



EVENT GUIDE

SATURDAY 21ST JANUARY 2023

SUPPORTED BY:



THE UNIVERSITY
of EDINBURGH

WELCOME

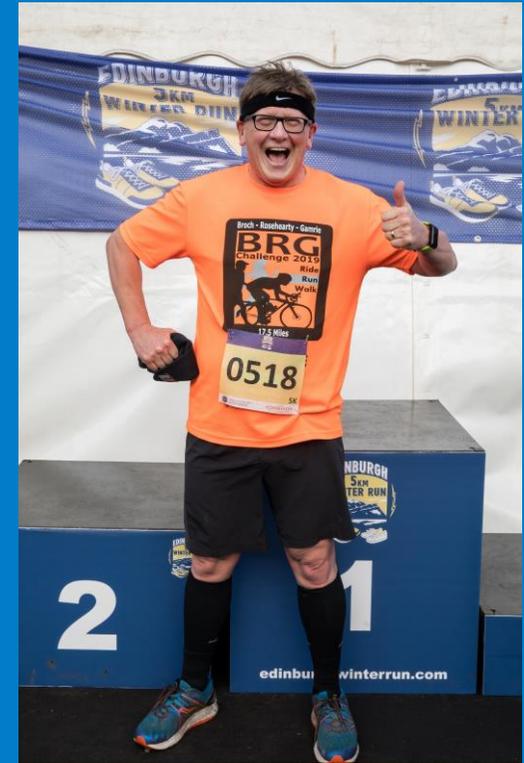
Thank you for joining us at the Edinburgh Winter Run 5KM Running Festival.

It's almost event day and we want to make sure you have all of the information you need so that you're ready to go when you arrive on the 21st January.

Please remember to wear appropriate clothing for the given conditions on the day, including a waterproof top if rain is forecast. It's January, in Scotland, it could be a cold one!

Whatever your goals, a PB or your first 5KM, good luck from us and enjoy your day.

See you on the 21st!



Follow us for updates



@durtyevents



GOOD LUCK!



Peter Mathieson, Principal and Vice Chancellor

Wishing all students and staff who are representing the University of Edinburgh in the Winter Run the very best of luck. It takes an exceptional amount of grit and determination to be able to run a 5k in the midst of an Edinburgh winter, and everyone taking part has my utmost respect and admiration. Run well, and stay safe



Lucy Evans, Depute Secretary Student Experience

It is inspirational to hear that so many of our staff and students will be taking part in this year's Edinburgh Winter Run. Getting active is one of the best ways to interact with a city like Edinburgh. I hope taking part plays a role in improving everyone's experience of studying or working at the University. Whether you are chasing a PB or taking part in your first ever 5k run or coming along to support, enjoy it and embrace the community spirit.



Jim Aitken, Director of Sport

The EWR is a fantastic way for the whole UoE community to kick-start 2023 and set our sights on an active year ahead. Since the EWR last took place in 2019, sport and active health has proven to be vital to our personal and collective physical, mental and social health so well done for taking part. Its sure to be a great event, be sure to wrap up warm and enjoy yourselves. And remember everyone, movement is medicine!

MOVE TO THE MUSIC

We're bringing the carnival atmosphere to Edinburgh Winter Run. Keep an ear out for our samba band, steel drum band, and Red Bull DJ Truck. They'll be stationed around the 5k course so give them a wave and a boogie as you shimmy on by.



KIT FOR ALL

Edinburgh University Sports Union (EUSU) is collaborating with Active Schools Edinburgh to host a [Kit for All](#) collection.

This means when you collect your race pack and running t-shirt on Friday 20th January, at the Sports Union office, you can deposit some sports kit you no longer use that will be redistributed to schools and community sports hubs throughout the city. This is a great opportunity to clear out some kit that you no longer wear, and allow someone else to get use of it. We will be accepting donations of t-shirts, shorts, sports bras, jogging bottoms and sports jumpers but **please make sure they have been cleaned before being deposited.**



VOLUNTEER ZAMBIA

On the day of the race there will be an opportunity to purchase some sweet treats from the Sports Union gazebo to replenish your energy levels. All funds raised will go to support our students taking part in the [Volunteer Zambia](#) project, where they will travel to Zambia in summer 2023 to coach the next generation of Zambian coaches in basketball, netball and womens football. Please make sure you come and say hello and support our students.



On race day please meet at 10:30am wearing your race t-shirt at the University of Edinburgh gazebo in the athlete village for #TeamUoE picture!

The contact at EUSU is Neil Rankin – neil.rankin@ed.ac.uk

EVENT INFORMATION

Location

Queens Drive, Holyrood Park, Edinburgh

Parking

There is no official event parking but there are a number of car parks close to the event site. Location of near by car parks can be found [here](#).

