

Embargoed to 00:01
January 1st, 2007

GET YOUR NEW YEAR'S RESOLUTIONS UP AND RUNNING

With nearly 7million British adults expected to make New Year's resolutions and one in five predicted to lose their resolve within a week*, the organisers of the 2007 Edinburgh Forthside Half Marathon and Family Fun Run have announced a helpful solution.

A 12 week training programme for the Half Marathon will be launched later this week, offering running enthusiasts of all levels an opportunity to get themselves in great shape and take part in the 2007 event. Getting fit features at or near the top of most people's resolution lists, so having a goal to work towards, such as the Half Marathon, is an ideal way of putting the resolution into practice

The training programme, which will kick off on Sunday January 7, gives entrants 12 weeks to prepare themselves for the event which takes place at Ocean Terminal on April 1. This will help participants ensure their fitness levels are in top condition before taking part in the 13.1 mile race.

Over 3,500 runners of all abilities pounded along Edinburgh's waterfront in last year's race, and organisers expect to attract even more this year, including a strong field of elite runners from overseas.

For those needing a helping hand with getting ready for the event, a 'Training Zone' is featured on the Edinburgh Forthside Half Marathon website (www.edinburgh-forthside-half.co.uk) which includes tips and a training plan for runners. As well as picking up some useful tips, runners can also enter the race online. The closing date for entries is February 28 and with local and national charities set to benefit once again, the event has quickly established itself as a major fixture in the city's sporting calendar and entry figures are already up on last year's applications.

The course will start and finish at Ocean Terminal and will take in Newhaven, Trinity, Granton, Silverknowes and Cramond. The Family Fun Run will take place on the same day as the Half Marathon and follows a two-mile course from Ocean Terminal.

Ian Ladbroke, Race Director, said, "Last year's inaugural event sparked a tremendous interest so we are looking forward to receiving even more entries this year. We are already well ahead, but numbers are limited so we would encourage anyone interested in taking part to enter now to avoid disappointment'

"There are 12 weeks to go until the event so this is a perfect time to put those New Year's resolutions into practice and ask people to sign up, begin their training regime, and make sure their fitness levels are where they need to be before the race."

Continued

Doug McKenzie, Marketing Director of Forth Ports PLC and representative from the key event sponsor, Edinburgh Forthside, said, "We are looking forward building on the tremendous success of the inaugural Edinburgh Forthside Half Marathon in 2007. It is a great day out for the family and one that running enthusiasts of all levels can use as a springboard to kick off a healthy New Year."

(* Source: Independent Financial Adviser: Do your New Year's resolutions last or are you a serial resolver?)

ENDS

For further information please contact Katy Gilzean at Big Partnership on 0131 558 3111 / 07890100306 or Bill Shaw 07974720669.

Notes to Editors

- Visit www.edinburgh-forthside-half.co.uk to enter online and for more information.
- Entry forms can also be requested via the Half Marathon 24 hour information hotline on 0871 220 2006.
- The Edinburgh Forthside Half Marathon will take place on Sunday April 1, starting from Ocean Terminal at 9am and the Family fun run will start at 9.10am from the same location.