



Ribble Valley 10K

RIBBLE VALLEY 10K
SUNDAY 28TH DECEMBER 2025

SUPPORTED BY:

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Solicitors

TF
TOP FLIGHT
By RunThrough

EVENT GUIDE



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**Ribble
Valley 10K**

WELCOME

The Ribble Valley 10k Team is excited to have you join us for your upcoming race!

By hosting an inclusive and welcoming race for everyone, alongside a top class field, we strive to share our passion for running and community to create an event 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 will be on the ground doing everything to ensure you have the best experience at this years Ribble Valley 10k.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

The Blackburn Harriers and Ribble Valley 10k Team



TRAVEL

Address: Roefield Leisure Centre, Edisford Road, Clitheroe, BB7 3LA

The race will be traffic free and all roads will be closed at 9:15am. Please make sure you leave plenty of time to arrive. The town centre is approx 1mile away from the Leisure centre.

Road Closures: B6243 Bawdlands, Edisford Road and New Lane from Lancaster Drive through to B6243 Whalley Road, Great Mitton. This includes the junctions of B6243 with Edisford Road (U22901) and Clitheroe Road (C573).

Clitheroe Road (C573) from its junction with B6243 Edisford Road through to Clitheroe Lane(C574), Bashall Eaves. This includes the junctions of Clitheroe Road with BASHALL Lane, Twitter Lane and Birdy Brow.

Clitheroe Lane (C574), Bashall Eaves to its junction with B6243 New Lane, Great Mitton. This includes its junction with Birdy Brow.

Parking: Car Parking will be at the school near the start of the race (approx 400 metres away) and on the public car park adjacent to Roefield Leisure Centre- please note this is Pay & Display.

Marshals will direct all cars approaching the Race Registration area to the relevant car parking.

Please also note that no cars will be able to exit the main car parks (across from the Registration area at the Leisure Centre) until the last runner has finished.



what3words

Event Village:

///pegs.soaps.myth

RACE PACK

START TIME

10:00am

RACE PACK COLLECTION TIMES

8:30-9:30am



**FOR ENTRIES BEFORE THE 5TH 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 back of your race bib, please leave this attached and do not tamper with it.
- Elite entries will also have a back number- this is for ease of identification on the livestream commentary.
- If you are an elite athlete (Sub 30:30 male | Sun 35:30 female), please make yourself known when collecting your race pack, as your bib numbers have been pre-assigned.



BIB NUMBER



EMERGENCY
DETAILS FORM

**[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](#)



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING



SPECTATORS
WELCOME



BAG DROP

- Please limit the number of belongings you bring to the event.
- There is no specific bag drop for this event, we advise runners to leave any belongings in cars or with spectators where possible.
- Although the sports hall will have staff in throughout the event, any belongings left in here will be at your own risk.

TOILETS

Female Runners – Toilets/Showers/Changing – these are available in the Swimming Pool Building next to the Roefield Leisure Centre.

Male Runners will change in the Football Pavilion immediately outside the Roefield Leisure Centre.

There will also be portable toilets on site situated on the Main Car Park.

Please treat the facilities with care with respect to those cleaning the venue after.

UNDER NO CIRCUMSTANCES SHOULD TOILETS IN THE LEISURE CENTRE BE USED BY RUNNERS.

RACE DAY ETIQUETTE

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 the 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 speak to a member of our team. (We can be found in High-vis jackets!) Or if you prefer you can email us at info@ribblevalley10k.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.

RACE START

At the start of the race, there will be a separate pen area for those athletes who have the qualifying time for the Elite Race.

All other runners will assemble behind that Pen. ALL runners MUST be in place to start the race by 9.50am.

The barriers will be removed and the field walked forward to the Start line at 10:00am.

DURING THE RACE

There will be marshals all around the course. Please be aware to look out for yellow KM signs 1-9.

We ask that you remain to the left of the path where possible. This will allow for anyone needing to overtake to have a clear path on your right and ensure not only the safety but allow for the best experience throughout the race.

Please also be aware that we will have a safety car ahead of the lead runner. This will be live streaming the race onto the Top Flight YouTube Channel [HERE](#).

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 just after the water station.

WATER STATIONS

There will be a water station at the 5k point, located just after the out and back section.

