RunThrough

TF
TOP FLIGHT
By RunThrough

FULHAM 10K

FEATURING TOP FLIGHT

SUNDAY 15TH NOVEMBER 2026

EVENT GUIDE

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RunThrough

WELCOME

The RunThrough Team is excited to have you join us for your upcoming race! Our mission is straightforward:

TO INSPIRE ACTIVE NATIONS THROUGH RUNNING.

By hosting inclusive and welcoming events for everyone, fuelled by our shared passion for running and community, we strive to create events 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 (pictured) will be on the ground doing everything to ensure you have the best experience at this RunThrough event.

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

Wishing you the best on race day!

The RunThrough Team

SIMON WILL EMMA JESS JESS KATIE

SAM JASON NELLIE SOPHIE GRAHAM CHRIS

Join Team Marsden!

The Royal Marsden Cancer Charity

The Royal Marsden Cancer Charity is thrilled to be the Charity Partner for the Fulham 10K!

The Royal Marsden Cancer Charity raises money to save the lives of people affected by cancer, everywhere.

If you're running as part of #TeamMarsden, we wanted to say a huge thank you!

With your help, we can...

- **Support groundbreaking research** into life-saving treatments for people with cancer around the world.
- **Fund state-of-the-art equipment** that is vital to achieving major breakthroughs in cancer research.
- **Deliver exceptional treatment and care,** helping people to live well with, and beyond, cancer.

If you'd like to use your place to make a difference, you can **set up your page here** and join #TeamMarsden today!

@royalmarsden to find out more

Registered Charity No: 1095197
C26046g

TRAVEL

Address: Eel Brook Common, New Kings Rd, London Sw6, UK

By Car:

There will be no parking at the venue, we recommend using public transport or car sharing where possible. Please use parkopedia.com to find somewhere suitable to park nearby.

There are several surrounding small car parks available which are often used on match days, however these will fill up quickly. We advise using public transport where possible!

By Public Transport:

Parsons Green and Fulham Broadway are the closest tube stations just a short walk from the event village, both with regular services running throughout the day.

By Bike:

If cycling or E-biking to/from the event, please look to find a parking rack located off the route. Do not park up on the boundary of Eel Brook Common, we have a designated team on site that will not allow you to park up right next to the Event Village. For everyone's safety, we ask you keep the course clear at all times whilst runners are participating.
Please plan your journey accordingly to avoid impacting the general public as well as the delivery of the event.

what3words **Event Village:** ///tower.marked.added

RACE PACK

START TIME

9:00am

RACE PACK COLLECTION TIMES

Sat: 12:00-4:00pm

Sun: 7:30-8:30am

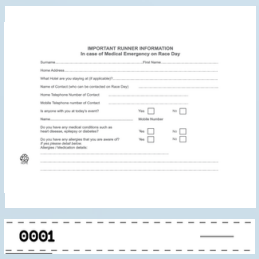
FOR ENTRIES ON OR BEFORE THE 6TH NOVEMBER YOUR RACE PACK SHOULD ARRIVE BY POST

If your pack hasn't arrived by 11th November please email us at info@runthrough.co.uk and we'll make sure you have a replacement to collect on the day.

- If you've entered after the 6th November you they collect your race bib at our race pack collection on Eel Brook Common on Saturday 14th. This will be open from 12pm until 4pm.
- If you can't make this, there will be opportunity to collect on the event morning from the registration marquees.
- Attach your number to the front of your shirt or shorts (we recommend safety pins or magnets).
- Please ensure your bib is on display at all times.
- Your timing chip will be attached to the back of your race bib, please do not tamper with or try to remove this.

INCLUDED:

BIB NUMBER & TIMING CHIP



BAGGAGE LABEL

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	✓

TOILETS

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

There will also be toilets available on the course at the 7km mark.

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, race staff & members of the public.

- Refrain from demeaning, discriminatory or harassing behaviour and speech.

