

TOP FLIGHT RACES



**Series Prize
Pot
£60,000**

UPCOMING RACES

CHESHIRE HALF

14th September 2025

JARROW 10K

19th October 2025

FULHAM 10k

16th November 2025

RIBBLE VALLEY

28th December

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

	POINTS
OMAR AHMED	68
SAMUEL GEBRESELASSIE	65
BEN CONNOR	43
CAMERON ALLAN	25
PHIL SESEMANN	25
TOM HOOGEBOOM	24
FINN BRODIE	19
JONATHAN CORNISH	18
BLAKE MOORE	18
LOGAN REES	18

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
CAMILLA MCKNESPIEY	25
JESS GIBBON	25
ISABEL CLARK	25
ELI-ANNE DVERSGAL	25
NATASHA PHILLIPS	25
MOLLIE WILLIAMS	18
LAUREN HALL	18
MEGAN HUGHES-HALLET	18
SOPHIE TOOLEY	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 below
(Men 14:15 / Women 15:45mins)

*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 – Sub 14:00 Women – Sub 15:30 (5k)

Current records:

Lily Partridge: 15:42 (2024)

Scott Beattie : 13:46 (2023)

RUNTHROUGH RECORD*: £500

*Performance must be faster than 15m15 (5k) for new women's records

Scott Beattie: Quayside 5k 2023 - 13:46

Amy-Eloise Neale: Aintree May 2024 - 15:30

UK LEADING TIME*: £200

*At time of event

Sam Atkin - 13:24(6th April 2025 Carlsbad, CA, USA)

Innes Fitzgerald 15:08 (6th April 2025 Bath)

Men's Leading Entries

Jonathan Escalante-Phillips

13:53

John Beatie 14:02

Hamish Hickey 14:12

Gavin Taylor 14:21

Ed Bovingdon 14:23

Luke Howard 14:23

Callum Hanlon 14:24

Lewis Gamble-Thompson 14:24



Women's Leading Entries

Poppy Tank 15:44

Heather Townsend 16:03

Brogan Wallace 16:08

Meghan Ryan 16:24

Alice Fearn 16:45

Grace Wheelan 16:58

Helen Warburton 16:59

Emma Navesey 17:11



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!



QUAYSIDE 5K

RACE PACK

17:30 - 18:30

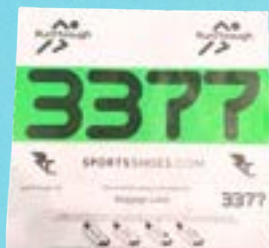
RACE START

19:00



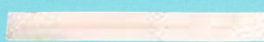
**FOR ENTRIES BEFORE THE 20TH JULY
YOUR RACE PACK SHOULD ARRIVE BY POST**

- 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 bottom of your race bib, tear this off and slot it into your shoe laces.



Included

Bib number



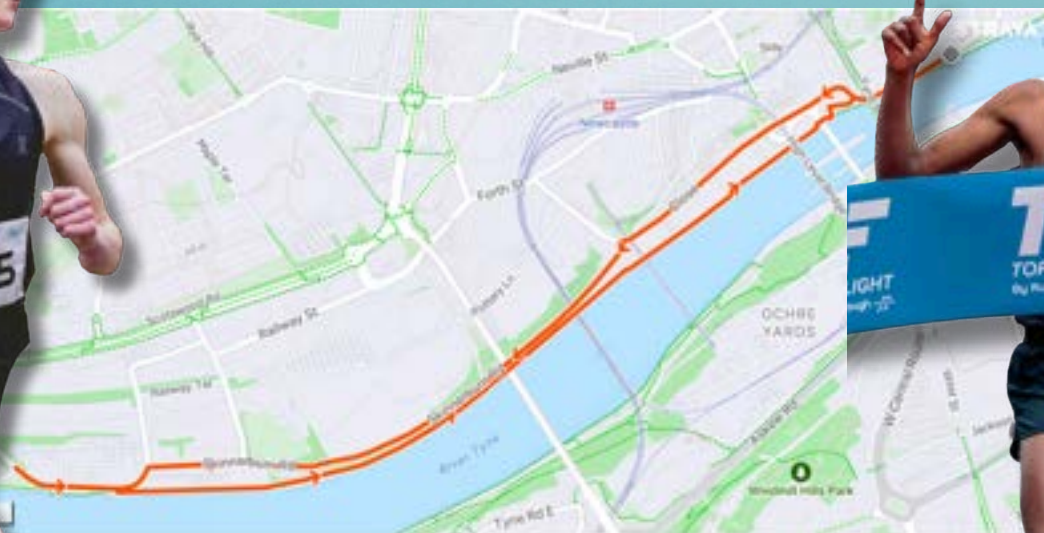
Baggage Label



Timing Chip

**CLICK FOR
TOPFLIGHT
RESULTS /
ENTRIES**

Course Map



CLICK FOR 5K INTERACTIVE MAP

EVENT VILLAGE

FACILITIES

Toilets



Refreshments



Parking



**Spectators
Welcome**



TOILETS

There will be portable toilets within the event village.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within 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 Top Flight 5k 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 for the mass 5k & 10k 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.



Refreshing citrus flavour



Speed Up Injury Recovery with... *Active Collagen*

Reduce recovery time by up to 3 times

8.5g of Collagen Protein per Serving



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





15% DISCOUNT:
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 30/09/20