There will also be a bottle of water waiting for you at the finish line.

We recommend bringing your own drinks to stay hydrated leading up to the event.

**LOOK OUT FOR THE
LITTER ZONE SIGNAGE!**





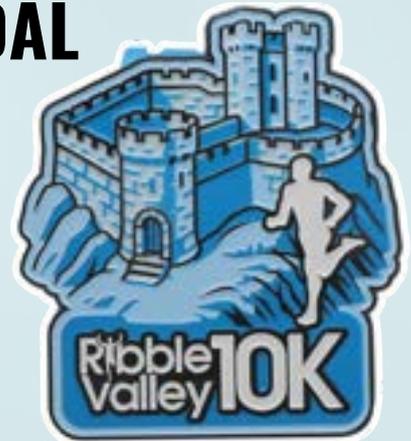
THE FINISH LINE

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



MEDICS

Medical - provided by Rossendale & Pendle Mountain Rescue Team.

There will be one of their cars/ambulance following the race and situated out on the course.

Should you need medical assistance please notify the closest marshal, and help will be called.



PRIZE GIVING

The Ribble Valley 10k has built up a reputation over many years and it relies on the goodwill of club volunteers alongside our sponsors to ensure we continue.

We intend to streamline the presentation this year. It will start at approximately 11.15am.

We will ask the Top 3 Male and Female athletes to quickly attend a photo area directly at the finish.

We will then ask all prize winners to attend the Roefield Centre Hall after the race to receive their cash prize.

It is important to us you are there to support us and our sponsors.

We appreciate you may need a cool down but we also appreciate you do not want to be waiting around too long after the race.

The presentation will include the medals for the Northern Athletics 10k Championship, and the generous prize list provided by the race and Blackburn Harriers AC.

Any Top Flight series pay outs will be communicated with the athletes after the race.

Any prizes that we are unable to ascertain at 11.15 particularly vet prizes will be handed over as soon as we are able on the morning.

We want to avoid extra cost and volunteer time by sending cash/bank transfers after the event and hope you understand.

Please show your support by being in the Roefield Centre Hall at 11.15 and we hope you have a great run and day with us.

Race Cash Prizes:

1st 10 men and women – winners £300

Course Record prize £500 male and female

1st men's and women's team (3 to count) £105 per team

1st three junior men and women

Vets and Vets team prizes

Northern Athletics medals

1st 3 male and female

1st three teams (three to count)

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



KIDDIEVALLEYUK



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!



FOR EVENT WEBSITE
CLICK HERE

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

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.

Men's Leading Entries

Tom Anderson	28:30
Scott Stirling	28:40
Jacob Caan	28:46
Calum Johnson	28:49
Richard Allen	28:54
Matt Ramsden	29:16
Ben Cole	29:18
Daniel Bebbington	29:20
Joe Sagar	29:20
Robert Warner-Judd	29:22
Biurk Aduna Kebede	29:23



Women's Leading Entries

Jess Warner-Judd	30:35
Verity Ockenden	31:32
Elle Twentyman	32:56
Stephanie Kessell	32:58
Jemima Elgood	33:12
Kate Maltby	33:21
Rhianne Hughes	33:29
Inca Padfield	33:40
Jennifer Walsh	33:52
Freya Weddell	33:56



You can find out more about the series and all the athletes in the race by watching our Pre Race Show on RunThrough TV!

Livestreams of all races are also available on RunThrough TV!

Series Standings

Men's

	POINTS
OMAR AHMED	75
BEN CONNOR	68
SAMUEL GEBRESELASSIE	65
JONATHAN ESCALANTE-PHILLIPS	33
HAMISH HICKEY	30
RICHARD ALLEN	28
OLLIE LOCKLEY	27
TOM HOOGEBOOM	24
JOSHUA GRACE	23
MONTE WATSON	20

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
ALEXANDRA BELL	50
LAUREN HALL	43
BROGAN WALLACE	40
CAMILLA MCKNESPIEY	37
INCA PADFIELD	26
EMMA NAVESY	25
AVA LEADBETTER	21
MEGAN STENHOUSE	20
ANYA MACLEAN	18
RACHEL BROWN	18

Ribble Valley 10K

Supported by...