- Be mindful of your surroundings and your fellow participants.

-Help us keep the course pleasant for everyone by refraining from pushing, spitting and littering.

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.

WARM UP & RACE START

We will have a warm up in the event village 30 minutes prior to the start of the race.

From 8:40am we'll start lining runners up in pace order. There will be 9 pens - sub 35, 40, 45, 50, 55, 60, 65, 70, 70+ . Please make sure you do not join the pen until you have been informed you can do so (post warm up). It is crucial to be realistic with your estimated finish time to allow for everyone to line up smoothly and safely.

Please congregate in the event village to ensure you hear line up instructions.

DURING THE RACE

There will be marshals all around the course as well as KM signs and arrows.

You will follow Blue km signs 1-9.

Starting and finishing at Eel Brook Common, you will take a closed road route around the sights of Fulham. You will pass Stamford Bridge, home of Premier League football club Chelsea FC, and around the centre of Fulham and Parsons Green.

Please drain and discard all litter and bottles within the signed litter zone, shortly after the water station. There are no road sweepers, our event team picks up all litter by hand, so please help them to keep the course litter free for other runners and the local community.

Please note there is a 90min cut off on this event due to road closures in place. If you think you'll take longer than this time, please email info@runthrough.co.uk to discuss your options.

WATER STATIONS

There will be a water station & Fast & Up Electrolyte drink at the 5km point. Please help yourself to this as you pass.

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

We recommend bringing your own water and nutrition/gels to help you stay hydrated and fuelled before and during the event.

COURSE MAP

CLICK FOR INTERACTIVE MAP

Please note, headphones are not permitted, unless bone conducting.
Should you choose to wear these, we ask you keep the volume low.

It is critical you remain aware of your surroundings at all times and can hear any marshal instructions or Blue light emergency vehicles during the race.

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

EVENT MERCH

If you have purchased an event T-shirt or hoodie with your race entry, please head to the RT Kit stall on the day of your race, with your order confirmation and we will have your item ready for collection!

If you've not pre-ordered kit, but would like to purchase some, these are available below.

(Please note: Kit purchased within 4 days of the race may not be ready to collect.
Any kit not ready for collection will then be posted out.)

PURCHASE HERE

RESULTS & PHOTOS

PHOTOS

Click the camera to visit the page!

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.

SOCIAL MEDIA

runthroughuk

Click the icons to visit our pages!

Shoutout your friends, celebrate your achievements and share your story with us! We love to hear from you!

Click to see our FAQ's or chat to our AI assistant for instant answers, or request to speak with a member of our team if you need further support.

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

RUNTHROUGH RANKINGS

Find your times, follow your progress and watch the small wins add up across the RunThrough community at www.RunThroughRankings.com

TOP FLIGHT RACES

FULHAM 10K

Series Prize Pot
£60,000

UPCOMING RACES:

DECEMBER - RIBBLE VALLEY 10K
2027 DATES COMING SOON!

What is the Top Flight Race Series?

Top Flight by RunThrough is a yearly 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

