



# Dundonald 10K

2021 Virtual Race Guide

1. This event is organised by Dundonald Games Society SCIO, charity number SC044025 (“DGS”).
2. To avoid mass gatherings Dundonald 10K is being organised as a virtual race. This means that participants should run the race individually at a time of their choosing, and maintain safe social distancing from others at all times.
3. Participants must be aged 15 years and over.
4. All participants must register to enter through Entry Central.
5. This is a Scottish Athletics licensed event conducted under UK Athletics Rules.
6. Participants must complete the course at a single attempt between 1st and 30th July 2021. However, they are free to choose a specific date and time to participate within this period.
7. Participants must submit their results by email to [10K@dundonald-games.org.uk](mailto:10K@dundonald-games.org.uk) within 24 hours of completing the course and by no later than 31st July 2021. The information provided must include: full name, home address, age, sex, race time (in minutes and seconds), and the name of your running club (if relevant). Evidence of race participation must be included within or attached to the results email. Examples of acceptable evidence are a Strava screenshot showing the completed course and time (or a similar running app), or a photograph of your wristwatch showing your finish time.
8. Participants should also send a photograph of themselves at the finish line having completed the course (a selfie is fine). Participants are encouraged to share race photographs with us via Facebook. Photographs provided by participants may be published by DGS unless you notify us in writing not to do so. Your name, race category and time will be published in the results.
9. Medals and prizes will be awarded, and these will be sent to participants by post after the race has closed.
10. The race is 10 kilometres from Dundonald to Symington and back. The start line is on Drybridge Road, Dundonald (55.580159, -4.597575) and the finish line is at Dundonald Castle (55.577625, -4.596031). Detailed information on the course route and directional markings have been published. Participants should familiarise themselves with the route in advance.
11. Participants must carry a fully charged mobile phone they can use in the event of an emergency. If you fall ill during your race dial 999 and request emergency assistance. Participants must ensure they have an adequate supply of water available to them during and after the race. Participants should note that there are no public toilet facilities anywhere along the route, including the start and finish.
12. Participants should be mindful of the residents in and around Dundonald and Symington, be considerate when parking and dispose of all rubbish properly.
13. By entering the race and participating you declare yourself to be fit and fully able to complete the course. You should not participate if you have any symptoms associated with coronavirus and COVID-19, or are self isolating.

14. Current Scottish Government guidelines in respect of coronavirus prevention measures must be adhered to at all times.

Please note that these may change throughout the virtual race period.

15. Participation is at your own risk. DGS shall not be liable for any loss, damages or injury sustained, caused by or to any participating individual, group or third party, including property. Participants agree to indemnify DGS against all claims against them caused by your participation in the race.

16. All participants agree to act fairly and honestly and accept that the Race Director's decision is final in respect of any dispute whatsoever concerning the race.

17. The race may be cancelled at any time by DGS without notice and liability.



## START

Drybridge Road, Dundonald

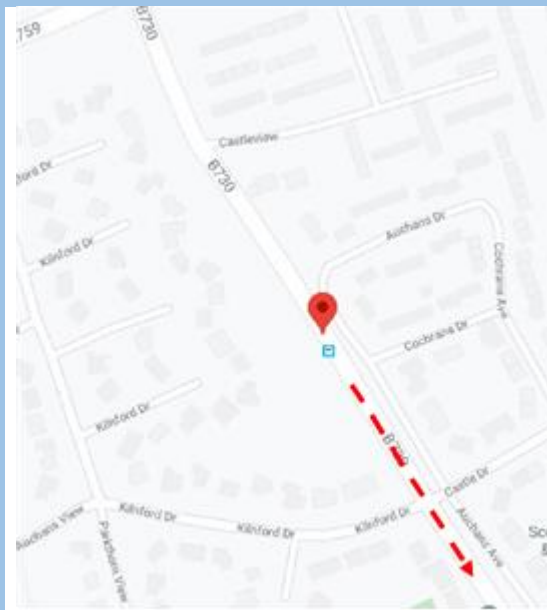
(55.580159, -4.597575)



## FINISH

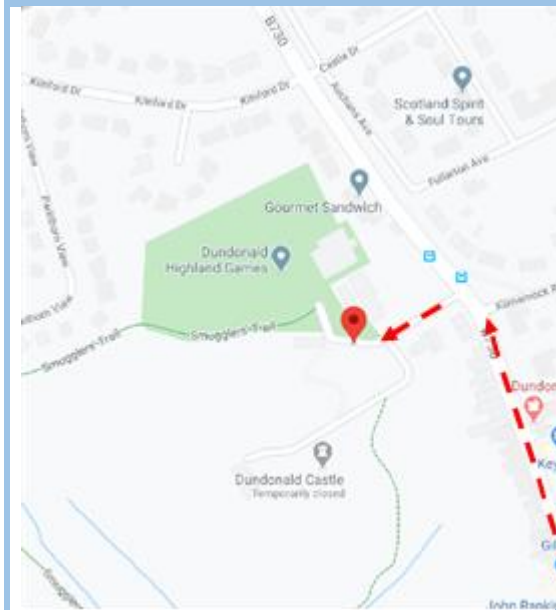
Dundonald Castle, Winehouse Yett

(55.577625, -4.596031)



## COURSE MARKINGS

Circle with directional arrow  
Follow markings along the route



## 10K ROUTE

Dundonald to Symington on the  
back road and returning along the  
B730

