

**RUNNL**



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**CUMBERNAULD**  
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**SUNDAY 14 SEPTEMBER 2025**  
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**BROADWOOD STADIUM**  
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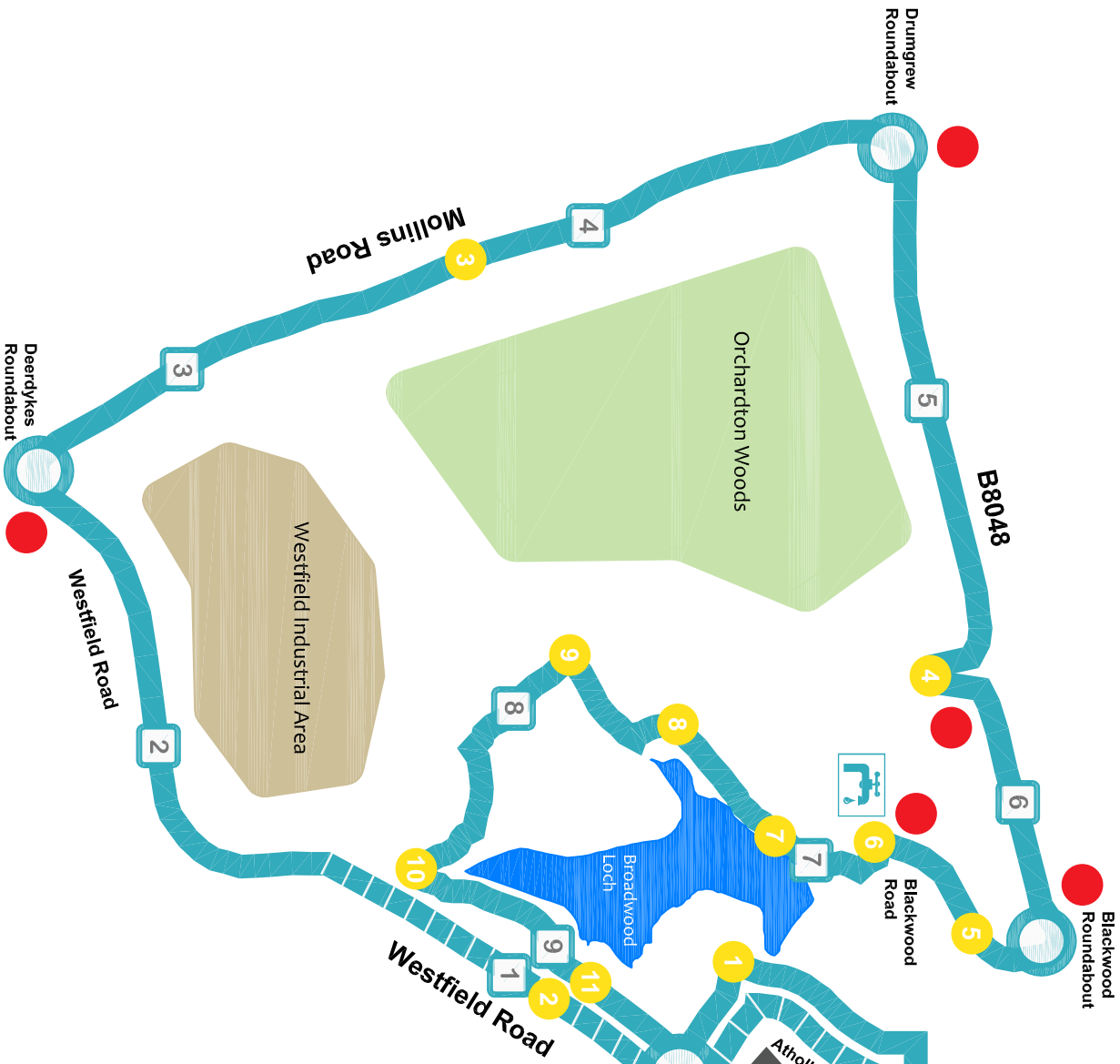
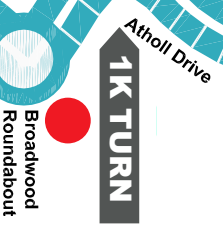
**VISIT HERE**

# 10K COURSE ROUTE

**REGISTRATION**  
BROADWOOD  
STADIUM  
**START**



**1K TURN**



## Key

- 10K route
- 1K route
- Distance marker in kilometers
- Toilets
- Watering Station
- Marshall Point
- Police Point



# WELCOME

We are thrilled that you will be joining us again for a magnificent event! Most of you will be well into your race season but if this is your first ever 10k then we are delighted you have chosen this event as your maiden race. We have a wonderful stadium start / finish which gives an amazing atmosphere to the events as well as a scenic view of the Campsie's coupled with the loop of Broadwood Loch providing us with a flat, fast friendly course which is attractive to newcomers and seasoned runners. We know you've trained hard for this event and are rightfully very eager to hit the road and give it your all. We have prepared some details regarding the event to help make your experience enjoyable. Please take a few minutes to read through the information within this Athlete Guide. Remember to enjoy the moment and take it all in. It is an honour and a privilege to have each and every one of you at our race. We wish you a successful and safe weekend.

