

### **Edinburgh Marathon Festival Information Pack**

Thank you for requesting more information about the 2019 Edinburgh Marathon Festival (EMF) events. We would be delighted to have you as part of our Team!

The Edinburgh Marathon Festival is one of the most exciting events in the calendar. Set against the stunning backdrop of the city of Edinburgh, this is a fantastic opportunity to raise money to support those affected by coeliac disease.

We have places in the following events:

#### **Saturday 25 May**

EMF Adult 10k	9:00 am	- 15 years +
EMF Adult 5k	11:00 am	- 11 years +
EMF Junior 5k	11:45 am	- for 11-18 year olds
EMF Junior 2k	2:30 pm	- for 9-12 year olds
EMF Junior 1.5k	1:45 pm	- for 6-8 year olds
EMF Kids Kilometre	1:00 pm	- for 3-6 year olds

The Junior races take place around Holyrood Park and are a fantastic way to get children active and interested in running.

#### **Sunday 26 May**

Edinburgh Full Marathon 10:00 am  
Edinburgh Half Marathon 8:00 am

Why not take part as a team of friends, or with a family member or just by yourself...whatever you choose, you'll have a fantastic experience!

#### **Why run for Coeliac UK?**

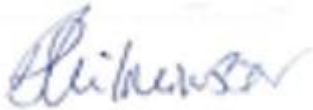
We receive no Government funding so every penny you raise will help more people suffering with the symptoms of untreated coeliac disease get the diagnosis they need. Every penny will help more people with the condition feel supported and confident in meeting the challenges of eating gluten-free food in every meal for the rest of their lives.

The information on the attached pages will help you with the registration process and cover any questions that you may encounter whilst filling out the online form.

The Fundraising Team are also here to support you all the way to race day with advice and fundraising materials and we will provide you with a running vest or t-shirt to wear on the day.

Thank you once again for your support and interest in fundraising for Coeliac UK;  
together, we're helping people so that one day, no one's life will be limited by gluten.

Yours Sincerely,



Niki Kilminster  
Fundraising Coordinator

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