

EVENT GUIDE



Gateley



**Gateley Chase The Sun
Tatton Park 5k & 10k
Wednesday 3rd July 2024**

SEROTONIN

The Christie
Charity



TATTON
PARK

5K & 10K

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Join us Again!



Welcome

The entire RunThrough Team is happy to extend a warm welcome to you, joining us for your upcoming race.

Our goal is simple: to inspire an active nation through running, through the provision of inclusive and welcoming events for everyone. Our collective passion for running and community has led us to create events that we hope will be memorable experiences for all participants.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. Collectively, we've participated in countless races, which has not only honed our event organising skills but also deepened our understanding of the journeys of all runners.

So, rest assured, whether you're chasing a PB or aiming to complete your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, know that your safety is our top priority. Our team (pictured) will be on the ground doing everything possible 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



COL



TOM



JAMES

TRAVEL

Address: Rostherne Dr, Knutsford WA16 6SG

By Car

You will need to enter Tatton Park via Rostherne Gate, which is the main entrance to the park- Postcode WA16 6SG.

Tatton Park is signposted from junction 7 of the M56 and junction 19 of the M6. The entrance to the park is approximately half a mile from Knutsford Railway station. It is then recommend to follow the postcode WA16 6SG – only once you reach the Knutsford area.

M6 junction 19

From the motorway roundabout take the A556 Chester Road dual carriageway signposted for Manchester, Manchester Airport and Tatton Park. After travelling 1 mile go straight through the first set of traffic lights with Mere Country Club on your right hand side. At the next set of traffic lights, facing the Swan Pub, turn right onto the A5034 Mereside Road signposted for Knutsford and Rostherne.

M56 junction 7

From the motorway roundabout take the A556 Chester Road dual carriageway. After traveling 2 miles at the next set of traffic lights, with a large pub (Swan Pub) on your left and facing a petrol station, turn left onto the A5034 Mereside Road signposted for Rostherne.

Parking

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

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.



For the Rostherne Gate entrance use the words [///darling.blink.agents](https://www.what3words.com/darling.blink.agents)

For car park location, use the words [///buzzards.swam.trendy](https://www.what3words.com/buzzards.swam.trendy)
use the words [///micro.inch.lyrics](https://www.what3words.com/micro.inch.lyrics) for exact event village location.

Start Times:

10k- 7:15pm

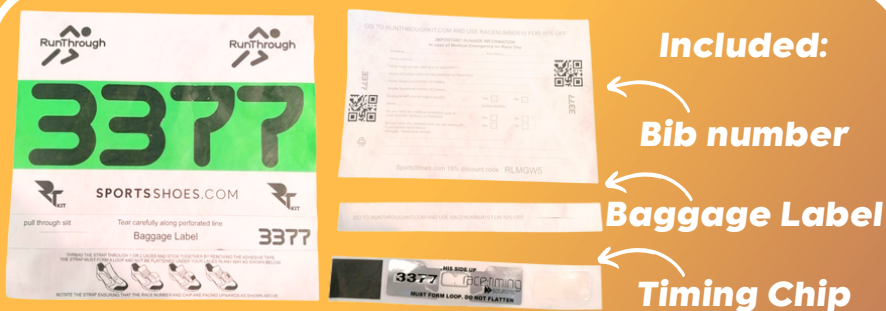
5k- 7:35pm

Race Pack Collection Times:

10k- 5:45-6:45pm

5k- 6:05-7:05pm

- 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](#)



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](#)



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HELPING
BRANDS
PERFORM
**BETTER
FASTER**

SEROTONIN

Access your Serotonin x Run Tatton gift pack:
serotonin.co.uk/run-tatton





SPECTATORS

COFFEE

We will have a coffee van along with our RunThrough Kit and events stalls in the event village.

TOILETS



There will be portable toilets within the event village.

BAGGAGE

- Please limit the number of belongings you bring to the event. The car park is located close to the event village, we therefore recommend leaving any belongings in your car.
- There will be an informal bag drop within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.



RETREATS | CAMPS | WORKSHOPS

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ALL ABILITIES

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15%OFF Spring/Summer 24 ranges at Sportsshoes.com*

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*Exclusions apply



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. The 10k will follow green KM markers, the 5k will follow red KM markers.

The course is all within Tatton Park on footpaths and roads. There will be pacers to help you along the way.

Please 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.

REFRESHMENTS

There will be a water station at 5km on the 10k course. (There will be no water station on the 5k).

There will also 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.

