



RUNNL

NORTH LANARKSHIRE HALF MARATHON
SUNDAY 24 AUGUST 2025

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WELCOME

Welcome to the North Lanarkshire Half Marathon

We are thrilled that you will be joining us for the North Lanarkshire Half Marathon. For some of you, this may be your first event of the year, and for others, it may even be your first ever half marathon.

This year, we're delighted to offer the opportunity for runners to participate in the adult Half Marathon, 5K, and our youth 1K, 400m, and 100m Toddler Dash

We know you've trained hard for this event and are rightfully eager to hit the road and give it your all so we have prepared some details regarding the event to help make your experience easier and more enjoyable.

Please take a few minutes to read through the information within this athlete's guide.

Remember to enjoy the moment and take it all in. It is an honour and a privilege to have each one of you at our race. We wish you a safe and successful run.

SCHEDULE

8am	Event opens
8.05am	1k, 400m and Toddler Dash registration opens
8.45am	Half Marathon begins
9am	Fun day opens
9.05am	5k begins
9.25am	1k begins
9.45am	5k medal ceremony
9.50am	400m begins
10am	Toddler Dash begins
10.10am	1k award ceremomny
10.30am	Half Marathon medal ceremony
2pm	Event ends

PARKING AND TRANSPORT

Getting Here

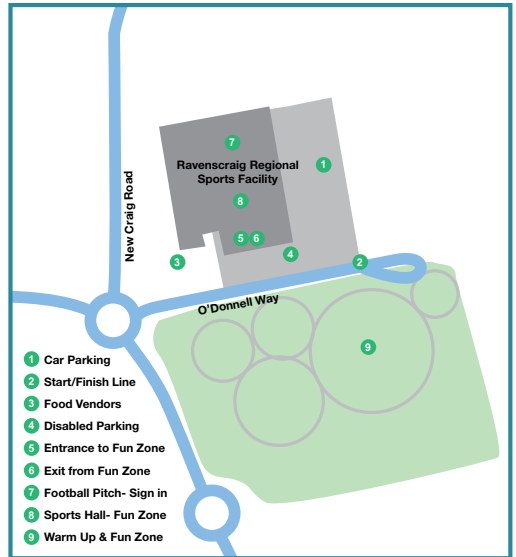
For all participants attending the event, please be aware that the only access point to the venue will be via the A721 roundabout leading onto Robberhall Road. To avoid delays and ensure smooth traffic flow, we strongly advise you to plan your route in advance and follow directional signage and marshals on the day. You can view the access location [here on Google Maps](#). Please do not attempt to access the event from any other route, as all alternative entrances will be closed to both.



Car Park

There will be very limited car parking in Ravenscraig on the day, therefore we ask that you do not attempt to park there. We encourage all runners to use New College Lanarkshire's car park or Ravenscraig overflow car park.

IMPORTANT If you are planning on having a quick exit from the race, please use the New College Lanarkshire's Car park as you may face long delays moving your car from Ravenscraig.



Parking is at:

New College Lanarkshire - Motherwell Campus
1 Enterprise Way
Motherwell
ML1 2TX

Car parking stewards will direct vehicles in the car park, and we ask your co-operation to create a safe environment for all.

Public Transport

Please note, a limited public service operates on Sundays. Please check your bus and train times well in advance of race day to ensure you arrive in plenty time for registration.

Rail enquiries

www.scotrail.co.uk/plan-your-journey

Bus enquiries

<http://www.travelinescotland.com>

Road Closures

Various road closures and speed restrictions will be in place on the day.

For more information visit

www.activenl.co.uk/half

RACE INFORMATION

Start and Finish

The event opens at 8am, we recommend you arrive early to familiarise yourself with the area and get settled before the race. The start and finish line will be located at O'Donnell Way, outside the Ravenscraig entrance. Athletes should report to this area at the correct times. It is the athlete's responsibility to be there before the event takes place. The event will not be delayed waiting for participants to get to the start.

Start Pens

We have 4 start pens on the day **Pink, Red, Green & Yellow**.

The colour on your bib indicates your allocated start pen, based on your predicted finish time. The official race start time is 8:45am, with staggered starts in place to ensure a smooth and safe experience for everyone. You're welcome to move back to a later pen to run with friends, but please do not move forward from your assigned pen.

Course Safety

Participants should keep to the left of the course to allow faster runners to overtake on the right side. Anyone with special needs is encouraged to reach out to athlete's services by emailing smithst@northlan.gov.uk before race day to make appropriate arrangements.

Water & Toilet Stations

There will be five water and toilet stations along the Half Marathon route. Please dispose of used cups in the bins provided, do not litter the route.

Important

Race bibs must be worn by participants and must always be visible. Failure to wear your assigned race bib will result in the race time not being recorded and your race entry shall be deemed invalid.

