

## PSUK NATIONAL 10 MILE ROAD RACE CHAMPIONSHIP

WEDNESDAY 13th SEPTEMBER 2023

TATTON PARK, KNUTSFORD, WA16 6SG



Cheshire Constabulary look forward to welcoming you to PSUK 2023 10 Mile Road Race. The 2023 Edition will take place on Wednesday 13th September 2023.

The race will take place within the grounds and surrounding roads of Tatton Park, Knutsford, WA16 6SG.

Tatton Park is one of the UKs most complete historic estates. It is home to a 15<sup>th</sup> Century Tudor Old Hall, Neo-Classical Mansion, 50 acres of beautiful, landscaped gardens and 1000 acres of Deer park.

You can't help but be inspired by the glorious views and majestic deer that roam the historic parkland.

**RACE COST/ENTRY**

Individuals will need to enter via the following link - < [PSUK 10 mile Road Race | AV Timing](#) > where entry will be £18 per person.

**PARKING**

Parking will be situated near the race start, you will be directed on the day once arriving into Tatton park

Entrance to the park will be via the Rostherne entrance, WA16 6SG, do not use the Knutsford Entrance.

Tatton Park Café (Stables Restaurant) will be open 10:00 – 17:00, a couple mins walk from the car park.

All participants and spectators will be allowed free access to the park, **as long as you stop and advise the gate staff that you are attending the event.** Entrance to the park is from 10am.

**REGISTRATION / RACE DETAILS**

The race will start at 13:00 with registration from 11:00. The entry fee for the race is £18 per person and requires to be paid in advance. The race is chipped timed, UKA licenced under certificate No. 2023-45988 and officially measured under North of England course number 23/075.



We will not have exclusive access to Tatton Park on the race day so please give due consideration to other site users.

Please can we ask that individuals collect their own numbers on the day of the race.



**COURSE**

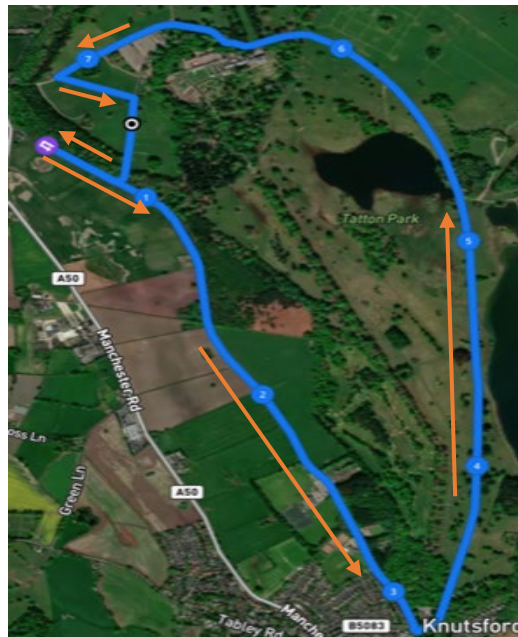
The course is an approximate 5-mile fast, undulating loop which will start and finish in the beautiful Tatton Park, the course will start with a 1k loop within the park, before venturing onto the nearby road surrounding Tatton Park, before re-entering the park at the Knutsford gates to continue into the park passing Tatton Mere and Melchett Mere.

A road closure will be in place along the majority of Mereheath Ln, though we do ask that runners keep left on the pavement where there is no road closure, and where no pavement keep to the left side of the road and abide by highway code.

1k Start Loop



Large Lap x2



## ELEVATION PROFILE – 1k Start and 1 Large lap

**BAG STORAGE**

There is a planned bag storage area, by the start finish area, which runners are welcome to use. Although footfall is low this will be at your own risk, however the car park is so close to the race start that it's recommended that valuables are left in vehicles where possible.

**TOILETS**

There are portaloos on site but no changing rooms. There will also be the use of the facilities within the Stableyard, located a short walk from the start/finish area.

**FIRST AID**

First aid provisions will be available on the day should it be required and there will be marshalls on the course with radio contact back to the organisers should you encounter any difficulties mid race.

**PHOTOGRAPHY**

Local running photographer, Steve Bateson, will be taking pictures on the day and these will be available as soon as possible after the event. Race photos will be displayed throughout the evening function, with details to be provided of where you can download these from after the event.

**RESULTS**

The race will be chip timed and available post event. Individual results can also be received through entering your contact number when entering. < [PSUK 10 mile Road Race | AV Timing](#) >

## PRESENTATIONS

Presentations of awards will be made during the evening function, category trophies will be given out along with the PSUK trophies.

### Individual Awards:

Open Category  
Cheshire Cup – Men  
Milk Cup – Women

Veteran  
The West Midlands Police Trophy – Men  
Gurnard Pines Cup – Women

### Team Awards:

Open Category  
Hird Trophy – Men teams of 4  
Tarka Trophy – Women teams of 3

Minor Forces  
Purkiss Trophy – Men teams of 4  
(No trophy) – Women teams of 3

Veteran Teams  
(No Trophy) – Men teams of 3  
(No Trophy) – Women teams of 3

Veteran awards will be presented for the following categories.