How to get there

Travel information can be found on our [website under the Venue Tab](#)

Schedule Friday 20th January

12:00-18:00 University of Edinburgh Athlete Early Registration and race t-shirt collection @ Edinburgh University Sports Union, 48 Pleasance, Edinburgh, EH8 9TJ - please note this is the building next door to the gym.

Schedule

- 08:30 Event Village and Registration Opens
- 10:45 Warm up for Edinburgh 5Km Wave 1 Winter Run
- 11:00 Edinburgh Winter Run Wave 1 Starts
- 11:10 Warm up for Edinburgh 5Km Wave 2 Winter Run
- 11:20 Edinburgh Winter Run Wave 2 Starts
- 11:30 Warm up for Edinburgh 5Km Wave 3 & Wave 4 Winter Run
- 11:40 Edinburgh Winter Run Wave 3 Starts
- 11:50 Edinburgh Winter Run Wave 4 Starts
- 12:45 Edinburgh Winter Toddler Dash Starts
- 13:15 Edinburgh Family Mile
- 13:30 Edinburgh Winter Run Podium Ceremony
- 14:00 Event Close



Please read on to learn about race number collection, baggage drop and event day facilities.

Run routes can be found on our [website](#).

RUN NUMBER AND TIMING CHIP

As a University of Edinburgh entrant you can collect your race pack on Friday 20th January from 12:00-18:00 at The University of Edinburgh Sports' Union 48 The Pleasance Edinburgh EH8 9TJ, click on this link for how to find us [Getting there](#)

If you are unable to collect your pack on Friday, please collect your race pack at the Athlete Registration tent from 8.30 am on race day (location on next page). Your race pack will include your run number and safety pins for you to secure to your clothing. Only you must wear your number on race day. Don't swap, copy or change run numbers. Your timing chip is attached to the back of your number, do not remove or cover the chip as it could interfere with the accuracy of your time. The integrated run number chip will automatically record your time.

Don't forget to complete the reverse of your run number with your Emergency Contact details and any Medical condition we might need to know about. Once you've filled in the back of your run number and attached it to your front, you are good to go. You can go straight to the start assembly area.

Your Race number includes a tear off baggage label, if you intend to leave a bag in the store please detach this label and fix it securely to your bag before leaving it with our volunteers.

Race results will be available from [Thistle Timing Results](#) after your event and images will be available via social media (accounts below)

Follow us for updates



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Example race number



Baggage label



BAGGAGE DROP

Baggage Drop

Ensure you have collected your race pack before you drop baggage. There will be a baggage marquee in the main Athlete Village on Queen's Drive car park, close to the finish line. Please see site plan on next page and note there are no changing facilities.

1. To store your bag, you must tear off your baggage label from your race number.
2. Make sure your baggage label is secured to your bag.
3. Go to the Bag Drop tent and a marshal will take your bag.
4. To collect your bag after your run, you must have your race number. When collecting your bag a marshal will ask you to show your race number before handing the appropriately tagged bag back to you. **No run number, no bag!**

Please don't leave valuables in your bags. We do not accept any responsibility for lost or stolen items.



