

# EVENT GUIDE

## **Fulham 10k**

**In partnership with Vitamin Well**  
**Sunday 17th November 2024**



**VITAMIN  
WELL**

# VITAMIN WELL



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# Welcome

The entire RunThrough Team is happy to extend a warm welcome to you, joining us for your upcoming race.

Our goal is simple: to inspire an active nation through running, through the provision of inclusive and welcoming events for everyone. Our collective passion for running and community has led us to create events that we hope will be memorable experiences for all participants.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. Collectively, we've participated in countless races, which has not only honed our event organising skills but also deepened our understanding of the journeys of all runners.

So, rest assured, whether you're chasing a PB or aiming to complete your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, know that your safety is our top priority. Our team (pictured) will be on the ground doing everything possible 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

LUCY



LAURA



KATIE



EMMA



ROSS



JOE



CAOLAN



LUKE



GEORGE



RYAN



# TRAVEL

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

## Car

There will be no parking at the venue, we recommend using public transport or car sharing where possible. Please use [parkopedia.com](http://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 this will fill up quickly. We advise using public transport where possible!

## Train

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.



what3words

use the words [///tower.marked.added](https://www.what3words.com/#!/tower.marked.added)  
exact event village location.

## Start Time:

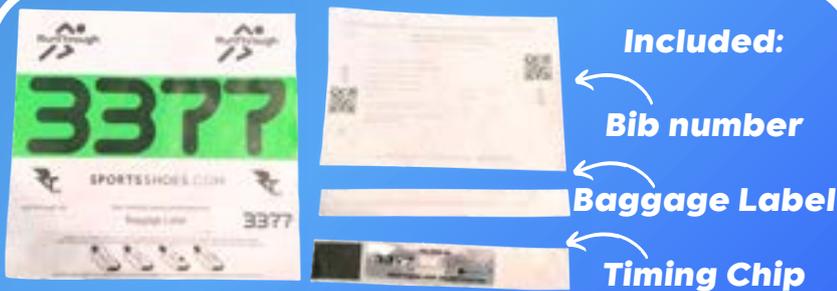
9:00am

## Race Pack Collection Times:

7:30-8:30am

- **\*\*IF YOU'VE ENTERED PRIOR TO THE 25TH OCTOBER YOU CAN EXPECT TO RECEIVE YOUR RACE PACK IN THE 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 into your shoe laces.

[\*\*CLICK FOR ENTRY LIST & RESULTS\*\*](#)



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\*\*](#)



- If you're collecting a LONDON TEN Race pack, please do so from 9:10- 11:20am.

## SPECTATORS

## COFFEE

Spectators are more than welcome!

There will be coffee and food vans located in the event village serving hot drinks and snacks throughout the event.

## TOILETS



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

## BAGGAGE

- Please limit the number of belongings you bring to the event.
- There will be an informal bag drop within the event village for those who need it.
- Your baggage tag is attached to your race number.
- Tear it off and attach to your bag.
- Leave your bag in our Bag drop marquee.
- Collect your bag after your race.

# RUNNER RETREATS



**RETREATS | CAMPS | WORKSHOPS**

**FOR RUNNERS OF ALL ABILITIES**

**FOUNDED BY**



**FIND OUT MORE**



## **WARM UP & RACE START**

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

From here, we will call out estimated finish times to get all runners lined up and ready to run.

## **DURING THE RACE**

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

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. There will be large bags and bins within this area that you will pass just after the water station.