**North Lanarkshire Council**

## SCHEDULE

<b>08:00</b>	Event enquiries opens
<b>08:30</b>	1K, 400m and Toddler Dash registration opens
<b>09:00</b>	Fun Day activities start
<b>10:00</b>	Toddler dash start
<b>10:10</b>	400m dash start
<b>10:25</b>	1K Races Start (P5,6 and 7)
<b>10:50</b>	5k Race Starts
<b>10:55</b>	10K Road Race Start
<b>11:00</b>	Victory Mile Walk Start
<b>11:15</b>	5k awards ceremony
<b>12:00</b>	10K awards ceremony
<b>13:15</b>	Fun Day activities end
<b>13:45</b>	Event Close

## RACE INFORMATION

The start and finish area will be inside Broadwood Stadium (see venue map). Athletes should report to these areas at the correct times. It is the athlete's responsibility to be there before the event takes place. The event will not be delayed to wait for participants to get to the start positions. The 10k, 5k, 1k, 400m, Toddler Dash and Victory Mile will all start within the Stadium. All races will finish inside the Stadium at the main finish line.

### Water stations

There will be two water stations on the 10K route. At the water stations, please ensure you dispose of used/empty cups in the bins provided. DO NOT throw away or drop on route, as they become trip hazards for fellow participants.

### Car Park

Due to the large number of people being involved within the event there is limited car park spaces at Broadwood Stadium. We are encouraging to use public transport or to be dropped off near the stadium for the event.

### General enquiries

Please contact: [clarkd@northlan.gov.uk](mailto:clarkd@northlan.gov.uk)

## IMPORTANT

- Race bibs **MUST** be worn by all participants and must be visible to race start at all times. Failure to wear your assigned race bib will result in disqualification and removal from the race course.
- Participants must complete the Medical Information on the back of the bib - which must be worn at all times during the event.



# LOST AND FOUND

The event organisers are not responsible for any lost or stolen items. We encourage everyone to turn in found items at the event support enquiries desk located within the stadium, where owners can claim their lost items. Unclaimed items will be donated to charity 30 days after the event.

# COURSE SAFETY

Participants should keep right while running on the course. Due to the popularity of Broadwood Loch, this will remain open to the public and participants should expect general public traffic during the race. For your safety and the safety of others, please be courteous to the other park users. Anyone with special needs is encouraged to reach out to Athlete Services at [smithst@northlan.gov.uk](mailto:smithst@northlan.gov.uk) prior to race day to make proper arrangements based on your individual needs.

# FIRST AID STATIONS

There will be a total of two First Aid stations throughout the course as well as the Start/Finish areas. Consult the course map for exact locations. Each station will include Water, First Aid and be marshalled by St. Andrews First Aid personnel.

# MEDICAL SUPPORT

Medical assistance will be available at each aid station along the route. In addition, a designated first aid area will be located near the Finish Line at the stadium tunnel. Participants requiring greater medical assistance may be transported to one of the nearby hospitals.

# PACE TEAM

We will be offering a pace service at this year's event. This has been an incredibly positive addition to our event which is designed to help you reach your next 10k personal goal! Pacers will be available for the following goal finish times:

45 mins

50 mins

55mins

60 mins

**\*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\***

Pacers will be wearing a special coloured "PACER" flags on their back with a bright coloured T-Shirt. Look for the Pace Team wearing the following:

45 mins **Green** flag

50 mins **Yellow** flag

55 mins **Blue** flag

60 mins **Red** flag

You do not need to sign up for a pace group in advance. Simply join the group on Race Day.

# RACE RESULTS

Race results will be available at the finish area from the timing area where you can use our self-service station to enter your race number to get your official time. The official race results will be published at on [Perfect Timing – Right Time | Right Place | Right Choice \(perfecttimingscotland.co.uk\)](https://perfecttimingscotland.co.uk)



# ADDITIONAL RACES

## 5K RACE

This new race for 2025 is for every aged over 11+. This event starts within the stadium and continues around Broadwood Loch finishing again within the stadium. 5K race bibs will not be posted out and must be collected on the day. Please arrive in good time and meet at the 5K muster point inside the stadium at 10:30am. At 10:45am Event officials will walk the participants to the start of the race. The race will start at 10.50am sharp.

Each participant shall receive a finisher medal, fruit and water. There will be prizes awarded to 1st, 2nd and 3rd male and female participants.



