

## **TIME IS RUNNING OUT**

Time is running out for those wishing to take part in this year's Edinburgh Forthside Half Marathon and Family Fun Run.

Deadline for entries to this year's event – which in 2006 saw over 3,500 runners of all abilities pounding along Edinburgh's waterfront - is Wednesday February 28 and organisers are urging those who wish to enter to sign up as soon as possible.

Ian Ladbrooke, race director, said, "Last year's inaugural event sparked a tremendous interest and we are pleased this year seems to be just as popular. Runners have until February 28 to enter the race which promises to be a great day out for the family."

The Half Marathon has quickly established itself as a major fixture in the city's sporting calendar. Five official charities are set to benefit from the event in which several of Scotland's top marathon runners have registered to take part. The Sick Kids Foundation, Royal National Lifeboat Institution, Marie Curie Cancer Care, St Columba's Hospice and Radio Forth Help a Child Appeal will each profit from proceeds of the event.

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.

For those needing a helping hand getting ready for the event, a 'Training Zone' is featured on the Edinburgh Forthside Half Marathon website which includes tips and a training plan for runners.

Applications can be submitted on-line at [www.edinburgh-forthside-half.co.uk](http://www.edinburgh-forthside-half.co.uk) or entry forms can be requested by the Half Marathon 24 hour information hotline on 0871 220 2006.

ENDS

Issued by The Big Partnership on behalf of Forth Ports PLC and Event Organisers Ethical Athletics Ltd.

**For more information please contact Katy Gilzean, 0131 558 3111, [katy@bigpartnership.co.uk](mailto:katy@bigpartnership.co.uk)**

#### NOTES TO EDITORS

1. Edinburgh Forthside is the umbrella brand for three key regeneration projects at Granton, Harbour, Western Harbour and Leith Docks being led by Forth Ports PLC.
2. Visit [www.edinburgh-forthside-half.co.uk](http://www.edinburgh-forthside-half.co.uk) to enter online and for more information.
3. Entry forms can also be requested via the Half Marathon 24 hour information hotline on 0871 220 2006.
4. 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.