## **REFRESHMENTS**

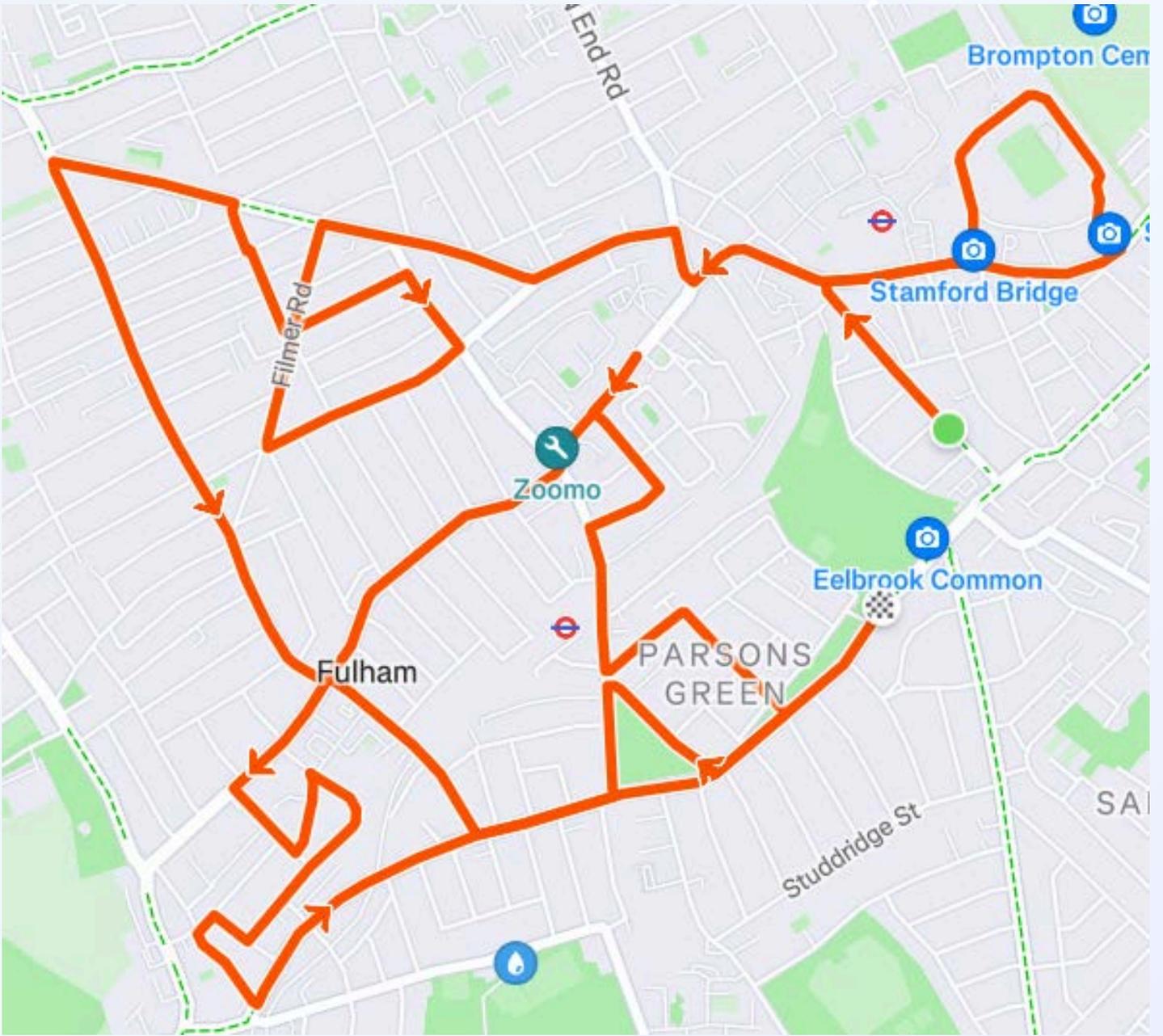


There is a water station located at the 5km point. Please help yourself to this as you pass.

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

We recommend bringing your own water to stay hydrated in the lead up to the event.

# COURSE MAP



[CLICK FOR 10K INTERACTIVE MAP](#)



## 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.



## Event T-shirts!

If you have purchased an event T-shirt 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 a T-shirt or hoody, but would like to purchase one, these are available below.

*(Please note, as these are made to order, kit purchased within 4 days of the race may not be ready to collect- if this is the case, we will ensure your items are posted out.)*



**PURCHASE AN EVENT T-SHIRT**

# TOP FLIGHT 10K

## WHAT IS TOP FLIGHT?

Top Flight is a 12 Race Series across the UK with an Elite Prize Structure per race and for the overall series, with the aim to support the up and coming elite athletics scene in the UK. The aim of the series is to provide a new high level competition platform and to reward excellent performances.

## ATHLETE INFO

Top Flight athletes can sign in and collect your race pack from the designated TF marquee.

