

TOP FLIGHT RACES

FULHAM 10K



**Series Prize
Pot
£60,000**

**SEASON FINALE
RIBBLE VALLEY**

28th December 2025

**2026 DATES
COMING SOON!**

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.

Series Standings

Men's

OMAR AHMED

75

BEN CONNOR

68

SAMUEL GEBRESELASSIE

65

HAMISH HICKEY

30

RICHARD ALLEN

28

CAMERON ALLAN

25

PHIL SESEMANN

25

TOM HOOGEBOOM

24

JOE FIRTH

20

MONTE WATSON

20

Series Prize Money

1st - £1,000

2nd - £700

3rd - £600

4th - £500

5th - £400

6th - £300

7th - £250

8th - £200

9th - £150

10th - £100

Women's POINTS

ALEXANDRA BELL 50

BROGAN WALLACE 40

CAMILLA MCKNESPIEY 37

JESS GIBBON 25

ELI-ANNE DVERSGAL 25

ISABEL CLARK 25

NATASHA PHILLIPS 25

POPPY TANK 25

EMMA NAVESY 25

SOPHIE HICKS 25



Jarrow 10k 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 30m00 (Men) 33m15 (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 must be better than
(including new events)

Men – 29:30, Women – 32m45

Current records:

28:58 – Omar Ahmed (2024)

31:53 – Transfora Ngimbudzi (2024)

RUNTHROUGH RECORD*: £500

28m14 Emile Cairess (Battersea, Aug 2021)

31m19 Jess Judd (Ribble Valley, Dec 2021)

UK LEADING TIME*: £200

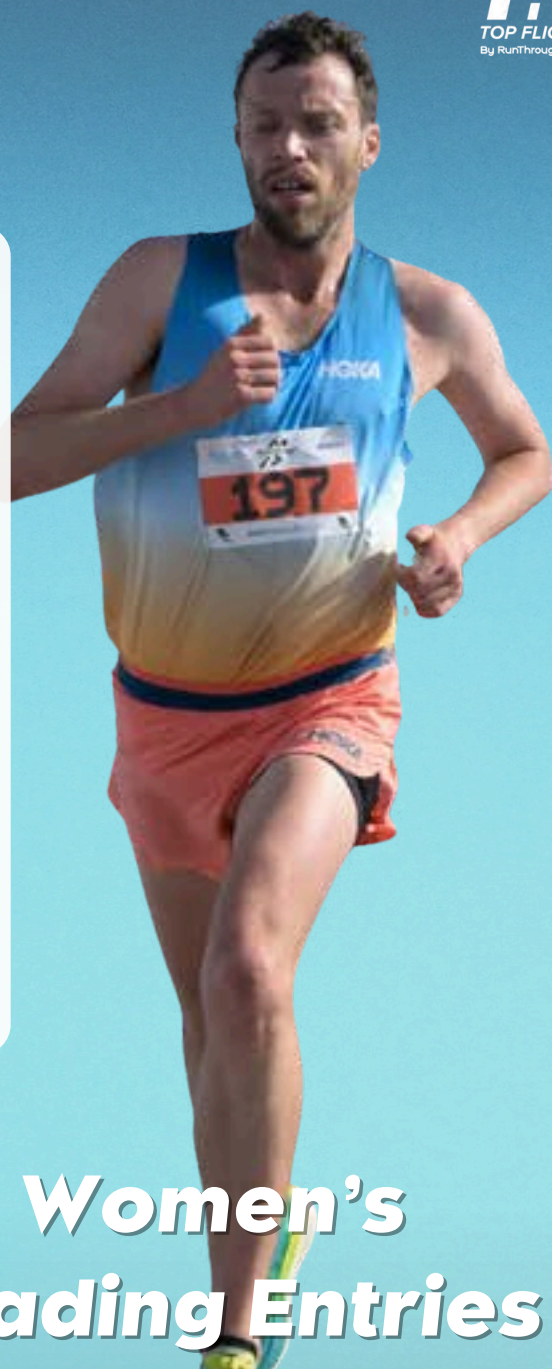
*At time of event

27:38 Rory Leonard (Morpeth Harriers) Valencia, Jan 2025

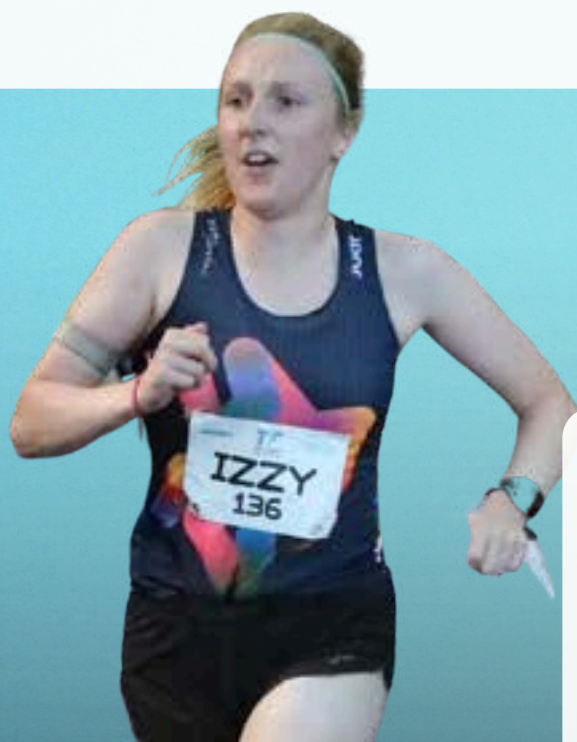
31:03 Eilish McColgan (Dundee Hawkhill) Valley Cottage NY, March 2025