Example race number



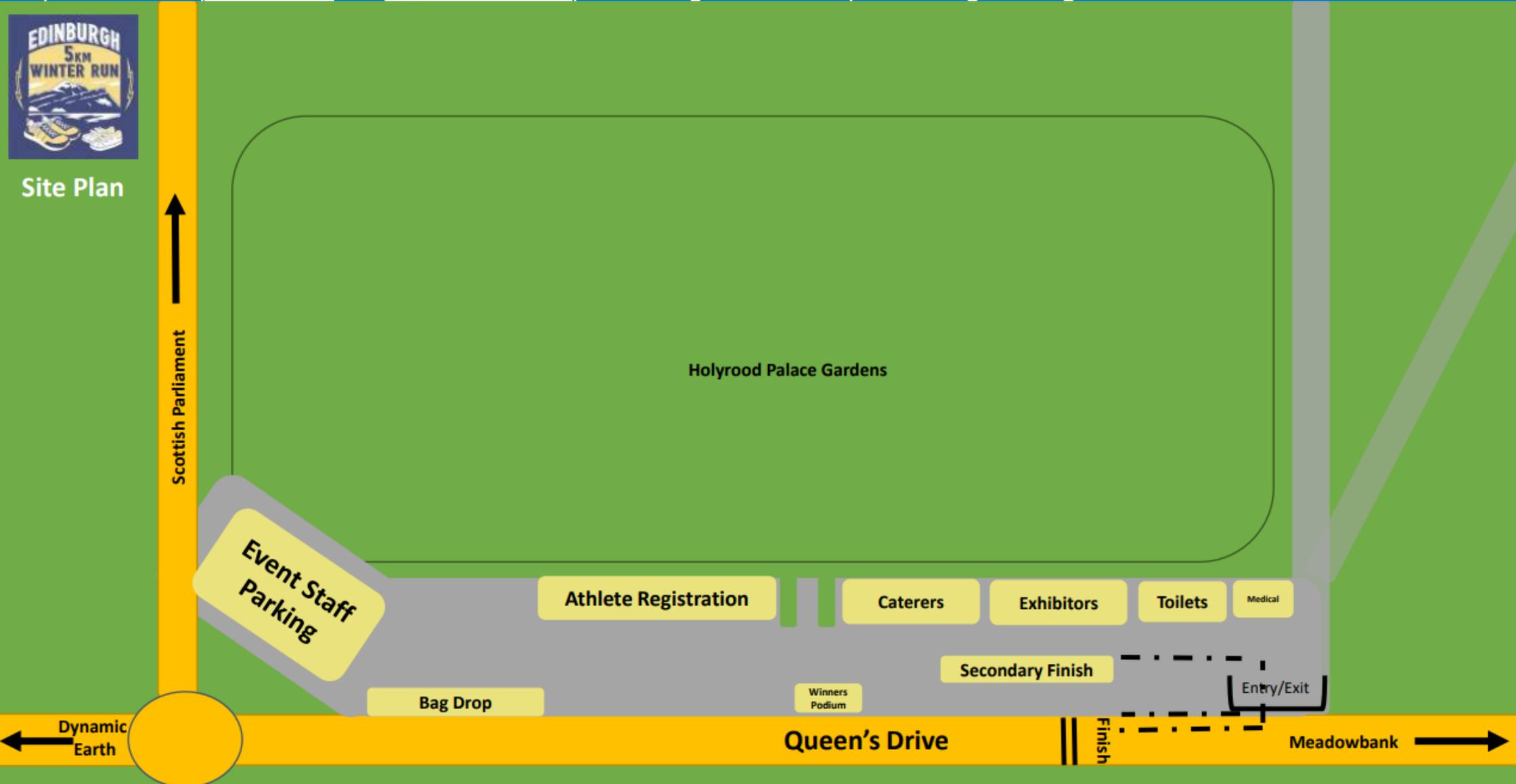
Baggage label



EVENT VILLAGE

There will be no changing facilities available on race day.

We will have portable toilets, food and drinks vendors ([Fonab Farm Foods](#) and [James' Speciality Coffee Bar](#)) and sports brands ([Loomi Life](#) and [Big Bobble Hats](#)) exhibiting within the Sports Village during the event.



EDINBURGH WINTER RUN 5KM

At the start please position yourself according to speed, if you are fast make your way to the front, if you are steady go in the middle and if you may be walking or walk/running the event please start at the rear. Wherever you start in the pack please be aware of other runners and stick to the left hand side of the road to allow runners through who may want to pass.

If you require toilet facilities please use them before you enter the assembly area, there are no facilities beyond this point. Toilets are located in the Event village, (see site plan on previous page). The facilities will be busy before and after the run, so please allow plenty of time.

Join us before your wave for a mass warm up to music, this will take place in the start area to help get you ready for your run.

Family and friends will be able to wait for runners at the Finish on Queens Drive. Please don't stop immediately after you cross the line, you will have to walk a short distance to exit the course. You will receive your event memento and water to rehydrate you.

Medical facilities will be available near to the start and finish line and staff will be positioned around the course should you require assistance. Please contact a medic or steward if you need help at any time.

The 5KM route can be found on our [website](#).

EDINBURGH WINTER RUN TODDLER DASH

Our Toddler Dash is aimed at those with the littlest legs who want to join in the fun. Remember each toddler gets two free adult run numbers so adults can join in the fun too!

They will complete a single dash from the end of the finish straight back under the finish gantry. All children will receive a medal for taking part to mark their achievement. The Toddler dash route can be found on our [website](#).

EDINBURGH WINTER RUN FAMILY MILE

There's really no pressure to set amazingly fast times or even run the whole way. The Family Mile is designed for runners of all ages and for families to enjoy together.

The family mile route can be found on our [website](#).

LOOKING FOR YOUR NEXT RUNNING CHALLENGE?



- 1. FoxTrail - 1/2 Marathon & 5k - Tynninghame** **4th February**
- 2. FoxTrail - 16k & 5k - Foxlake, Dunbar** **4th March**
- 3. Hop Run - 10k & 5k - Stewart Brewing, Loanhead** **10th June**
- 4. Lakes in a Day - 50m Ultra Marathon - Caldbeck** **7th October**

FOR ALL DETAILS SEE: WWW.DURTYEVENTS.COM

KMF TRAIL RUNNING WEEKEND

MAY 20TH
KESWICK



Four Trail Run Events sponsored by adidas TERREX
5k, 10k, 25k, 50k | Event Village | Free Test & Trial | Supporting Cultural Events

VISIT: TRAILRUNNING.KESWICKMOUNTAINFESTIVAL.CO.UK



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