This will also act as your bag drop, and meeting point before the race start. The race will start withat 9:00am. Please gather at the start line 5minutes before to avoid the crowds.



**You can find out more about the series and all the athletes in the race by watching our Pre Race Show on RunThrough TV!**

## ELITE PRIZE MONEY

1ST - £450
2ND - £200
3RD - £175
4TH - £150
5TH - £125
6TH - £100
7TH - £75
8TH - £50
RUNTHROUGH RECORD - £500
COURSE RECORD - £200
UK LEADING TIME - £200

## SERIES PRIZE STRUCTURE

The winner of each series race receives 25 points, the second-place finisher 18 points, with 15, 12, 10, 8, 6, 4, 2 and 1 points for 3-10th.

Best of 3 scores count to overall series total and a chance to win the series prize money at the end of the year.

1st-8th Prize money per event will be awarded to all performances under qualifying time of Sub 30m00 (Men) 33m15 (Women).

**AMY-ELOISE NEALE - 2021 EUROPEAN CHAMPION**

**KATE ESTLEA-MORRIS - SET A NEW HM PB 73:57 IN SEPTEMBER**

**JONATHAN ESCALANTE-PHILLIPS - 5TH IN OVERALL SERIES**

**ANNA DOMVILLE - 34:36 PERSONAL BEST SET THIS YEAR**

**JOSHUA GRACE - 2:25 MARATHON PERSONAL BEST**

**SEYFU JAMAAL - 29:12 PERSONAL BEST SET THIS YEAR**

**ELI-ANNE DVERGSDAL - 4TH AT BATTERSEA CTS 5K**

**OMAR AHMED - CURRENT SERIES LEADER**

**BRYONY PROCTOR - 34:52 PERSONAL BEST**

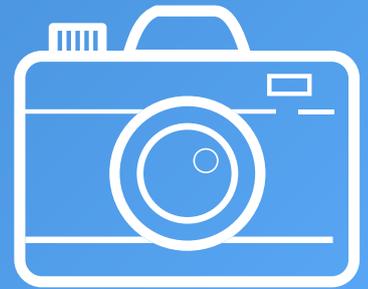
**TF**  
TOP FLIGHT  
by RunThrough



**LEADING  
ENTRIES**

## PICTURES

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



**click the camera to visit the page!**



## SOCIAL MEDIA

Please check out our X account @runthroughuk and use the hashtag #Runthroughuk in the build-up to the race.



If you want to talk all things running before and after the event join our RunThrough South Facebook Page.



To listen to all things running, RunThrough and inspiring stories, check out the Gone Running Podcast!



If you #RunThroughSouth on Instagram with your race day collages, the best ones will feature on our page!

**click the icons to visit our pages!**



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

**Click the QR to fill out the form with your event day shoutout requests!**



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



## CW+ is delighted to be the official partner charity for the Fulham 10k!

CW+ is the official charity of Chelsea and Westminster Hospital. Our mission is to enable every patient in our community of more than 1.5 million people to receive outstanding care. In close partnership with our NHS trust, we:

- create world class facilities
- drive innovation and research
- enhance patient and staff wellbeing

If you are running as part of #TeamCW+, we want to say a big thank you. With your support we can positively impact patients, visitors and staff across our hospital - and beyond.

### How you can support us:

- **Find out more** - visit us in the Event Village to learn more about the work we do and how you can get involved, or scan the QR code.
- **Fundraise for us** - want to do something amazing? Use your own place in Fulham 10k to raise some funds for your local hospital, or get involved in one of our other events.
- **Join our cheer squad** - not a runner but want to support on the day? Email [fundraising@cwplus.org.uk](mailto:fundraising@cwplus.org.uk) to join our cheer team.



Good luck to everyone taking part!

