**Newton 10K, Saturday 12th November 2022**

In the shadow of Taylor Wimpey’s showhomes and the extensive, ever growing Newton Farm housing development in Cambuslang, a brand new 10K race has arrived on the Scottish racing calendar. Starting at Westburn Hall, the route hugs the Clyde, an ‘out and back’ 10k on tarmac paths (i.e. no roads/traffic to worry about) with a challenging but exciting incline finish.

Taylor Wimpey West Scotland helped to make the event possible by providing sponsorship, and in return were granted a free entry at the race. As a keen runner, I threw my name in the hat to claim the spot, which I ultimately received.

The event was organised by Newton Road Runners running club, and was conceived to honour a popular member, Cat Gaskell who tragically passed away in 2021, and to raise funds for charity. The event proved to be a huge success, selling out the 300 capacity for the 10K while concurrently hosting a 3K race attended mainly by younger athletes.

The race was preceded by an emotional speech by one of the organisers, introducing the masses to the event and honouring their friend. This was a special moment to be part of – many participants were from the local area, and I absolutely got a strong sense of community from the whole experience.

Newton Road Runners were formed in 2016 with the primary focus on meeting new people within the local community and going out running together. They very quickly grew to a 100+ member club with coaching for aspiring runners of all abilities and runners can be seen in their yellow attire at races nationwide.

The Newton Arms pub was the original meeting point at the club’s inception, and it provided the location of the ‘registration’ area of the race on event day. There was a great atmosphere pre-race, and I found myself envious of the multiple people heading back to the pub post-race for a few beers – not possible for someone driving back to Ayrshire!

Onto the race, which had many friends, family, supporters and photographers dotted around the route providing a ‘big race’ feel. As touched on above, the predominantly flat route was great to run on. The winner, Richard Carr, crossed the line with a time of 35:08 and was probably in the bath by the time I completed the race in 54:42, 158 places behind! A noisy support and an MC provided extra encouragement for a strong finish.

Overall, the event was a success and attracted a wide range of ages and abilities – which is what your local running club is all about. Carrying a few niggles and injuries, I knew I was a long way off racing properly, but I wanted to experience the event and ultimately enjoy myself, which I did. You don’t have to be Usain Bolt to turn up at your local club to try it, I strongly encourage it for anyone looking to improve their fitness, meet some new friends, and find a great way to de-stress.

In closing, I look forward to returning next year to tackle the race again and on behalf of myself and Taylor Wimpey West Scotland I offer a huge congratulations to the organisers for creating something that would have done their friend very proud.