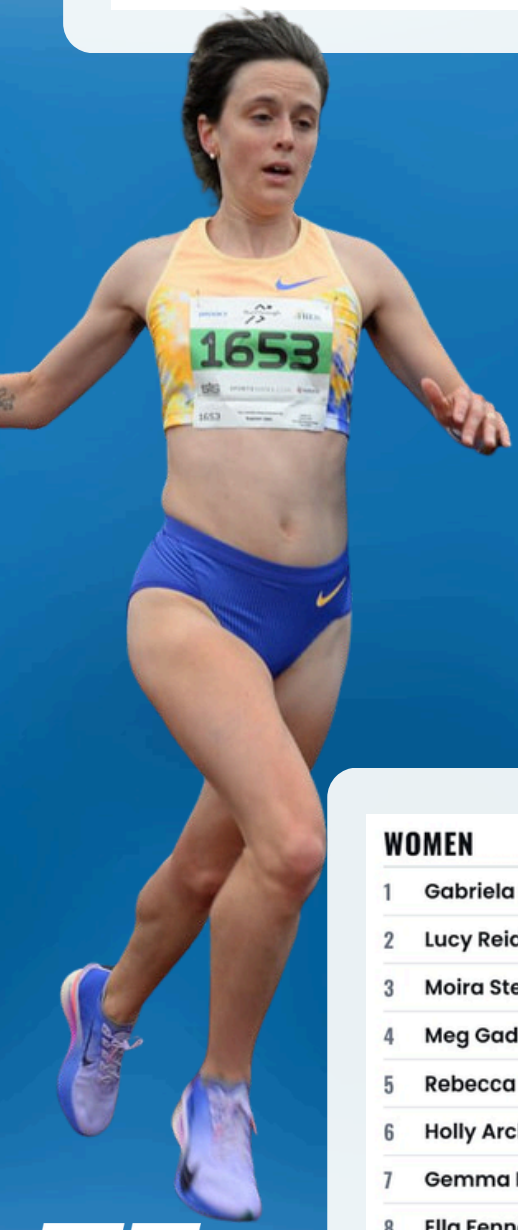
To qualify for the overall series prize money, athletes must :

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.

TOP FLIGHT
By RunThrough

LEADING ENTRIES

MEN			PB
1	Ian Crowe-Wright	Brighton & Hove AC	28:59
2	Dylan Evans	Shaftesbury Barnet Harriers	29:03
3	Jonathan Escalante-Phillips	Cambridge & Coleridge AC	29:07
4	Jonathan Cornish	Hercules Wimbledon AC	29:08
5	Seyfu Jamaal	London Heathside	29:12
6	Matthew Merrick	Belgrave Harriers	29:18
7	Jonathan Collier	Kent AC	29:23
8	Harry Smith	Southampton AC	29:40
9	Paul Whittaker	Leigh on Sea Striders	29:40
10	Charlie Davis	Birmingham Running A&TC	29:41



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			PB
1	Gabriela Debues-Stafford		31:37
2	Lucy Reid	Tonbridge AC	32:17
3	Moira Stewartová	Spartak Praha 4	32:29
4	Meg Gadsby	City of Norwich AC	32:55
5	Rebecca Weston	Invicta East Kent AC	33:12
6	Holly Archer	Cambridge & Coleridge AC	33:28
7	Gemma Kersey	Basildon AC	33:29
8	Ella Fennelly	Belgrave Harriers	33:39
9	Dominique Corradi	Leeds City AC	33:48
10	Lea Adamson	Unsanctioned Athletics	34:11

GAME CHANGING CUSHION. MAXIMIZED RUN.

GLYCERIN MAX

SHOP NOW

BROOKS

Run far. Feel unstoppable. The Glycerin Max 3 is complete with a high stack of new DNA RISE TUNED cushion and rocker geometry for a maximized ride that takes your run where it's never been before.

MEDAL MADNESS

MEDAL MADNESS: FULHAM 10K

Medal Madness lets you claim exclusive local discounts simply by showing your finisher's medal. Check out the available offers below:

PULSE CLUB

Pulse Club Fulham - Sauna & Ice Bath
3 sessions for £30
Valid until 22nd November - once purchased, you have one month to use the sessions

honesty

Honesty Fulham Road
Chicken bap or toastie & a smoothie for £8
10% off smoothies and shakes
Valid on the 15th & 16th November

BAE-kery
Before Anything Else

BAE-kery Fulham
10% off food & drink
Valid on the 15th November

Local Business Owners: Want to feature your business and connect with runners? Email beth.dennis@runthrough.co.uk to get involved!

GO FURTHER
SEE MORE
15% off for RunThrough runners
Use code: RTEVENTS15
SHOP THE FULL RANGE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.