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THAT SEROTONIN FEELING

Get your post-race gift pack at:
serotonin.co.uk/run-tatton

SEROTONIN

HELPING BRANDS PERFORM BETTER FASTER

The creative digital agency in Manchester

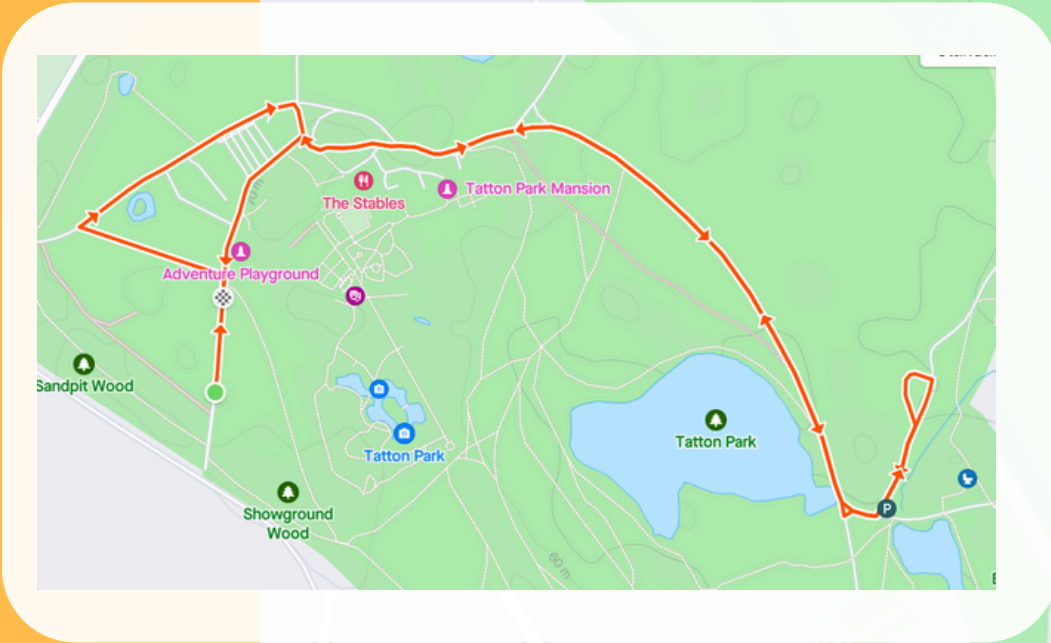
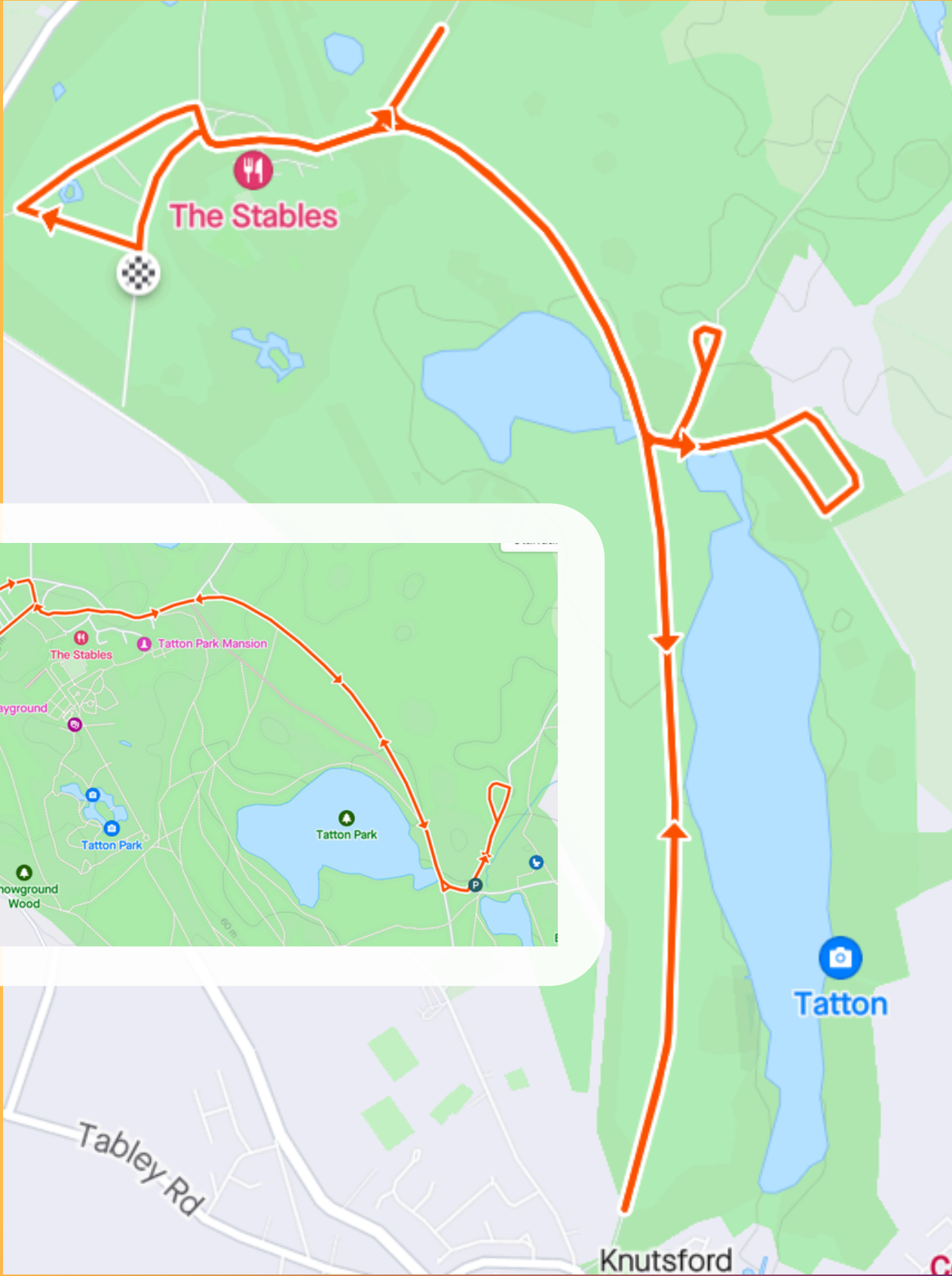


