

RunThrough

TATTON PARK 10K & 5K

SATURDAY 7TH NOVEMBER 2026

EVENT GUIDE

Supporting The Christie Charity

YOUR RACE EXPERIENCE

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RunThrough

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



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



CONNOR KANE STEPHEN GRAHAM

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

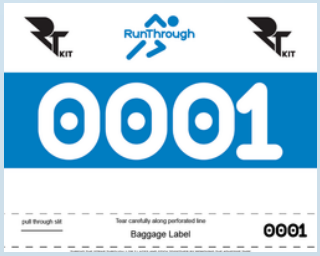
RACE PACK COLLECTION TIMES

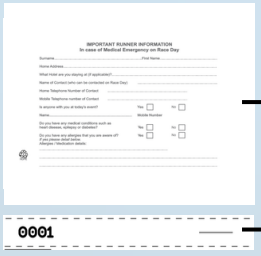
10K	7:15-8:15am
5K	7:35-8:35am

FOR ENTRIES ON OR BEFORE THE 24TH OCTOBER YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 4th November 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 24th October, 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



EVENT VILLAGE

FACILITIES

TOILETS ✓

REFRESHMENTS ✓

PARKING ✓

SPECTATORS WELCOME ✓

TOILETS

There will be portable toilets available to use in the Event Village.
If you live locally we recommend using toilets at home.

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.

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 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.
The park is also home to sheep and deer, which are free to roam. Please keep your distance as they are wild animals and can be unpredictable!

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.



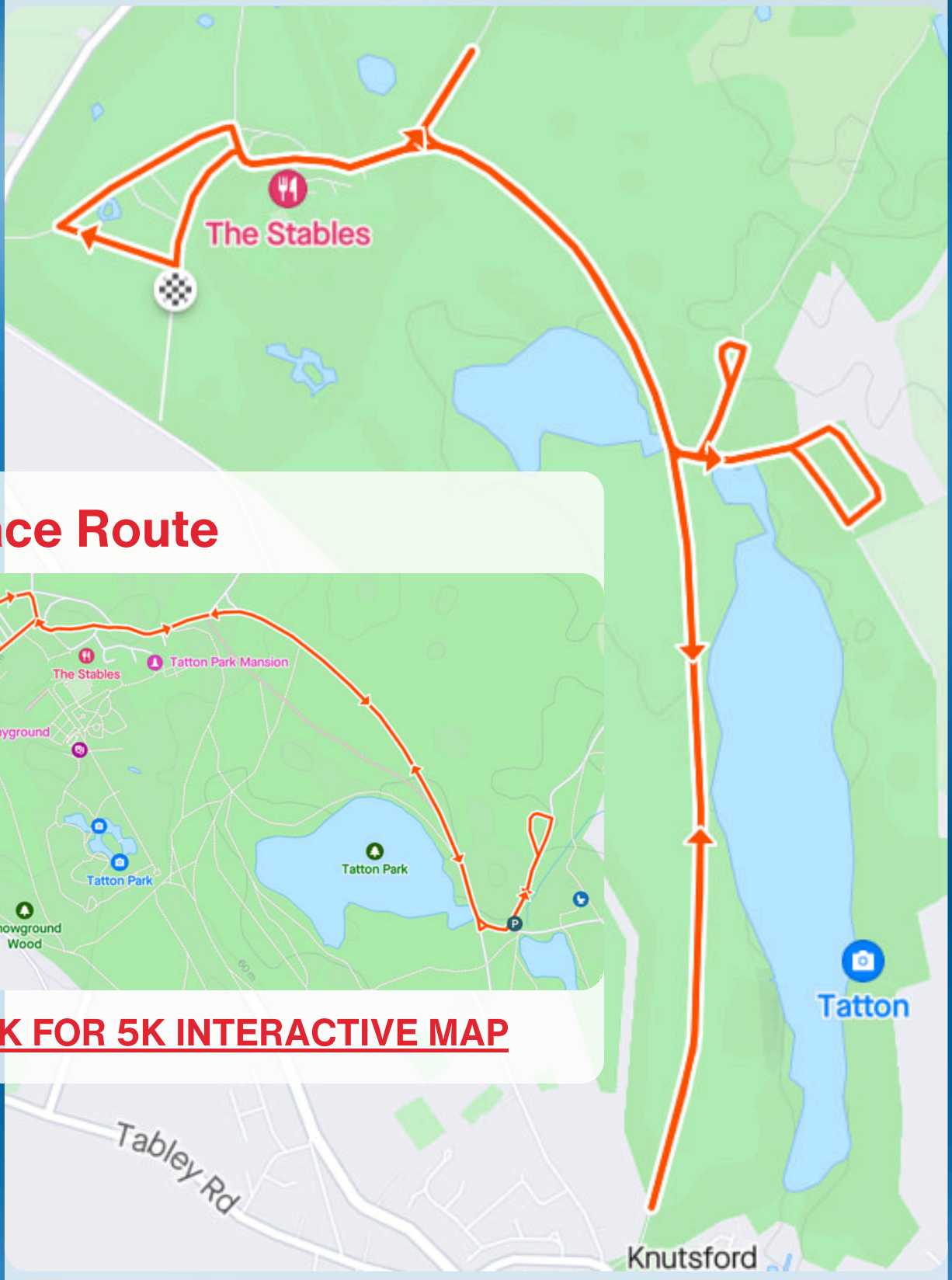
Please note, headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!