RunThrough Coach

RunThrough

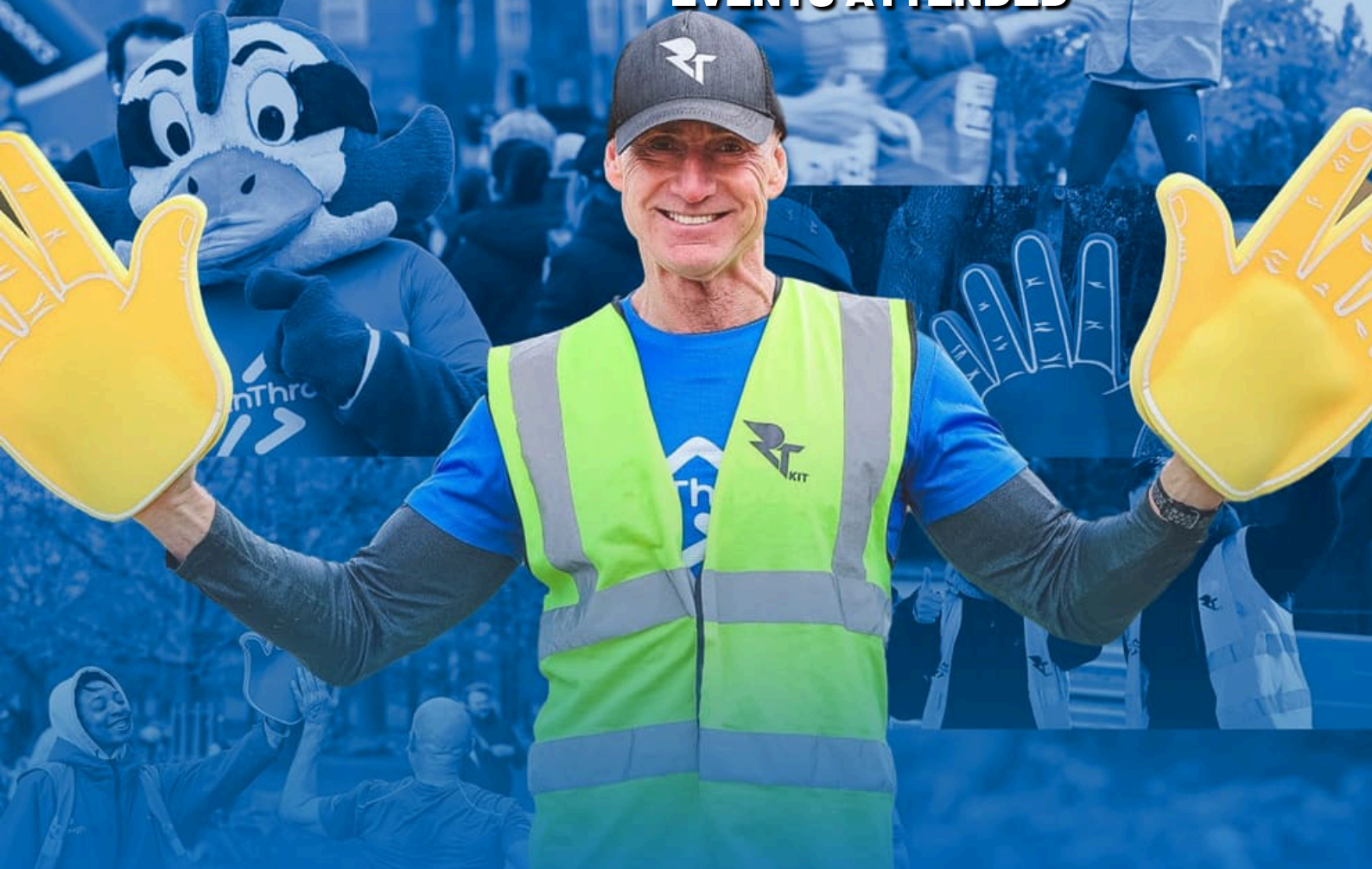
GET INVOLVED!

