



IN PARTNERSHIP
WITH

FWB Park Brown



5th-11th June 2023

National Running Week

Fundraising Pack

How to get involved



Intro

National Running Week takes place from
Monday 5th June – Sunday 11th June 2023.

Welcome to Scotland's first ever National Running Week!

It's your chance to celebrate the impact that running and athletics has on your life, and help those who currently can't participate.

Research shows that people who live in poverty, have a disability or are in ethnically and culturally diverse communities, are significantly underrepresented in running and athletics. Read more [here](#)!

Athletics Trust Scotland, a charitable trust set up by **scottishathletics**, aims to change this. It's working to transform lives through athletics and running. There's more [here](#) about ATS!

You can play your part by participating in National Running Week activities, like the 5k challenge!

Read more about the impact that running & athletics can have on peoples lives [here](#).

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Myra's Story

“Running hasn't only transformed my life, it has saved it. Running has brought me back to life”.

Read more [here](#)



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Step 1

Sign Up to the 5k Challenge!

Our challenge during National Running Week for you is simple. We want you to assemble your club mates or work colleagues and walk, jog, run or push (a running buggy or wheelchair) a total distance of 5k at any point during National Running Week.



Or use the QR code to sign up!

SIGN UP

Here are some key notes for the NRW 5k Challenge:

- Must be 5km (3.1miles) in length (reasonable GPS margin of error).
- Must take place between 00:00am on Monday 5th and 23:59 on Sunday 11th June.
- To be shown on the leaderboard for the 5k challenge, simply log in to your Entry Central account and submit your performance by 14th June at noon.
- Must be 5km (3.1miles) in length (reasonable GPS margin of error).
- Must take place between 00:00am on Monday 5th and 23:59 on Sunday 11th June.
- To be shown on the leaderboard for the 5k challenge, simply log in to your Entry Central account and submit your performance by 14th June at noon.

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Mark's Story

“From an overweight chainsmoker to a Scottish internationalist and record holder it has been a very fulfilling ride.”

Read more [here](#)

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Step 2

Assemble your clubmates/colleagues

Our challenge during National Running Week for you is simple. We want you to assemble your club mates or work colleagues and walk, jog, run or wheel a 5k at any point during National Running Week.

Here are some ideas on what to do as part of NRW

- Organise a club or jogscotland 5k challenge during NRW!
- Set up a 5k challenge at work!
- Meet your neighbouring Club or Jog Scotland group for a mob match at your local parkrun – recognise participation, volunteering, PB's!
- Organise your own unique challenge!
- Walk, jog, run or push every day of NRW!

We'll be looking for the very best and most imaginative examples of participation during the week, and we can't wait to see what you do!

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Derek's Story

“In all honesty I didn't think I'd ever run again. But, through having a positive mindset, resilience and patience, I achieved the unthinkable.”

Read more [here](#)

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Remember - we're here to help! Contact us [here](#) for more inspiration or support!

How to get involved



Step 3

Share your stories and fundraise with us!

When you participate, we'd like you to make a donation to help Athletics Trust Scotland's Transforming Lives campaign. You can do so here athleticstrustscotland.org.uk/donate/

For those who raise more than £50, there's a special, limited edition neckwarmer, which we'll send you after the challenge.

Share your experience! Tag us on Social Media!



Tag us on Facebook



Tag us on Instagram



Tag us on LinkedIn
@Athletics Trust Scotland



Tag us on Twitter
@AthTrustScot



Start fundraising
for Athletics Trust Scotland

Share your activity on social media
using the hashtags
#NationalRunningWeek #NRW
and encourage others
to take part.

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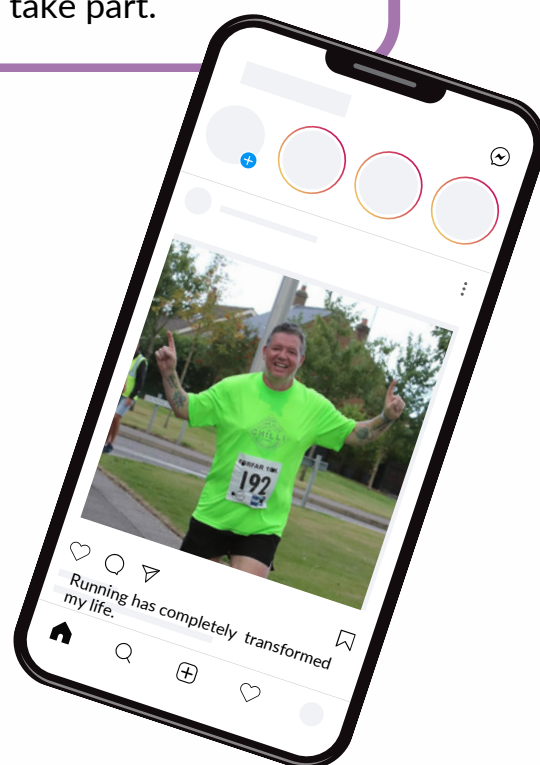
Windy Wilson's Story

"I was diagnosed with Type 2 Diabetes around ten years ago...since then taking up running was life changing for me."

Read more [here](#)



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How to take part



Step 4 Social Media Templates

Here are some social media suggestions

"We are proud to be supporting National Running Week 2023!"

National Running Week is a Scottish celebration of the benefits that walking, jogging, running and pushing a wheelchair can have on your social, mental and physical wellbeing.

However, more needs to be done to support disadvantaged groups to reap these benefits and we want to help.

#NationalRunningWeek #NRW #AthleticsTrustScotland"

"We are proud to be supporting National Running Week 2023!"

National Running Week is a Scottish celebration of the benefits that walking, jogging, running and pushing a wheelchair can have on your social, mental and physical wellbeing.

*You can sign up to the 5k challenge by going to **entrycentral.com/nationalrunningweek***

#NationalRunningWeek #NRW #AthleticsTrustScotland"

Use some of our templates





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5 June - 11 June 2023

Email: kyle.greig@athleticstrustscotland.org.uk
(Fundraising Lead)

Call: 0131 539 7343

Write to: Athletics Trust Scotland, Caledonia
House, South Gyle, Edinburgh, EH12 9DQ.



**Athletics Trust
Scotland**

Athletics Trust Scotland is a registered charity in Scotland
(SC050143) Caledonia House, South Gyle, Edinburgh, EH12
9DQ.