COURSE MAPS

10K Race Route



CLICK FOR 10K INTERACTIVE MAP

5K Race Route

CLICK FOR 5K 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 hoodie 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

Click the camera to visit the page!

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.

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!



Click to see our FAQ's or chat to our AI assistant for instant answers, or request to speak with a member of our team if you need further support.

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

RUNTHROUGH RANKINGS

Find your times, follow your progress and watch the small wins add up across the RunThrough community at www.RunThroughRankings.com


GO FURTHER
SEE MORE
15% off for RunThrough runners
Use code: RTEVENTS15
SHOP THE FULL RANGE



TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.

RunThrough Coach

RunThrough

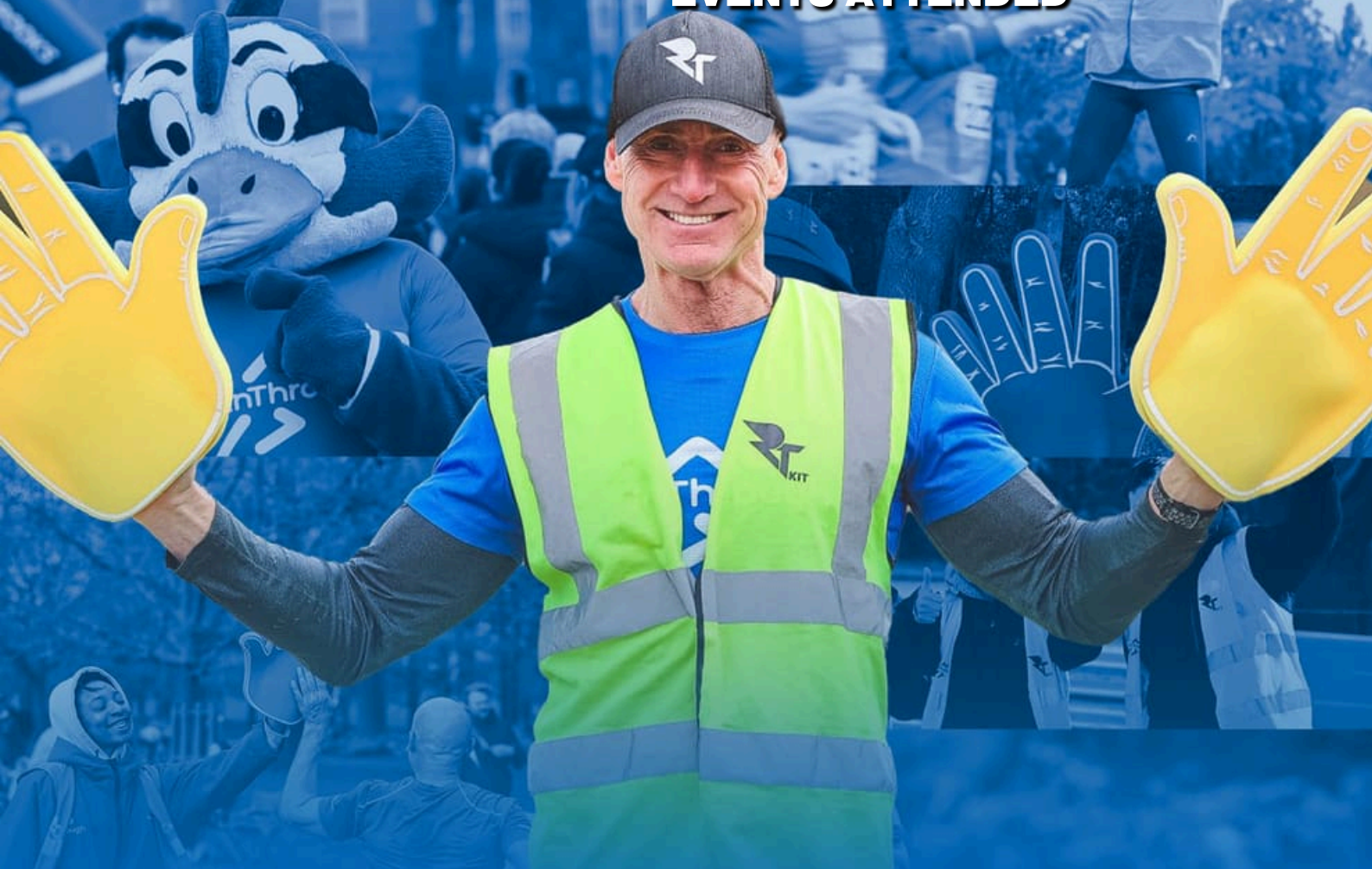
GET INVOLVED!

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 like-minded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER



MEDAL MADNESS

MEDAL MADNESS: TATTON PARK

Medal Madness lets you claim exclusive local discounts simply by showing your finisher's medal. Check out the available offers below:



Cranford Cafe & Sandwich Bar
10% off food & drink
Valid from the 7th to 15th November

Detaljer
10% off food, drink & homewear
Valid on the 7th & 8th November

Wallop Knutsford
20% off food and drink
Valid on the 7th & 8th November

Local Business Owners: Want to feature your business and connect with runners? Email beth.dennis@runthrough.co.uk to get involved!

THE ALL-TIME FAVOURITE

GHOST 18



Meet the next generation of an all-time runner favorite. The Ghost 18 is the result of carefully-crafted design, blending soft cushioning and balanced support to deliver a reliable run mile after mile.