Men's Leading Entries

Omar Ahmed - 28:27
Jacob Allen - 28:33
Joshua Grace - 28:59
Ian Crowe-Wright - 28:59
Samuel Stabler - 29:09
Jonathan Escalante-Phillips - 29:19
Jonathan Collier - 29:23
Andrew Penney - 29:25
Samual Roberts - 29:32
Mark Bostock - 29:35
Tom Hoogeboom - 29:35
James Hancock - 29:43



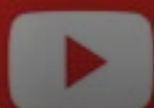
Women's Leading Entries



Lauren Hall - 32:39
Holly Archer - 33:27
Ruby Woolfe - 33:40
Laura Boehm - 34:59
Inca Padfield - debut
Erin Wilmers - 35:33
Chloe Dooley - 35:56
Stella Wernicke - 36:24
Penny Oliver - 36:26
Maddie Mastrolonardo - 36:32
Jennifer Nandi - 36:36

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!



FULHAM 10K

RACE PACK
7:30-8:30am

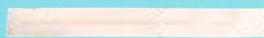
RACE START
9:00am

- All top flight runners will have a bib assigned on the day.
- Please collect this from the Top Flight Sign in desk on arrival.
- Attach your numbers to the front & back 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 it into your shoe laces.



Included

Bib number



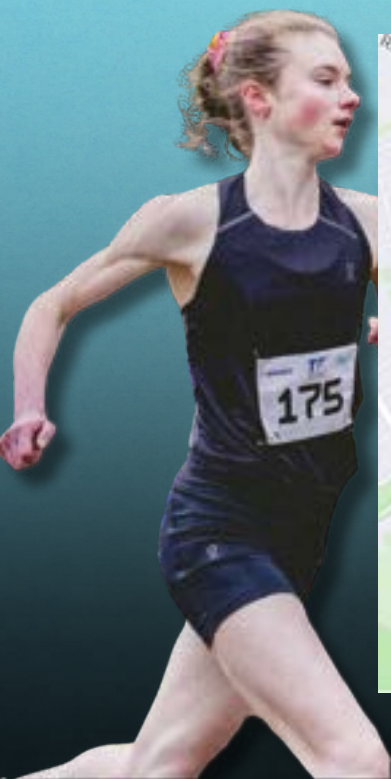
Baggage Label



Timing Chip

CLICK FOR
TOPFLIGHT
RESULTS /
ENTRIES

Course Map



CLICK FOR INTERACTIVE MAP

EVENT VILLAGE

FACILITIES

Toilets



Refreshments



Parking



**Spectators
Welcome**



TOILETS

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

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the Top Flight marquee located in 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 and race staff.
- 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 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.

**Series Prize
Pot
£60,000**

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!

Your Ultimate Recovery Partner

Stay injury-free and ready for more.

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citrus flavour

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Reduce
recovery
time by up
to **3 times**

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Protein per
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Clinically proven to improve
tendon strength by up to
20% in just 6 months of use





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RUNTHROUGH15

click to visit the
website and claim!
beet-it.com

ELEVATE YOUR ENDURANCE

When the miles add up and race day gets closer, having a way to **reduce the oxygen cost of your run** is crucial to keeping your legs feeling fresher for longer.

The **Beet It Sport Nitrate 400 Shot** delivers 400mg of natural nitrate per serving – the precise dose proven to enhance endurance by improving oxygen efficiency.

Backed by **300+ studies** and trusted by elite runners, it's the most researched beetroot shot in sports science.

Nitrate helps your body use oxygen more efficiently, meaning you can **push harder with less effort**. Whether it's a long training run or race day itself, staying strong deeper into your run can make all the difference.

This is why **top runners, Olympians, and endurance athletes trust Beet It Sport**—it delivers the nitrate dose used in major sport science research and is relied on at the highest levels of performance.

Grounded in Science

The IOC consensus statement of 20 world leading sport scientists, includes 12 published research papers, all using Beet It Sport Nitrate 400 shots – concludes:

"Dietary nitrate supplementation has been associated with improvements of 4-25% in exercise time to exhaustion and of 1%-3% in sport-specific time trial performances lasting <40min in duration. Dietary nitrate supplementation is proposed to enhance type II muscle fibre function, resulting in the improvement (3%-5%) of high-intensity, intermittent, team-sport exercise of 12-40min in duration."

Informed Sport certified

Beet It Sport products carry the Informed-Sport logo, which means they have been tested by LGC's world-class sports anti-doping laboratory to ensure product trust and integrity. With Informed-Sport, athletes can be confident their reputation is in safe hands.



15% DISCOUNT: RUNTHROUGH15

Apply code at check out for 15% off your next order on all Beet It Sport Products at beet-it.com

(code expires on 31/08/20)