



TOP FLIGHT RACES

JARROW 10K



**Series Prize
Pot
£60,000**

UPCOMING RACES:

**NOVEMBER - FULHAM 10K
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.

Series Standings

Men's

Series Prize Money

#	RUNNER	CLUB	TOTAL	RACES
1	Omar Ahmed	Birchfield Harriers	75	3
2	Kadar Omar	Birchfield Harriers	68	3
3	Richard Allen	Leeds City Athletic Club	61	3
4	Chris Coulson	Morpeth Harriers	43	2
5	Jack Millar	Bristol And West Ac	36	2
=6	Joseph Niven	Liverpool Harriers & Ac	33	2
=6	Jonathan Escalante-phillips	Cambridge & Coleridge Ac	33	2
8	Lee Gratton	Rugeley Runners	30	2
9	Dominic Jones	—	27	2

1st - £1,000

2nd - £700

3rd - £600

4th - £500

5th - £400

6th - £300

7th - £250

8th - £200

9th - £150

10th - £100

Women's

[CLICK TO SEE
FULL RANKINGS](#)

#	RUNNER	CLUB	TOTAL	RACES
1	Megan Stenhouse	Rugby & Northampton Ac	40	2
2	Kirsty Longley	Liverpool Pembroke Sefton	33	2
3	Rebecca Weston	—	30	2
4	Kate Maltby	Border Harriers & Ac	28	2
=5	Lisa Bailey	The Stragglers	27	3
=5	Hannah Moreira Dos Santos	Vegan Runners Uk	27	2
=7	Andrea Clement	—	25	1
=7	Dominique Corradi	Leeds City Athletic Club	25	1
=7	Emily Haggard Kearney	Warriors Pentathlon And Athletic Club	25	1
=7	Alexandra Bell	Pudsey & Bramley Ac	25	1



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 30:00 (Men) 34:00 (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

29m15 Omar Ahmed (2024)

34m08 Sophie Hicks (2025)

*In this race, the current women's course record is not aligned with the other course records in the series, therefore an additional time bonus will be available instead of a CR bonus. The female time required for pay out is Sub33m30.

RUNTHROUGH RECORD*: £500

28m14 Emile Cairess (Battersea Aug 2021)

31m19 Jess Judd (Ribble Valley Dec 2021)

UK LEADING TIME*: £200

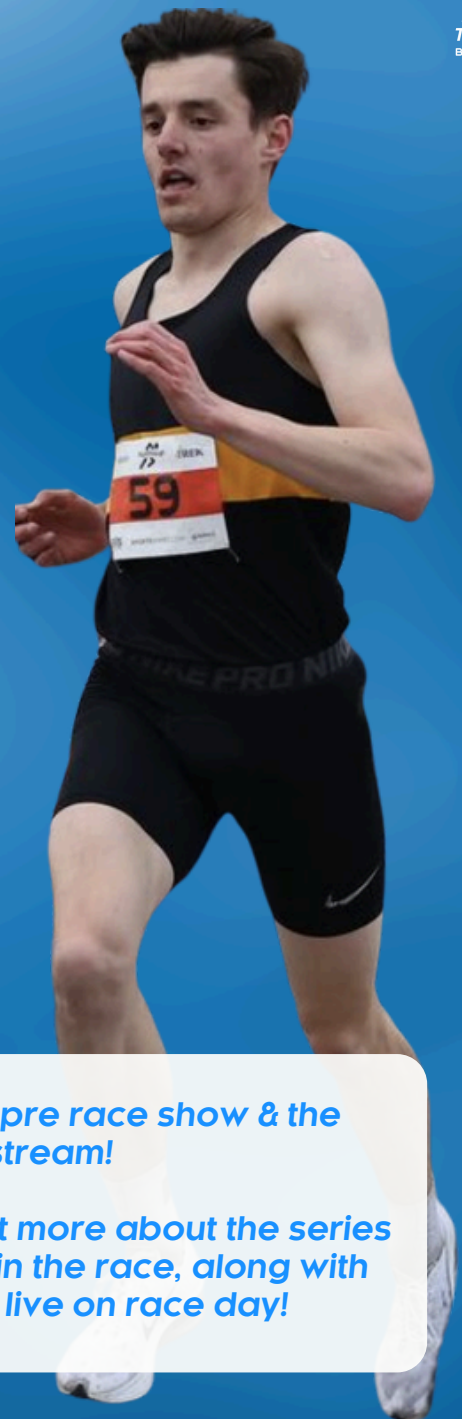
*At time of event

27.38 Joe Wigfield (Wirral AC) - Jan 2026

30.08 Eilish McColgan (Dundee Hawkhill Harriers)- Jan 2026

Men's Leading Entries

Omar Ahmed	28:27
Alex Brown	29:37
Joseph Niven	29:42
Alex Bellew	30:52
Lee Davies	30:52
Conrad Franks	31:09
Connor Marshall	31:20
Luke Davis	31:36
Anthony Sayers	31:42
Lewis McConnell	31:52



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

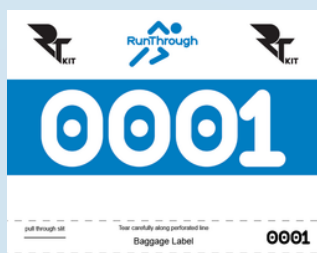
Gabriela Debues-Stafford	(14:31 5k)
Rose Harvey	32:59
Kirsty Longley	33:35
Rachel Brown	34:12
Scarlett McCourt	34:48
Ava Leadbetter	34:50
Alex Sneddon	35:55
Isabel Hodder	38:40

RACE DETAILS

RACE PACK
7:30-8:30am

RACE START
9:00am

- 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.



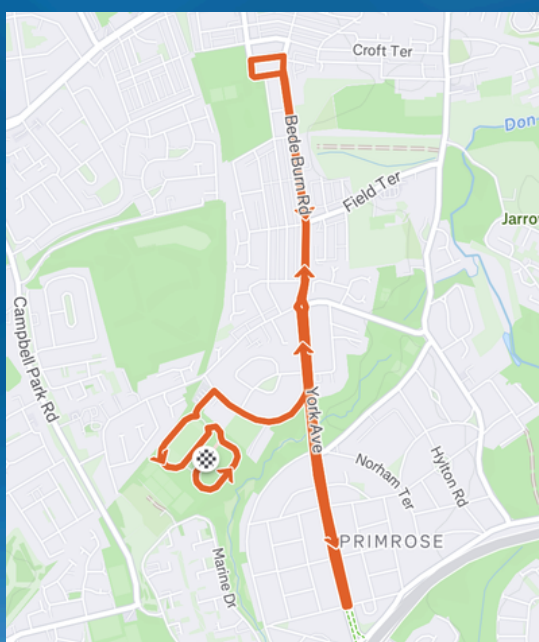
BIB NUMBER

A white form titled 'IMPORTANT RUNNER INFORMATION' with fields for personal details and emergency contacts. It includes checkboxes for medical conditions and a section for emergency contacts.

**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 toilets located in the stadium and clubhouse along with 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.

Series Prize Money

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Supported by...



BROOKS



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Interested in supporting an event?

Email: partners@runthrough.co.uk