First Aid Stations

There will be a first aid station located at the start/finish areas along with mobile first aiders.

Each station will include water, first aid and be marshalled by St Andrews First Aid personnel.

Medical Support

Medical assistance will be available at all aid stations. A dedicated first aid area will be located near the finish line at Ravenscraig. Participants may be transported to a nearby hospital if required. Race stewards in bright event uniforms will be stationed along the route, please ask for help if needed.

Pacers

We will be offering a pace service at this event. This positive addition to our event is designed to help you reach your personal goal. Pacers will be available for the following goal finish times:

1 hour 30, 1 hour 40, 1 hour 50, 2 hours, 2 hours 10, 2 hours 20, 2 hours 30

Goal pace does not supersede chip timing. Participants must start in next to the pacers or behind them in order to achieve the correct time. You do not need to sign up for a pace group in advance. Simply join the group on Race Day.

Course Time Limit

While there is no maximum pace per mile required for this event, all participants must cross the Finish Line no later than 12.15pm.

Mile Markers

Each mile marker will be displayed by a road signs on the running surface. These markers are a guide for participants to use throughout the race.

Volunteers

Special thanks to all the individuals and groups of volunteers who are joining us in supporting all the athletes at the North Lanarkshire Half Marathon. This event wouldn't be possible without the hard work of our volunteers. Make sure you take a minute and thank a volunteer! Volunteering is a great way to get a close-up and behind the scenes view of the event, so encourage your friends and family to join the fun by signing up! Find out more here

[VolunteerNL | North Lanarkshire Council](#)

RACES

Half Marathon

Adults only. Starts and finishes on O'Donnell Road (Ravenscraig entrance).

- Muster point: 8:35am
- Start time: 8:45am sharp
- Wave system in place (based on colour)
- Prizes awarded to 1st, 2nd, and 3rd male and female participants



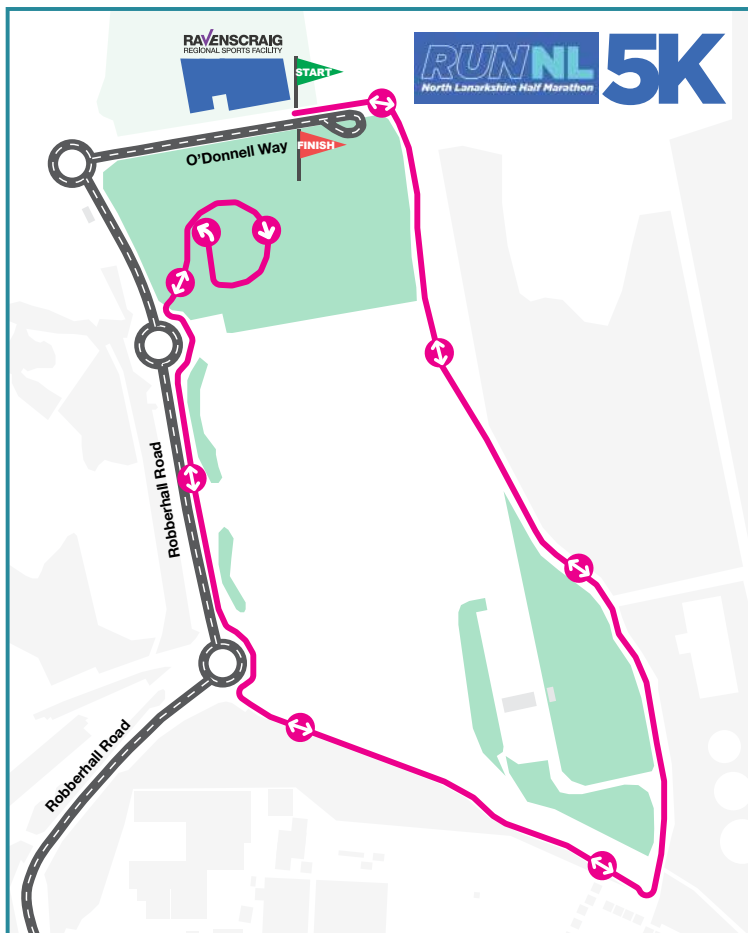
5K Race

- Muster point: 9:00am
- Start time: 9:05am sharp
- Same start/finish location
- Prizes awarded to 1st, 2nd, and 3rd male and female participants

1K Race

Open to pupils in Primary 5 to 7.

- Muster point: 9:15am
- Start time: 9:25am sharp
- Prizes awarded to 1st, 2nd, and 3rd male and female participants



400M Race

Open to pupils in Primary 1 to 4.

- Muster point: 9:45am
- Start time: 10:00am sharp
- Races: P1 & P2 together, then P3 & P4
- Each participant shall receive a finisher medal, snack and water. There will be no prizes awarded for this event.