COURSE MAPS

10K



5K



[**CLICK FOR 5K INTERACTIVE MAP**](#)

[**CLICK FOR 10K INTERACTIVE MAP**](#)

⁺nuun

HYDRATION

Hydration starts here

NEW!



SPORT



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

LEMON LIME
NATURAL FLAVOURS AND COLOURS
10 EFFERVESCENT ELECTROLYTE TABLETS
WITH SUGAR AND SWEETENER
(10 x 5g) 50g e

ULTRA



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

RASPBERRY
10 EFFERVESCENT ELECTROLYTE TABLETS
WITH SUGAR AND SWEETENER
(10 x 4.5g) 45g e

Nuun is here to support every RunThrough runner.

Good Luck to all the runners!

@nuunhydrationuk

#nuunuk

#nuuniverse

#nuunhydration

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



WIN A 5 YEARS SUPPLY OF BROOKS SHOES!

Scan the QR code to take part in the Brooks Run Quiz for a chance to win a 5 years supply of Brooks running shoes! A winner will be chosen at the end of the year, so get those thinking caps on.

T&Cs apply

BROOKS



*Scan or click
the QR Code*



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.

[PURCHASE AN EVENT T-SHIRT](#)



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**in comparison to potato crisps*

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♥ **LOW SUGAR**

♥ **GLUTEN FREE**

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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!



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your next order 

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RUNTHROUGH20
amazon.com/lovecorn

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✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

SO YOU KNOW HOW
TO TAKE YOUR
PERFORMANCE TO
THE NEXT LEVEL

START TRAINING TODAY



**GOOD LUCK,
YOU'VE
GOT THIS!**



Join The Christie
against cancer



The Christie Charity are delighted to be the charity partner for the 2024 Tatton 5k & 10k Series, good luck to everyone taking part on Wednesday 3rd July!

Every pound you raise will allow us to remain at the forefront of research, treatment and care for cancer patients from the North West and across the UK, and will help us to save lives for generations to come. Do something amazing and run with #TeamChristie!

When you join Team Christie in the Tatton 5k & 10K you will receive:

- A FREE Team Christie running shirt
- Dedicated fundraising and training support from our team
 - Race day support
- An experience you will never forget!

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.



gofundme™

Make your place count!

**It's never too late to start fundraising
for a charity of your choice!**

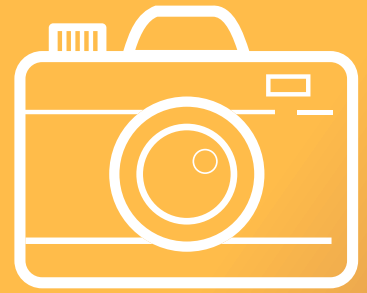
Create your GoFundMe fundraising page today
to raise money whilst going that extra mile.
Successful fundraising is at your fingertips.

Share updates, thank donors, and get
automatic transfers to your charity with
GoFundMe's powerful fundraising tools.

Start a GoFundMe

PICTURES

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

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**



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

GET INVOLVED!

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

PACERS & FINISH LINE FRIENDS

- FREE RACE ENTRY
- £10 RTKIT VOUCHER

VOLUNTEERS

- £10 RTKIT VOUCHER
- £65 RACE CREDIT



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; anyone under 35 is classed as a senior, and those aged 35+ will be listed as Vets in 5yr 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, everyone is welcome, however please get in contact with us at north@runthrough.co.uk if you plan to take more than 2hrs to complete your race as we may need to make special arrangements around the course and 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 as your race pack and everything associated with your entry fee including your medal, and post race goodies have 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 distance?

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, 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.

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 is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! You're more than welcome to walk around the park, however if you're following the race route, we ask spectators to be respectful of other runners on the paths.

Will there be a prize giving?

The top 3 male and female participants and 1st place 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:

10k Men's Sub 30:30 mins, Women's Sub 34 mins.

5k Men's Sub 14:30, Women's Sub 16:00mins

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



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The Christie
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LEVELS
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Interested in supporting an event? email: sam.williams@runthrough.co.uk