

MACMILLAN CHEERPOINTS - 25 & 26 MAY 2013

What to do

Team Macmillan aim to have *the* largest and noisiest cheer points on race day! And thanks to you and your support we can do this.

So whether it's clapping, whistling or shouting 'C'mon Macmillan' or runners names, make as much noise as possible for *each and every one* of our 1,500 Macmillan runners. They've given their all to train and fundraise for this event, now let's pay them back by making their race day the most inspiring ever!

If you need a Macmillan t-shirt, please find a member of Macmillan's staff on race day who will have spare ones available. Make sure you grab some Macmillan banger sticks to make plenty of noise! Plus cheer on all the other runners as they might be inspired to run for us next time! *Cheer-point location map is on the reverse.*

What to bring

Your Macmillan t-shirt! Please wear this **over** your clothes so the runners can spot you easily. Dress according to the weather – waterproofs for the wet and hats & sunscreen for the sun. And wear comfy shoes and wrap up warm if needed. Bring snacks, lunch & drinks to keep you going as we want to be there till our last runner comes through!

And feel free to dress up in green – a wig, crazy green hat or whatever green items you can find to make you stand out! Have loads of fun! ☺

EMF races

Saturday 25 May

Races start near Dynamic Earth in Holyrood Park, 112-116 Holyrood Rd Edinburgh EH8 8AS

5K - race start 11am

10K - race start 9am

3K - race start 9.05am

1.5K - race start 11.05am

Sunday 26 May

Marathon – 9.50am at London Road & 10am at Regent Road, Edinburgh

Half marathon – 8am at Regent Road Edinburgh

Team Relay – 10am at Regent Road Edinburgh
Leg 1 – 8.4 miles; Leg 2 – 5.6 miles; Leg 3 – 7.6 miles and Leg 4 – 4.6 miles

Twitter and Facebook



Let's get 'trending' on race day. Simply tweet photos of our runners, good luck messages and updates on how our runners are doing all using **#TeamMacmillan** and **#EMF2013**

You can follow the Challenge Events team @TeamMacmillan and Macmillan Cancer Support @Macmillancancer too.



Feel free to post any good luck messages or updates on our Macmillan runners the EMF on our Facebook page - Running@Macmillan.



Team Macmillan's London Marathon JustTextGiving: **Text TMAC70 £3 to 70070**

Photos and footage

Please take plenty of photos/footage of our fab runners in action and the cheer-points in full swing too. Some of the best photos we've seen are of runners with the cheer-points going crazy in the background.

We'd love to see your photos and share them with our Macmillan runners, so please send them to edinburghmarathon@macmillan.org.uk or upload them to our Facebook page. This will also be a huge help with future Team Macmillan promotions. Many thanks ☺

EMF mascot race...

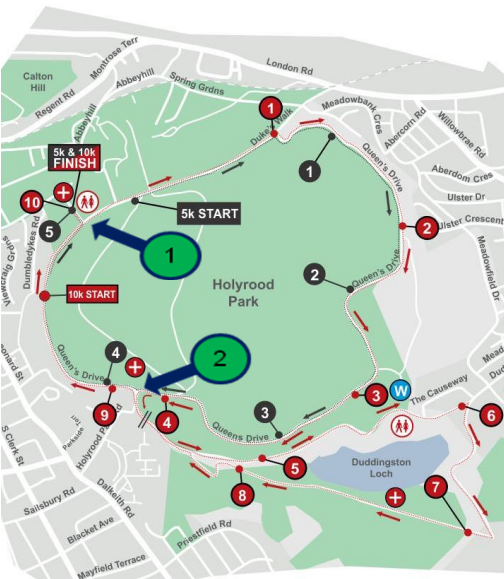
Come and cheer on Macmillan Muggy running in the EMF Mascot race! Stewart Muir will be taking on the challenge this year. Usually donating his time as a Volunteer Speaker, this time Stewart will be letting his legs do the talking.



Sunday 26 May at Pinkie School, 1pm – 4pm.

SATURDAY ONLY – 5K/10K Cheer points

Travel information: Our Dynamic Earth is closest landmark at Holyrood Road, EH8 8AS - www.dynamicearth.co.uk (see right hand box for a more detailed map)



By bus or train: Lothian Buses No. 35 & 36 or hop aboard any Edinburgh City sightseeing bus tour, & the nearest railway station is Waverley Station in the centre of the city, a short 15 minute walk away.

1 Holyrood Gait & Queens Drive - Start/Finish Straight

Directly behind dynamic earth, this is perfect for seeing that start of the 1.5K and 3K races, and finish of the 1.5k, 3k, 5k, and 10k.

2 Queens Drive Roundabout – Kilometres 4 & 8

Cheer the 5K runners as they reach their final kilometre & the 10k runners twice as they loop around this roundabout: once as they pass 4k and again just before their final kilometre.