Female V35  
Male V40  
Female V40  
Male V45  
Female V45  
Male V50  
Female V50  
Male V55  
Female V55  
Male V60  
Female V60

These will be 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>

**NB if the number of entries for a category is substantially low, awards may be reduced to 1<sup>st</sup> and 2<sup>nd</sup> or 1<sup>st</sup> only. Additional veteran categories may also be awarded if there is sufficient entries.**

## EVENING FUNCTION



The evening function will take place at The Courthouse Knutsford, a short drive away from Tatton Park.

**The address for the evening function is –**

The Courthouse  
Toft Road  
Knutsford  
WA16 0PB

For those driving to the evening function there is ample parking near the courthouse:

**Parking locations**

King Street Car Park, Malt St, Knutsford, WA16 6DX - 4 minute walk to the courthouse

Short Stay – 4 hours max – 4hrs £3.20

Princess Street Car Park, Princess St, Knutsford, WA16 6BU - 4 minute walk to the courthouse

Long Stay – 10 hours max – 10hrs £4.40, 6hrs £4.00

The evening do will start at 18:00 for drinks reception, food will consist of a sit down 3 course meal which will start at 18:30 allowing time for food and presentations before the evening fun. The cost for the evening do will be £38 per person.

Food will be followed by a live band who will start at 20:00 through to 23:00 with additional music running through to midnight, the bar will remain open until midnight for those attending and later for guests staying at the hotel.

We ask that you dress anywhere from smart to James Bond, Daniel Craig was born in Cheshire after all! We'd also encourage an item of Blue, White or Red within your attire.

## FOOD BOOKINGS

Attached to this form you will find a food/evening booking form – please can I ask team managers to fill this in and return to [PSUK.10miler@cheshire.police.uk](mailto:PSUK.10miler@cheshire.police.uk) - the form contains details of where the payment needs to be made to. The cost for the evening do will be £38 per person. **Forms and payments are required by the deadline of the 11<sup>th</sup> August 2023.** Please indicate on the Form which option per course each diner would like.

### Menu

#### Starter

Chefs' inspiration - Your choice of favourite soup, home baked bread V GF

Parfait - Smooth chicken livers, apple & date chutney, ciabatta croutes GF

Salad - Roasted beets, beetroot gel, pickled onion petals, candied walnuts,  
goats' cheese, watercress V GF

#### Main Course

Chicken breast - Pod vegetable vierge, crisp fondant potato, stem broccoli, shoots GF

Squash tian - Roasted butternuts, pine nuts, spinach, baby onions, toasted seeds, blush tomato ketchup,  
stem broccoli, fondant potato V GF

Pork loin - Crushed new season potatoes, soft herbs, buttered greens, grain mustard cream, toffee apple  
sauce GF

#### Dessert

Panna cotta - Vanilla cream, spiced berries, orange & pistachio biscotti GF

Sticky toffee pudding - Vanilla ice cream, toffee sauce V

Fruit & berry plate - Raspberry sorbet, berry gel V GF

## ACCOMMODATION

Nearby Accommodation (Prices Correct as of April 2023) –

We have negotiated the following discounted rates at The Courthouse, our evening function location in the centre of historic Knutsford Town, and its sister hotel The Vicarage. The rooms are recently refurbished with a luxury boutique style.

### **The Courthouse:**

Tuesday 12<sup>th</sup> September – Sigs at £100, Superiors at £140, Executives at £180 (bed and breakfast)

Wednesday 13<sup>th</sup> September – Sigs at £100, Superiors at £140, Executives at £180 (bed and breakfast)

### **The Vicarage (sister hotel to The Courthouse, Holmes Chapel 15-minute drive):**

Tuesday 12<sup>th</sup> September – Sigs & Deluxe at £95, Superiors at £130, Executives at £160 (bed and breakfast)

Wednesday 13<sup>th</sup> September – Sigs & Deluxe at £85, Superiors at £130, Executives at £160 (bed and breakfast)

*These rates can be obtained using code 12SEP if calling either hotel to book.*

### **Further Local Hotels to choose from:**

#### Knutsford:

The Mere Golf Resort and Spa – from £126 per room per night (10-minute drive from the courthouse)

Cottons Hotel and Spa – from £145 per room per night (5-minute drive from the courthouse)

Travelodge M6 Knutsford Services NB – from £57 per room per night (5-minute drive from the courthouse)

#### Northwich:

Travelodge Northwich Lostock Gralam – from £150 per room for 2 nights (10-minute drive from the courthouse)

Premier Inn Northwich South – from £86 per room per night (15-minute drive from the courthouse)

#### Manchester:

Delta Hotels Marriott Manchester Airport – from £193 per room per night (20-minute drive from the courthouse)

Premier Inn Manchester Altrincham - from £100 per room per night (20-minute drive from the courthouse)

Holiday Inn Express Manchester Airport - from £118 per room per night (20-minute drive from the courthouse)

There is a Facebook group set up for this event where we will post live updates, race information etc – please share and follow this group for updates – [Police Sport UK \(PSUK\) 10 Mile Road Race 2023 \(Cheshire\) | Facebook](#)

On behalf of Cheshire Constabulary we look forward to hosting this event and seeing you all in September.

[PSUK.10miler@cheshire.police.uk](mailto:PSUK.10miler@cheshire.police.uk) – contact for race enquires and evening meal enquiries