Toddler Dash

Open to children up to 5 years of age.

- Muster point: 9:55am
- Start time: 10:00am sharp
- Adults permitted 1:1 with toddlers
- Each participant shall receive a finisher medal, snack and water. There will be no prizes awarded for this event.

RESULTS, PHOTOS AND FUN

Race Timings

Race results will be available at the timing area within the finish area. Here you can use our self-service station to enter your race number to get your time. Race results will be published on perfecttimingscotland.co.uk.

Gun Time v Chip Time

Gun time commences when the race begins and ends when you cross the Finish Line timing mat. Overall male and female winners of the half marathon and 5K distance are determined by the fastest gun time.

Your Chip time begins when you cross the Start Line timing mat and ends when you cross the Finish Line timing mat. Age group awards are also determined by the fastest chip time in each division.

Race photos

Throughout the event there will be photographers who will take multiple pictures of you on the course as well as before and after the race. Be sure to smile when you see the photographers and make sure your bib number is clearly visible so they can identify you. We will upload these photos to our official Facebook page and a selection of the photos will be available on our official Instagram page and North Lanarkshire Council's official page. We will try our best to get these online as soon as possible but please allow 2-5 days for processing and upload time.

If you want your photos to be excluded from being publicised, please speak to a member of staff at the event. You will be required to know your bib number for this.



Lost and Found items

The event organisers are not responsible for any lost or stolen items. We encourage everyone to hand in any found items at the Colville and Craig Meeting Room at the main Ravenscraig Reception, where owners can claim their lost belongings. Unclaimed items will be donated to charity 30 days after the event.

Lost Children

If a child becomes lost, please alert the nearest event steward or report directly to the Colville and Craig Meeting Room at the main Ravenscraig Reception. Our team will act quickly to help reunite children with their parents or guardians.

Concessions

Coffee, tea, drinks, and snacks will be available to purchase from the Start to Finish of the event. There will be concession stands available within the leisure centre and in the family fun zone.

Family FUNZONE

We know how important it is to celebrate your accomplishment with your friends and family so we will be hosting an amazing FREE family fun event located within the football pitches out with the venue. This is open to all members of the public. It includes: Facepainting, inflatable slide, bouncy castle, trampolines as well as a DJ for this area. It will operate from 9am.

This is a free event however we do ask that you pre book your tickets before arrival. This can be done here [Book now](#)



FAQ

What do I wear on race day?

It's important to have the basics of your running kit sorted. Here are some great options to help keep you comfortable, dry, and free from chafing in all conditions:

- **Top:** Tank top, short sleeve, or long sleeve shirt
- **Bottoms:** Shorts or tights/leggings – whatever you feel good in
- **Support:** A proper sports bra
- **Socks:** Comfy, breathable socks

The weather can be difficult to judge so we recommend if you have any old clothing you don't need, then wear it to keep warm at the start and discard it in the recycling bins available.

Most importantly, wear comfortable running shoes that you've trained in. Race day is not the time to try out your brand-new trainers or wear clothing you've not trained in before.

Are there pacemakers so I can judge my time on the route?

Yes! Look out for our pacemakers; they'll be wearing bright colours with a time attached to them with the time in which they'll be completing.

Where should I wear my event number?

Your number/bib is typically meant to go over your stomach/chest and secured with four or more safety pins. However as long as it is visible on the front of your body it can be worn anywhere.



I can no longer race; can I give my number to a friend?

No, participant event numbers are specific personal identifiers and may not be given to any other person. For many reasons, but vitally for medical and other emergencies, we cannot allow individuals to participate under someone else's number. Participants running with someone else's number is strictly prohibited and will result in the disqualification and/or banning of any individuals involved from future events.

What's the difference between Gun Time & Chip Time?

The "gun time" is acknowledged as the official time, which shall be the time elapsed between the firing of the starting gun (or the synchronised start signal) and the athlete reaching the finish line. First, second and third place awards are based on these Official Times. The "chip time" is the time elapsed between the athlete crossing the start line and the athlete reaching the finish line and is supplied to athletes for their personal information, but it will not be considered an official time.

My start wave seems far back from finish line.

Your start time and wave colour are based on the estimated finish time you gave us when you signed up. The faster your time, the earlier you'll start. To check which wave you're in, just take a look at your race number—it'll tell you everything you need to know!

Can I take part wearing headphones?

You can, yes. We ask that music is on a low volume so that you are aware of things happening around you and please pay attention to instructions from marshals on the day.

***Please note that information in this booklet is subject to change and where possible we will inform participants of any changes before the event**



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ActiveNL Sports Development

NORTH LANARKSHIRE HALF MARATHON

NORTH
LANARKSHIRE

SUN 24 AUG

Family FUN ZONE

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bonding, making memories,
and enjoying a wide range
of fun-filled activities.

Fun for
everyone

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