



TOP FLIGHT RACES

QUAYSIDE 5K - 5TH AUGUST 2026



**Series Prize
Pot
£60,000**

UPCOMING RACES:
SEPTEMBER- ALTRINCHAM 10K
OCTOBER - MBNA CHESTER
MARATHON
OCTOBER- JARROW 10K
NOVEMBER - FULHAM 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 each scoring race.

Series Standings

Men's

	POINTS
KKADAR OMAR	68
OMAR AHMED	50
RICHARD ALLEN	43
JACK MILLAR	36
JONATHAN ESCELANTE-PHILLIPS	36
DOMINIC JONES	27
JACK ROWE	25
KEVIN CAMPBELL	25
CHRIS COULSON	18
LAWRENCE MCCOURT	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
ALEXANDRA BELL	25
AMY-ELOISE NEALE	25
POPPY TANK	25
MEGAN STENHOUSE	25
ANDREA CLEMENT	25
HANNAH VINER	25
KIRSTY LONGLEY	25
RACHEL BROWN	18



Quayside 5k Prize Structure

Time-based CASH prizes for Men's and Women's races
(Gun Time Only)

Total Prize Fund = £4450

Top Individual Prize = £1350

RACE WIN:

£200

Top Flight Bonus:

Performances:

Sub 14:15 (Men) 16:00 (Women)

*Including £200 FTW

1st - £450 *

2nd - £200

3rd - £175

4th - £150

5th - £125

6th - £100

7th - £75

8th - £50

COURSE RECORD: £200

*Gun-Time performance

Current records:

13m43 Ben Connor (2025)

15m42 Lily Partridge (2024)

RUNTHROUGH RECORD*: £500

Jack Rowe 13m37 (Battersea, July 2026)

Amy Eloise Neale 15m30 (Aintree 5k May 2024)

UK LEADING TIME*: £200

*At time of event

13:34 Matt Ramsden (Blackburn Harriers) - Mar 2026

15:13 Laura Muir (Dundee Hawkhill Harriers) - Feb 2026

Men's Leading Entries

Kevin Campbell	13:50
Joe Firth	14:18
Chris Coulson	14:21
Joseph Niven	15:09
Marc Brown	14:28
David Green	14:34
James Bowness	14:36
Lewis Timmins	14:40
Jack Douglas	15:11
William Ewens	15:32
James Anderson	15:35
Andrew Brown	15:45



Click to watch our pre race show & the Livestream!

Here, you can find out more about the series and all the athletes in the race, along with watch the race live on race day!

Women's Leading Entries

Emily Haggard Kearney	15:14
Alexandra Bell	15:24
Fiona Everard	15:30
Steph Pennycook	15:43
Jemima Elgood	15:45
Megan Stenhouse	16:20
Lydia Turner	16:21
Sarah Potter	16:26
Charlotte Van Zelst	16:48
Anna Pigford	17:49
Alexis Dodd	17:59



RACE DETAILS

RACE PACK
17:15-18:15

RACE START
18:45

- All top flight runners will have 2 bibs in the post- 1 for your front & 1 for your back.
- If you've entered in the last few weeks, or not received your pack in the post, please visit the registration desks on arrival.
- As an elite, your bib number has been pre-assigned. Please state your name on arrival so our team can ensure you get the right pack.
- Attach your numbers to the front & back of your shirt (we recommend safety pins or magnets).
- Your timing chip will be attached to the back of the bib, please don't tamper with this.



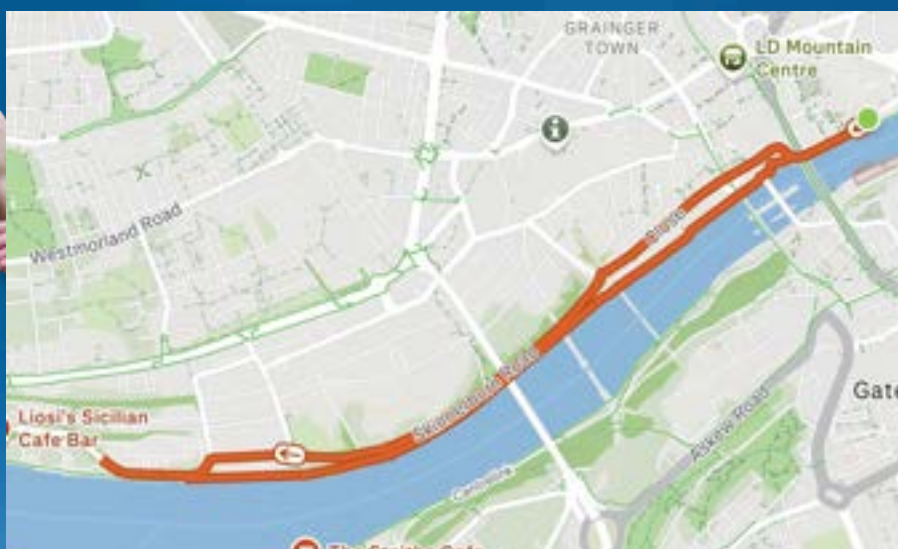
BIB NUMBER



**EMERGENCY
DETAILS FORM**

CLICK FOR
TOPFLIGHT
ENTRIES

Course Map



CLICK FOR INTERACTIVE MAP



EVENT VILLAGE

FACILITIES

TOILETS



REFRESHMENTS



PARKING NEARBY



**SPECTATORS
WELCOME**



TOILETS

For this event, we will use portable toilets located in the event village.

PRIZE GIVING

There will be a presentation and champagne spray for the top 3 male and female athletes after the race.

All prize money and bonuses will be paid in the following week once results have been verified.

The top 3 male and female participants and 1st in each age group can expect an email reward in the week following the race. Check out our podium and photo wall to get your celebratory pictures!

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the Top Flight marquee 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 Top Flight marquee.
- Collect your bag after your race.

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Email: partners@runthrough.co.uk