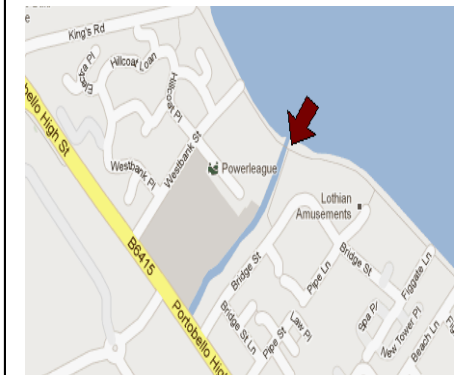
SUNDAY CHEERPOINTS



Holyrood Gait & Queens Drive – Mile 1. Sunday from 7.30am – 10.30am

Please see the box to the left for directions and travel information to Our Dynamic Earth. This cheer point is in the same location as cheerpoint 1 in the map to the left.

Macmillan Staff: Kate Lovesy and Jayne Forbes

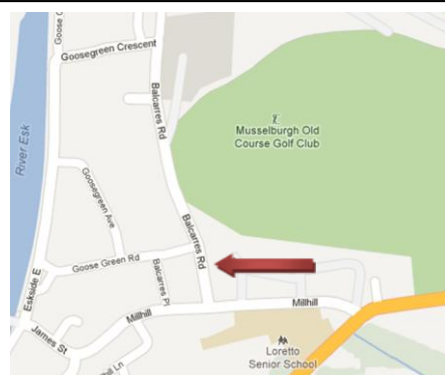


Portobello, along the coast down from Westbank street - Mile 5. Sunday from 8.30am – 11.30am

Bus info: Lothian Buses 15, 26, 45 & 49 leave from Leith St in Edinburgh. Alight at Portobello High Street and walk to the promenade.

By car: Road closures will restrict access on race day. Parking in side streets may be easier. For sat-navs enter: EH15 1DB.

Macmillan Volunteer: Jill Gordon



Balcarres Road, Musselburgh – Mile 9. Sunday from 9am - 12.30

Bus information: Lothian Buses 26 and 44 leave from Princes St in Edinburgh & Bus 30 from Leith St. Alight at Musselburgh High St. More info at www.lothianbuses.com.

By car: Road closures will restrict access on race day. Parking may be easier in streets near Musselburgh race course. For sat-navs enter EH21 7RG.

Macmillan Staff: Rob Bason

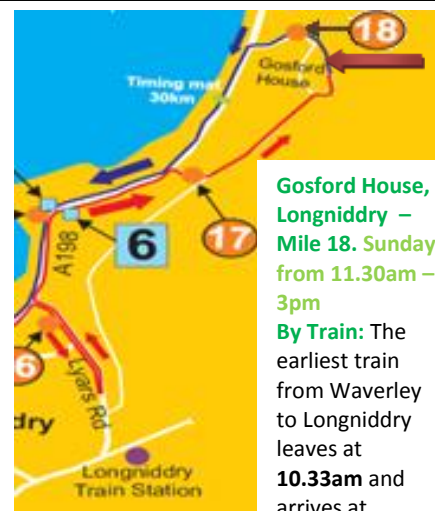


The Goth Pub, 227 High St, Prestonpans – Mile 11 & 23.5. Sunday from 9.30am – 4pm

Bus information: Lothian Bus 26 to Prestopans leaves from Princes St. See www.lothianbuses.com for more info.

By Car: Road closures will restrict access on race day. Parking in the side streets near pub may be easier. For Sat-Navs enter: EH32 9BE.

Macmillan Staff: Craig Fordham & Jan Forrest

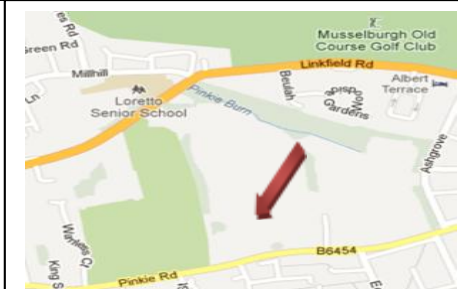


Gosford House, Longniddry – Mile 18. Sunday from 11.30am – 3pm

By Train: The earliest train from Waverley to Longniddry leaves at 10.33am and arrives at

By Car: Follow the A1 for Berwick-upon-Tweed from the city centre until Bankton Junction (A198), and then follow local directions. Parking is available in Gosford Bothy Farm Shop EH32 OPX.

Macmillan Staff: Linda Hamilton



Pinkie St Peter's Primary School, 44 Pinkie Rd, Musselburgh – Finishing straight & Macmillan Marquee. Sunday from 9.30am - 4.30pm

Travel information: Please check for more info on www.lothianbuses.com and www.scotrail.co.uk (closest train station is Wallyford).

By Car: Road closures will restrict access on race day. Parking in the streets around Musselburgh Golf Course. For sat-navs the post code for Pinkie School is EH21 7HA.

Macmillan Staff: Stephen Nunes