[cwplus.org.uk](http://cwplus.org.uk)  
Registered charity no 1169897

# GET INVOLVED!

**Here at RunThrough we are always looking for likeminded people to join our community.**

## PACERS & FINISH LINE FRIENDS

- FREE RACE ENTRY
- £10 RTKIT VOUCHER

## VOLUNTEERS

- £10 RTKIT VOUCHER
- £65 RACE CREDIT

**[WWW.RUNTHROUGH.CO.UK/VOLUNTEER](http://WWW.RUNTHROUGH.CO.UK/VOLUNTEER)**

BARCLAYS  
WOMEN'S  
SUPER LEAGUE



16 NOVEMBER  
at STAMFORD BRIDGE

5:30pm KO



CHELSEA

VS



MANCHESTER CITY

Tickets from just  
**€15 ADULTS**  
**€7.50 JUNIORS & SENIORS**



# F.A.Q'S

## How will my results show?

Results will be listed in Gun Time order (time from the start of the race, to you finishing). You will also be able to see your Chip time (the exact time from when you cross the start line to your finish). The difference between times may be due to it taking a few minutes to get everyone over the start line.

Your category is determined by your age, anyone under 35 is classed as a senior, 35+ will be listed as Vets in 5yr increments. This will further be categorised as Female, Male or Open (All non-binary, or those who prefer not to say).

## What is the minimum age for this event?

10k- 15

## Is there a time restriction to complete the race?

Yes, due to road closures in place please get in contact with us at [info@runthrough.co.uk](mailto:info@runthrough.co.uk) if you plan to take more than 90mins to complete your race as we may need to make special arrangements around the course and event village.

## I can no longer make the event, can I get a refund?

We are sadly unable to refund or transfer your entry within 14 days of the race as your race pack and everything associated with your entry fee including your medal, and post race goodies have already been paid for by this time. We'd love for you to run virtually and we can post out your medal and goodies!

## Can I transfer my entry to a friend?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed.

## Will there be a water station on the course?

There is a water station located at the 5km point. Please help yourself to this as you pass.

## Am I allowed to wear headphones?

Headphones are not permitted, unless bone conducting. Should you choose to wear these, we ask you keep the volume low in order to remain aware of your surroundings at all times and can hear any marshal instructions during the race.

## When will I get the add on RTKit I ordered with my entry?

This will be available to collect at the RTKit Stall on the day. Please have your email confirmation ready to show to our staff.

## Where is the best place to spectate?

We advise staying within the event village and along New Kings Road between Parsons Green and Eel common, from here you can catch runners on the route and heading into the finish.

## Will there be a prize giving?

There will be a prize giving on the stage at 10:00am for the top 3 male and female finishers, This will follow the TopFlight prize structure [HERE](#).

The first male and female age group winners can expect an email reward in the week following the race.

Check out our podium and photo wall to get your celebratory pictures!



**WIN**  
A RUNNING BUNDLE  
WORTH  
**£460\***



# IT'S NOT TOO LATE TO MAKE YOUR RUN COUNT.

Now's the perfect time to make your run count. Start fundraising on givestar today to make an impact, effortlessly.

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Created By Jane Smith

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of target

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OFFICIAL FUNDRAISING PLATFORM

\*Prize competition T&Cs [here](#).



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**Good Luck to all the runners!**

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#nuunuk

#nuuniverse

#nuunhydration

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Designed for all-day wear with light-as-air-grip that won't slip, water and sweat resistance and up to 7 hours of play time.\*



**Bose Ultra  
Open Earbuds**

\* Testing conducted by Bose with audio playback at a loudness of 75 dBA. Battery life varies based on settings and usage.

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\*Exclusions apply

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As much fibre as  
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\*in comparison to potato crisps

♥ **HIGH FIBRE**

♥ **LOW SUGAR**

♥ **GLUTEN FREE**

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PERFECT CRUNCH

GREAT FLAVOUR

SIMPLE  
INGREDIENTS



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Fewer

63%\*  
Fewer



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\*% Benchmarked off standard premium beers

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Join us at the Fulham 10K event village after your run for a complimentary cool down massage, chat to our expert team of physiotherapists, and the chance to win FREE treatments!

massage / running assessments & coaching  
physiotherapy / biomechanical screen  
clinical strength & conditioning  
shockwave / k-laser / clinical pilates

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OUR TEAM OF EXPERT  
COACHES PROVIDE

