



IN PARTNERSHIP

WITH

scottishathletics 



2nd – 8th June 2025

Scottish Running Week

Information Pack

Introduction

Welcome to Scottish Running Week 2025!

Scottish Running Week is back for 2025 and will take place between Monday 2nd and Sunday 8th June 2025.

2025 will be the third Scottish Running Week organised by [Athletics Trust Scotland](#) (ATS), and this year we are delighted to have the support of **scottishathletics** as our official delivery partner. The partnership with **scottishathletics** will support our efforts to build engagement with Scottish Running Week and celebrate wider the positive impact that running and athletics have.

Scottish Running Week is your chance to celebrate the impact that running, jogging, walking and pushing has on your life. By participating in Scottish Running Week, and donating to Athletics Trust Scotland, you're helping to share your passion for running and moving with groups and communities across Scotland that struggle to access our sport.

Your kind and generous donations will go directly into our [Transforming Lives](#) project, which aims to transform people's lives through athletics and running. You can read more about how our Transforming Lives Grant Fund has supported communities and groups across Scotland, [here](#).

How To Get Involved



Get Active and SMILE!

To celebrate the 2026 Commonwealth Games coming to Glasgow, and the inclusion of the mile distance in the track and field programme, we're absolutely delighted to introduce 'Get Active and SMILE!'.

'Get Active and SMILE' is our call to action for individual runners, clubs, jog groups, and anyone looking to have some fun while moving, to sign up to our event and complete your mile any time, any where, or any way they can – the more innovative and creative the better!

There's **two** main ways to get involved:

Individually

Enter the event on Open Track, make your donation to ATS, and receive your virtual medal! For the super-competitive amongst you, log back in once completing your mile to upload your result to be displayed on the **national leaderboard**.

As a Club or Jog Group

Participating members from your club or group enter the event on Open Track, make their donations to ATS, and complete their mile in as fun, social and creatively a way as possible. Each club or group member who completes their mile, and logs back into the system and uploads their result, will contribute to the club/group overall ranking! **We'll have separate national leaderboards for clubs and jog groups.**

Prizes

We'll have prizes for the fastest times on the individual national leaderboard for male, female and age groups from Under 11 to ten-year Masters age bands. As well as prizes for the club and jog group at the top of the leaderboards.

We will also have some prizes for the most creative, social, and innovative ways of completing your Scottish Running Week miles. Make share to share your stories and social media posts with Athletics Trust Scotland and **scottishathletics** to showcase your activity across Scottish Running Week.

How to Enter

Firstly, you'll need to have an Open Track account to sign up for Scottish Running Week.

Once you have created or logged into your Open Track account, simply scan the QR Code or click [this link](#) to enter.



Please note: The link will be open for entries from Wednesday 7th May – Sunday 8th June 2025.

The minimum donation to Athletics Trust Scotland to enter Scottish Running Week is £5, however, you can increase this donation to an amount of your choosing! Your generosity is greatly appreciated and will support Athletics Trust Scotland to transform people's lives through running and athletics.

Other Ways to Get Involved

'Get Active and SMILE' isn't the only way to get involved in Scottish Running Week, the week is a celebration of running, jogging, and movement, and you can be as creative or simple with any ideas you have to celebrate across the week. Below are some other ideas for inspiration:

- Organise your own Club or jog**scotland** challenge e.g. mile, 5K, or themed run!
- Set up a challenge at work!
- Meet your neighbouring Club or jog**scotland** group for a mob match at your local parkrun – recognise participation, volunteering, and/or PB's!
- Walk, jog, run or push every day of Scottish Running Week!

Don't forget to donate to Athletics Trust Scotland as an individual or group to contribute to the weekly fundraising total, ultimately helping ATS to transform people's lives through your efforts and generous donations.

[**Donate to ATS here**](#)

Need some Inspiration?

West End Road Runners in Glasgow are aiming to get everyone involved in the mile challenge in an inclusive way. They're planning to build lots of mixed teams of four runners, including people who are new to the club, those who haven't run a mile before, together with experienced runners and those who focus on performance. That way each team can compete with the next, building real unity, having fun, and have a great mile experience, whilst raising money to help others.

Promotion & Social Media

Make sure to share your **Scottish Running Week** activities with both Athletics Trust Scotland and **scottishathletics** on social media.

Tag us on all the usual platforms to share your experience, using the hashtags **#SRW** **#ScottishRunningWeek**



[Facebook](#)

Instagram: @AthleticsTrustScotland

X: @AthTrustScot

scottishathletics 

[Facebook](#)

Instagram: @scottishathletics

X: @ScotAthletics

Clubs looking to discuss their involvement in Scottish Running Week should get in touch with their **National Club Manager**.

jogscotland groups should contact the **Jo Skead, programme manager**.