## 1K RACE

This race is open to pupils in primary school years 5 to 7 and are encouraged to enter. This event will start and finish within the stadium. Athletes should register and meet at the 1k muster point inside the stadium (see venue map) at 10:15am. Event officials will walk the participants to the start of their race at the allocated time. The races will start at 10:25am sharp. There will be prizes awarded to 1st, 2nd and 3rd male and female participants.

## 400M DASH

This race is open to pupils in primary school years 1 to 4 and are encouraged to enter. Athletes should register and meet at the 400m muster point inside the stadium (see venue map) at 10:00am. Event officials will walk the participants to the start of their race at the allocated time. The races will start at 10:10am sharp and go in an order of P1 and P2 together then P3 and P4 together. Each participant shall receive a finisher medal, snack, and water. There will be no prizes awarded for this event.

## TODDLER DASH

This race is open to children up to 5 years of age and are encouraged to enter. Athletes should register and meet at the corner of the stadium on the finish straight (see venue map) at 9:55am. This event will start inside the stadium and run the final 100m of the 10k route. We do permit adults to accompany children but this should not exceed 1 to 1 ratio. The races will start at 10am sharp and all will go off together. Each participant shall receive a finisher medal, snack and water. There will be no prizes awarded for this event.

## VICTORY MILE WALK

This event is designed to encourage people and families to be physically active and who may not be able to complete a 10k but would still like to take part on the day. It is a great way for supporters to participate when they are awaiting a participant from the 10K or 3K event. This event will start immediately after the start of the 10k at 11:05am. This race starts and finishes inside the stadium (see route map). Each participant shall receive a finisher medal, snack and water.



## 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 10k 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 throughout 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 will be able to 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. Photos can be downloaded post-race from these sites. Should you wish for your photos to be excluded from being publicised then please inform our events enquiry desk on the day of the event. You will require to know your bib number for this. We will endeavour to get these online as soon as possible but please allow 2-5 days for processing and upload time.



## MEDICAL INFORMATION AND SUPPORT

You may be competing in the 10K for fun, but preparation is still important. Do not start if you don't exercise regularly, feel unwell or recently had a cold or flu. If you have not indicated any existing medical condition or illness on your entry form, please call 01236 341968 to update your details as soon as possible. Eat a light meal at least 2 hours before the start of the race and remember to drink water before and during the race.

## MEDICAL STATIONS

For any medical problems during the run, St Andrew's First Aid will be on hand to give assistance and are evenly situated throughout the route. There will be medical assistance at both start and finish. **ASK FOR HELP IF YOU NEED IT!** Race stewards are in place all along the route so if you have a problem, please do ask for help. Stewards will be wearing brightly coloured event jumpers and are there to help YOU.

# FAQS

## Q. What should I wear on race day?

- A. Wear clothing you have trained in before the race. If you have any old clothing you don't need, then wear it to keep warm 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 new trainers!

## Q. I intend to walk, where do I go?

- A. If you intend to walk and indicated this on your entry form, on race day we ask that you keep to the sides of the course to allow any runners who may have fallen behind to pass. Large groups of walkers are strongly discouraged from walking side-by-side or with linked arms as this is not appropriate race etiquette. If you previously indicated a desire to run or jog and are now likely to walk the course, please muster at the rear of the start.

## Q. I want to jog or walk with a group of friends?

- A. Many may want to jog or walk with friends, family or fellow fundraisers. To ensure you have a good race and don't disturb those who wish to race for a fast time, PLEASE DO NOT walk more than 2 abreast at the start. Once the field thins out after the first 1km, there will be more space to jog/walk with your group.

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

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





**SUNDAY 7TH DECEMBER 2025**

# SANTA DASH 5K



STRATHCLYDE  
COUNTRY  
PARK

AGE  
12+

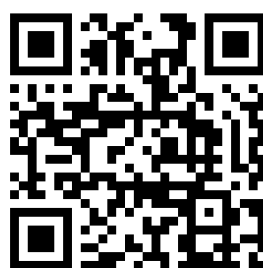
**SIGN UP FOR YOUR NEXT  
CHALLENGE NOW AND SAVE  
10% WITH CODE RUNNL10K**



## ULTIMATE SPORTS MEMBERSHIP

**DO YOU WANT A FREE KIDS SPORT  
SESSION?**

PLEASE EMAIL [SPORTSDEV@NORTHLAN.GOV.UK](mailto:sportsdev@northlan.gov.uk)  
WITH YOUR CHILD'S NAME, DATE OF BIRTH AND  
THE CLASS DATE AND TIME THAT YOU WOULD  
LIKE TO ATTEND



SCAN FOR  
MORE INFORMATION  
ON THIS FANTASTIC  
MEMBERSHIP AND  
AVAILABLE CLASSES.

**LIVE HERE**