Shop now

BROOKS

RunThrough
OFFICIAL PARTNER

givestar

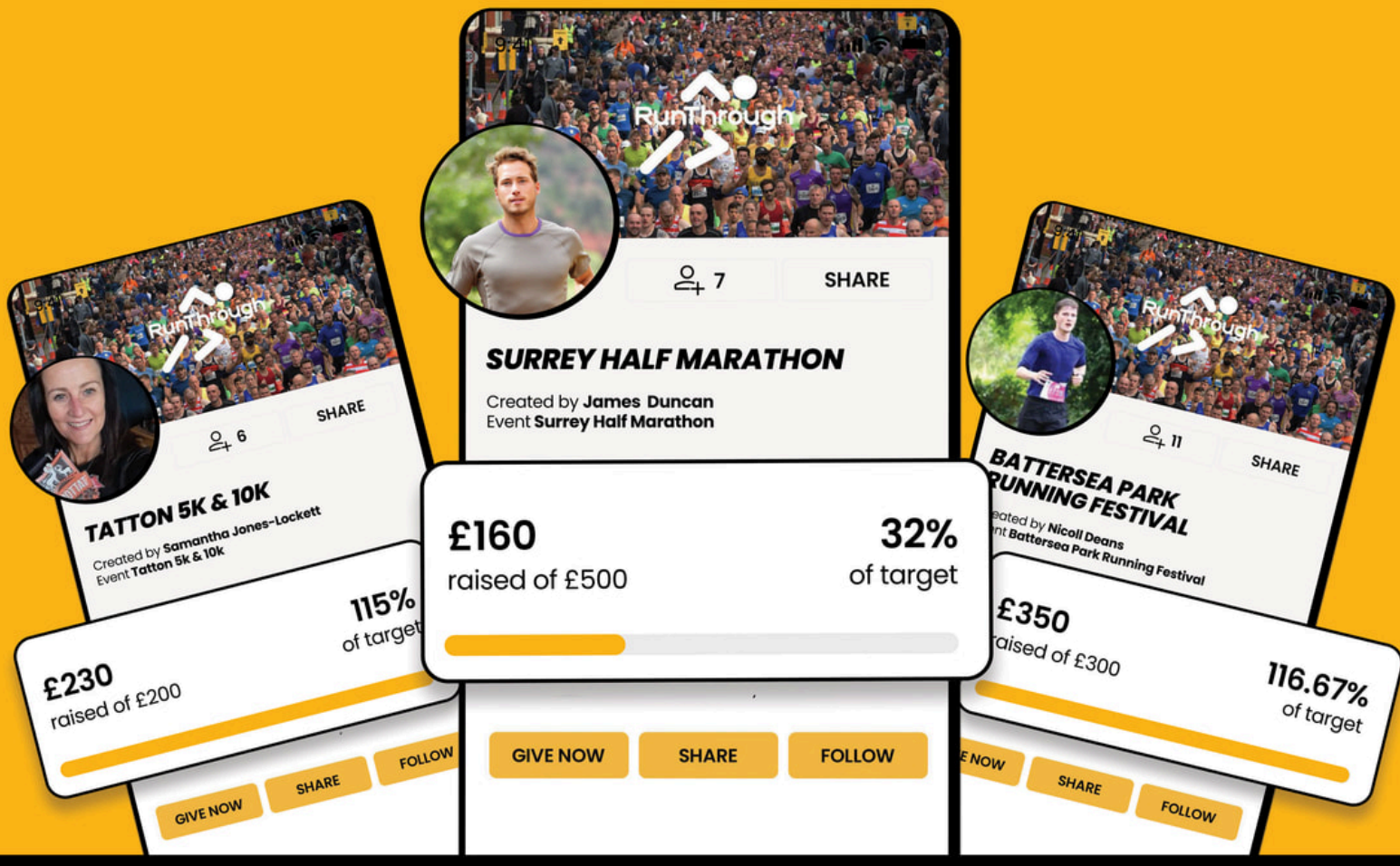
Download on the App Store

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

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



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OFFICIAL VITAMIN PARTNER



Energy to test your athletic skills?

There's a for that

Vitamin B12 contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.

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Food supplement for adults. Do not exceed the daily recommended dose. Do not use as a substitute of a varied & balanced diet, and a healthy lifestyle. For directions for use, refer to product label.



GET 15% OFF*

Find your discount code on the back of your race bib.

*Code valid on in-season products only (exclusions apply). Code valid for one use only. Code valid for limited period. T&Cs apply.

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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

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OFFICIAL SNACK BAR & PROTEIN BAR PARTNER

FOR THE LATEST INFO ON TREK

FOLLOW US ON INSTAGRAM @EATTREK

RunThrough Coach

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





BOOK YOUR SPOT →

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RT KIT

SOLGAR® Since 1947

JB's TREK

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BROOKS

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POWERED BY givestar

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Interested in supporting an event?

Email: partners@runthrough.co.uk