VOLUNTEERS

RACE ENTRY CREDITS VALUED AT:

- **£40 - 5K/10K**
- **£65 - HALF MARATHON**
- **£100 - MARATHON/ULTRA**

RT KIT REWARDS ON MULTIPLE EVENTS ATTENDED



Here at RunThrough we are always looking for like-minded people to join our community.

WWW.RUNTHROUGH.CO.UK/VOLUNTEER

Joybuy

Run for Joy

Order by 11am. Get it by 11pm.

Whether you're hitting the road or hollering your support, here are a few offers to help you save on your next purchase.

£3 Orders over £10 **OFF**

Code:

*New customers only - T&Cs apply.

Welcome offers

Get up to **50%** off your first order + free shipping

Click here to download

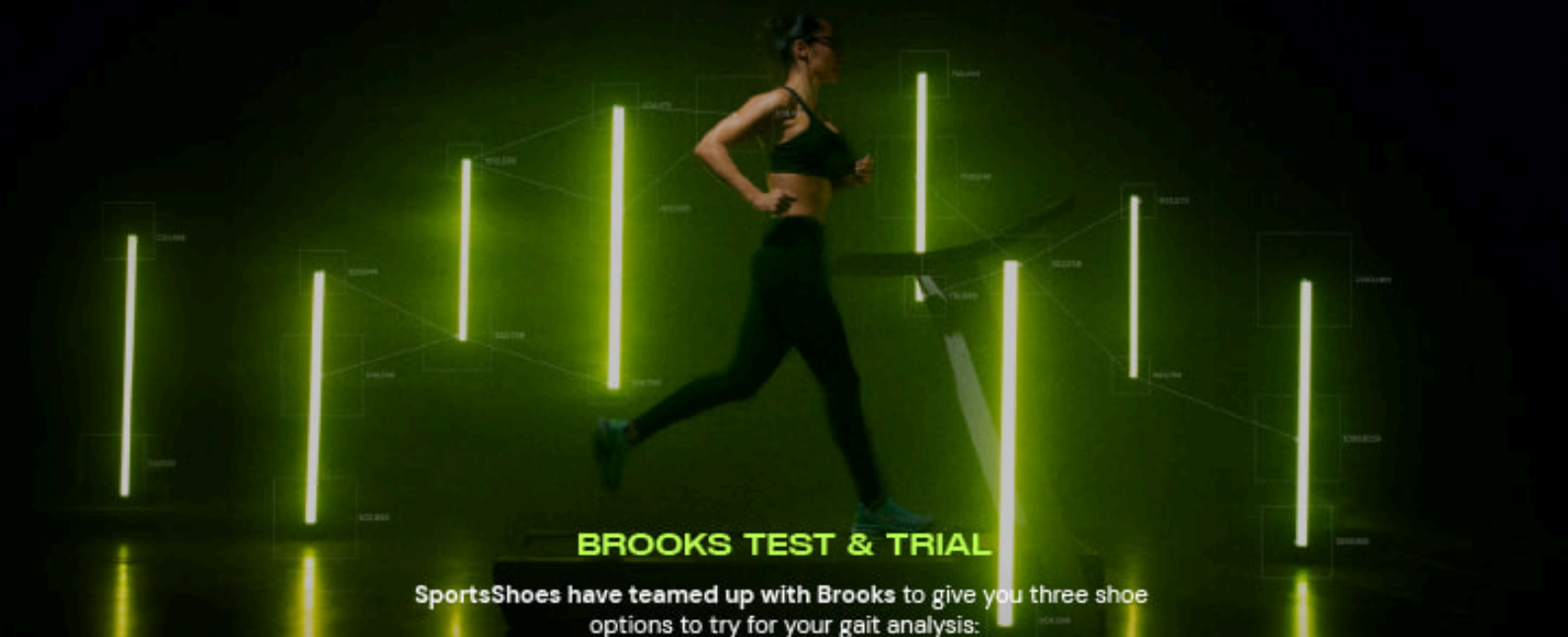
SPORTS SHOES .COM

GAIT ANALYSIS

AVAILABLE AT FULHAM 10K

Understand How You Run. Find the Right Running Shoes.

