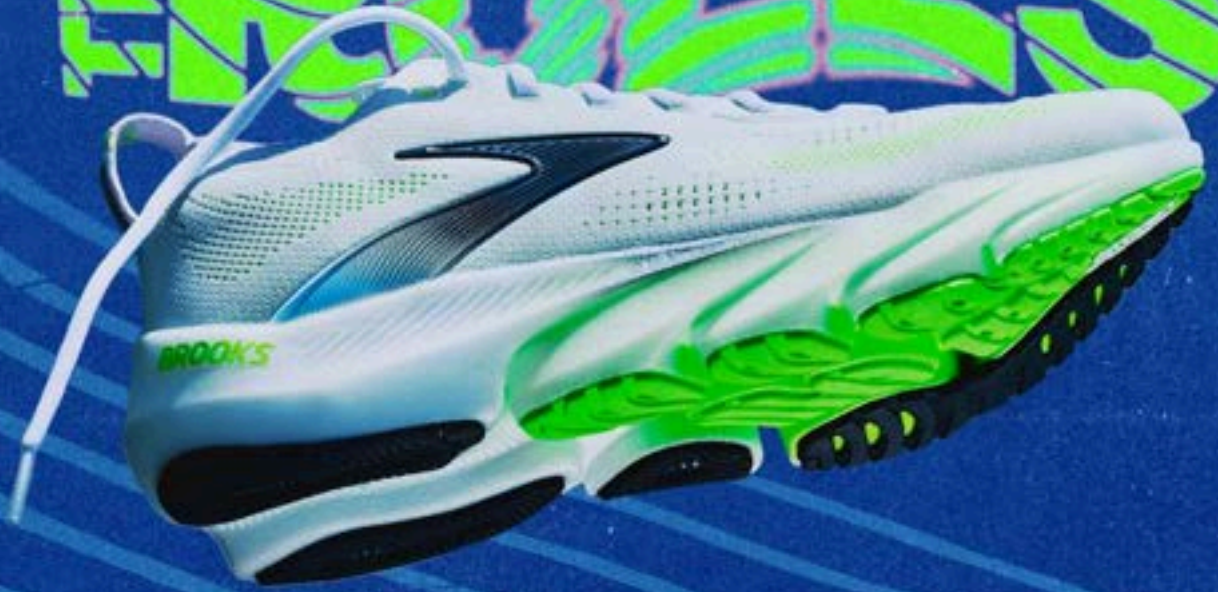
FOR THE LATEST
INFO ON TREK



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
£160 raised of £500
32% of target

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

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



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