Home into Round the Houses 10K this April

Longstanding FVH member honoured through winner’s trophy

Entries have just opened for what many have claimed is the fastest 10K race in the country, the Round The Houses 10k

Hosted by the Falkirk Victoria Harriers, this year’s event will take place on Sunday, 16 April, starting and finishing at Grangemouth Stadium.

As in past years, the 2023 edition of the fast, flat road race will incorporate the Scottish Students 10K Road Championship as well as the BMAF and East District 10K Road Championships.

Despite the route’s reputation for speed, this year’s participants will have to give it their all to beat the course records – and win an extra £50 in the process. The current marks are held by Commonwealth bronze medallist Robbie Simpson (30.04) and Annabel Simpson (33.22).

The winner of the race will earn the Jim Dingwall Memorial Trophy, named after a longstanding member of FVH who died in 2005.

During his career Dingwall ran for both Scotland and Britain, competed at the Commonwealth Games and in world cross-country championships, and medalled at the London Marathon. Born in 1949, Dingwall is considered one of the finest Scottish endurance runners of his generation – and the Round the Houses 10K winner’s trophy a fitting honour for him.