SportsShoes will be offering free gait analysis at Fulham 10k. Powered by **Ochy's** advanced AI biomechanical analysis, the gait analysis will show you how your body moves during each stride, to help you choose running shoes that complement your natural movement, improve comfort and enhance your performance.



BROOKS TEST & TRIAL

SportsShoes have teamed up with Brooks to give you three shoe options to try for your gait analysis:

Brooks Glycerin 23

For runners who want supreme softness for their miles. The Glycerin 23 feels **soft and plush** under your foot, yet it's still lightweight enough to be a workhorse for everyday runs.

Brooks Glycerin GTS 23

All the cushioning of the Glycerin 23 but with innovative GuideRails™ technology, designed to **support your body** in its natural motion path and help keep excess movement in check.

Brooks Ghost AMP

For runners looking to bring a little more energy to their miles. The Ghost AMP combines **lightweight cushioning with a springy, energised ride**, making it a great option for runners looking to pick up the pace on the road.

SPORTSSHOES.COM ochy BROOKS

RunThrough

OFFICIAL VITAMIN PARTNER

Energy to test your athletic skills?

There's a for that

Vitamin B12 contributes to normal energy-yielding metabolism and the reduction of tiredness and fatigue.

SOLGAR®

Find your gold

Food supplement for adults. Do not exceed the daily recommended dose. Do not use as a substitute of a varied & balanced diet, and a healthy lifestyle. For directions for use, refer to product label.