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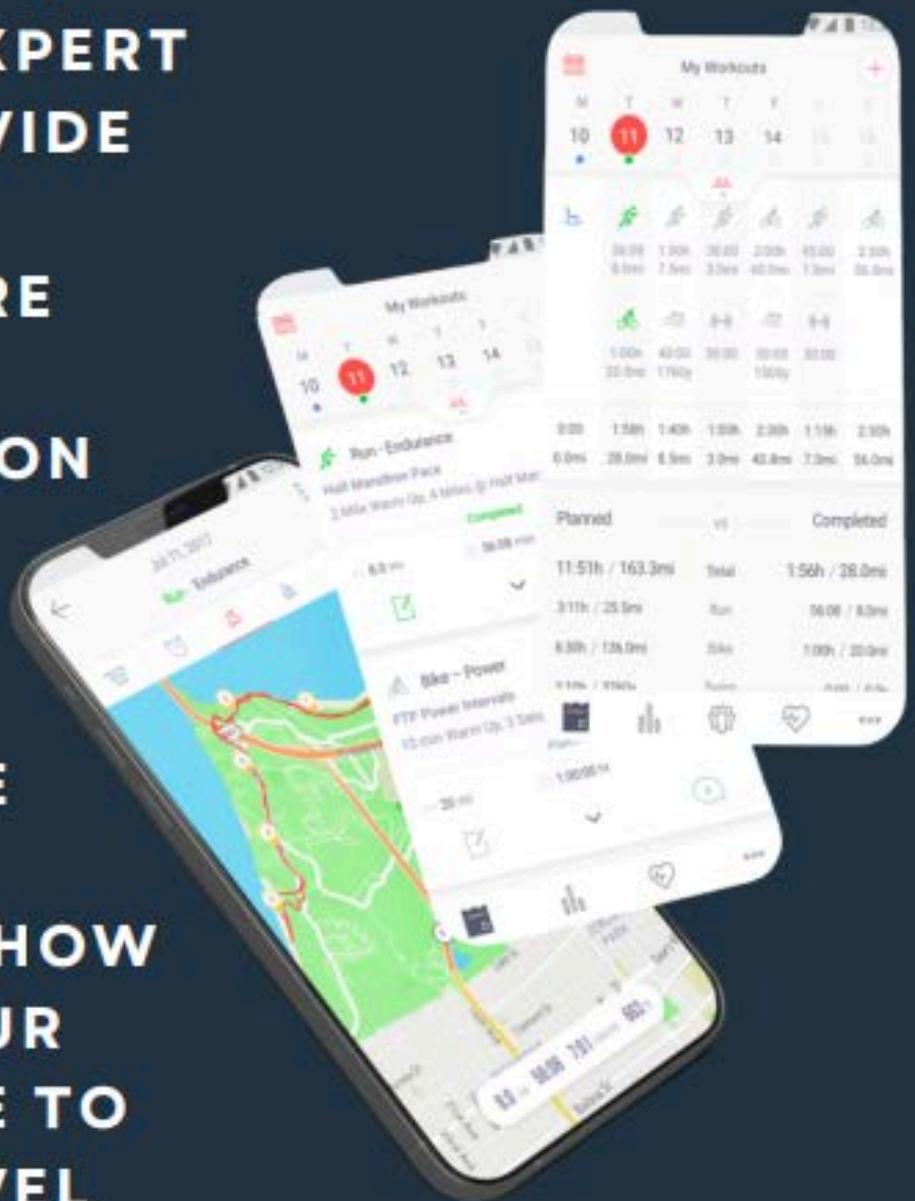
✓ INSPIRATION

✓ SUPPORT

✓ GUIDANCE

SO YOU KNOW HOW  
TO TAKE YOUR  
PERFORMANCE TO  
THE NEXT LEVEL

**START TRAINING TODAY**





**Any pre-ordered kit can be collected at the RTKit stall, please have your order confirmation ready to show our team.**

**Check out the RTKit Stall located in the event village.**

**[www.RunThroughKit.com](http://www.RunThroughKit.com)**



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by...**



**VITAMIN WELL**



**CW+**



**LOVE,  
CORN**



***BOSE* SPORTSSHOES.COM**

Interested in supporting an event? email: [sam.williams@runthrough.co.uk](mailto:sam.williams@runthrough.co.uk)