givestar

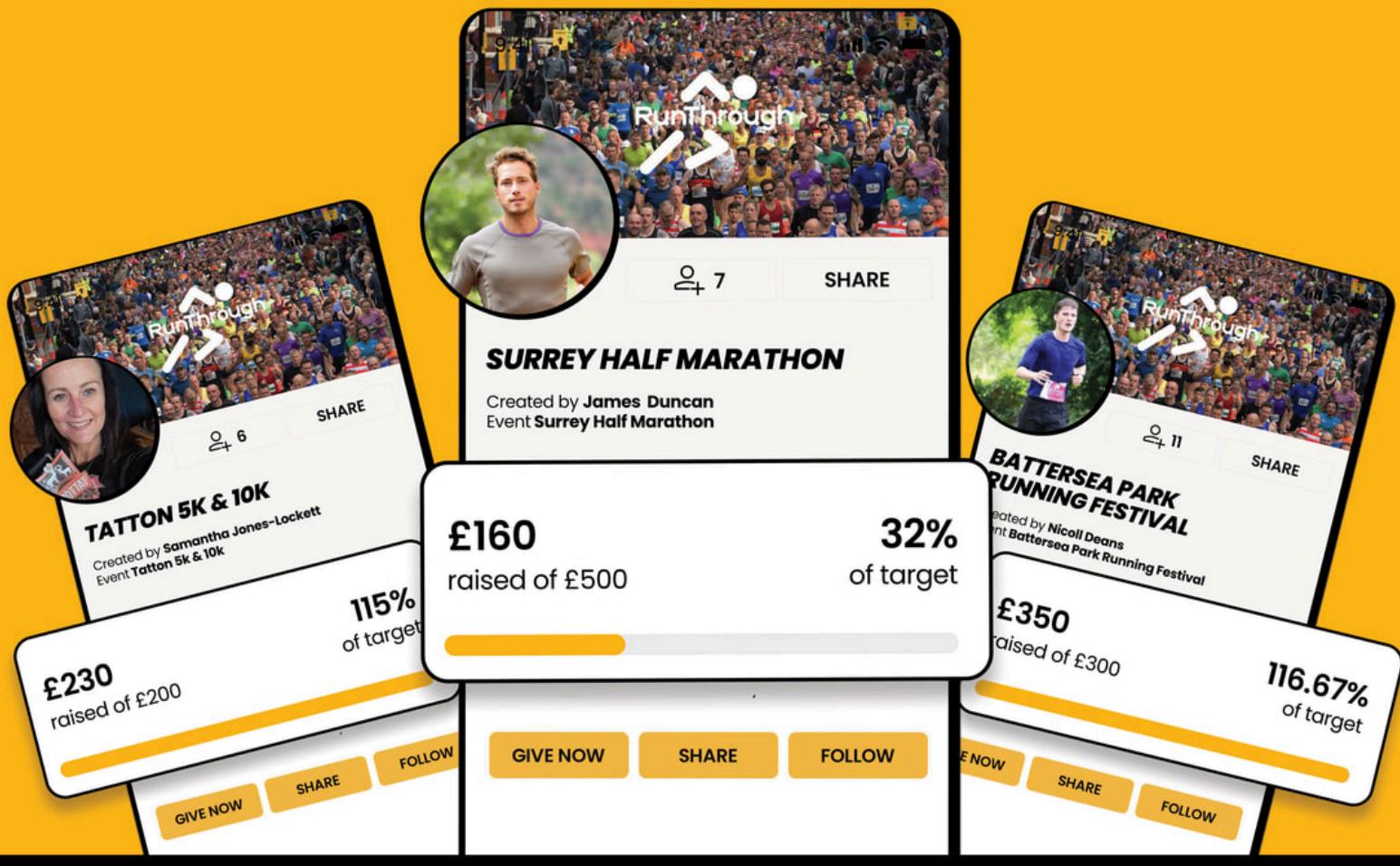
Download on the App Store

GET IT ON Google Play

THEY'RE MAKING A DIFFERENCE, ARE YOU?

Join thousands of runners making a difference, and start fundraising on givestar today to make every step count.

GET FUNDRAISING



OFFICIAL FUNDRAISING PLATFORM

Registered with FUNDRAISING REGULATOR

Certified B Corporation

MAKE NATURE YOUR POWER

JB's TREK | RunThrough

OFFICIAL SNACK BAR & PROTEIN BAR PARTNER

FOR THE LATEST INFO ON TREK

FOLLOW US ON INSTAGRAM @EATTREK

RunThrough

SiS
SCIENCE IN SPORT

OFFICIAL ENERGY GEL PARTNER OF RUNTHROUGH

- 22G CARBOHYDRATES
- ISOTONIC FORMULA
- INFORMED SPORT APPROVED
- AIM FOR 60G OF CARBOHYDRATES PER HOUR

Voltarol
The joy of movement

RunThrough

MAXIMUM STRENGTH PAIN RELIEF FOR **SPRAINS, STRAINS** AND **RUNNING INJURIES**

Always read the label

12 HRS

UP TO **12 HOURS** OF TARGETED ANTI-INFLAMMATORY

POWERFUL **ANTI-INFLAMMATORY** TARGETS THE SOURCE OF PAIN

WORKS DEEP IN THE MUSCLE TISSUE FOR A **FASTER RECOVERY***

*vs non-medicated gel.

THE **OFFICIAL PAIN RELIEF PARTNER** OF RUNTHROUGH

RunThrough Coach

RUNNING WORKSHOPS

TAKE YOUR RUNNING TO NEW LEVELS

Expert coaching workshops for smarter training
Improve technique & performance
Supportive environment for all abilities

FIND OUT MORE

BOOK YOUR SPOT →

RunThrough

Supported by...

The ROYAL MARSDEN Cancer Charity

Joybuy

RT KIT

SOLGAR® Since 1947

JB's TREK

Voltarol The joy of movement

BROOKS

SiS SCIENCE IN SPORT

POWERED BY givestar

SPORTSSHOES.COM

Interested in supporting an event?

Email: partners@runthrough.co.uk