

EDINBURGH MARATHON FESTIVAL 2023

Sunday, 28 May

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

EDINBURGH MARATHON FESTIVAL 2023

Your runner's guide

You're taking part in the Edinburgh Marathon Festival for us. Thank you! This guide will give you all you need to know about the day. Share this with your friends and family so that they can find our cheer point and we can all make a racket for you together. If you have any questions, give us a shout. Otherwise, we'll see you as you race past.

Why it's important

"I lost one of my closest friends, Ross, to diabetes. I'm running for Diabetes UK to honour Ross, and fundraise to help us understand the causes of diabetes, find breakthroughs in managing the condition – and bring us closer to a cure." **Morgan, Edinburgh Marathon 2023 participant.**

Getting ready

Race packs will be sent in the post 2 to 3 weeks before race day for UK participants. This will contain your race number that you will need to attach to your t-shirt on race day. If you do not receive it or have changed address, then we'd advise contacting the race organisers.

Also around this time (mid-April), you will receive an email with your starting wave, wave time and arrival guide – this will help you plan where to go on race morning. Please ensure you read the enclosed race day booklet included in the pack before attending. All necessary information can be found from within your 'My Running' account on the EMF website.

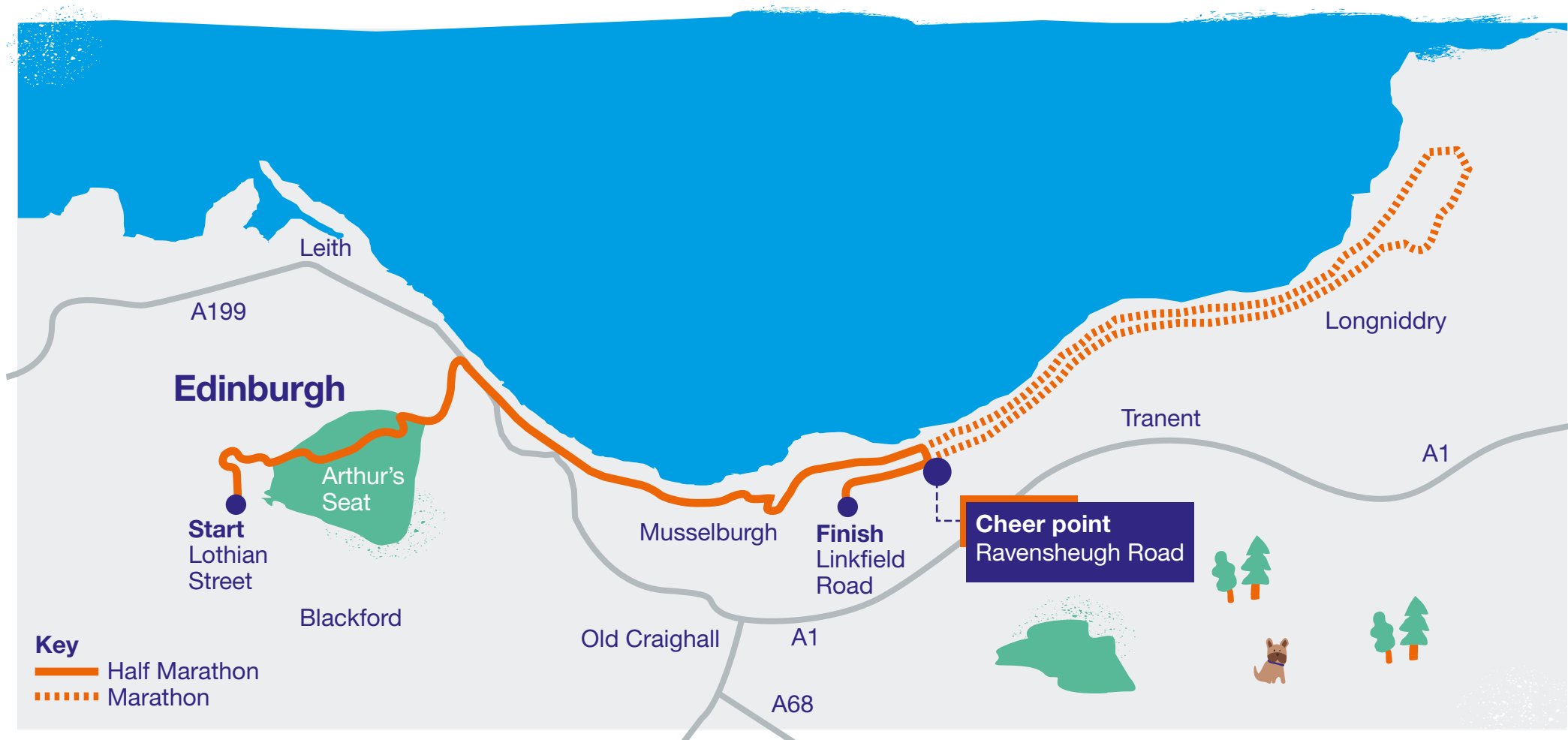
Social media

If you're on Twitter, Facebook or Instagram, then get sharing. We'd love to see your pictures and posts about the day. And don't forget to share your JustGiving link with all your followers. You're about to take on a massive running challenge, so it's the best day to get those donations flooding in.

Don't forget to use **#TeamDUK** and **@DiabetesUK** in your posts.



The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC039136). A company limited by guarantee registered in England and Wales with no. 00339181 and registered office at Wells Lawrence House, 126 Back Church Lane London E1 1FH. © Diabetes UK 2023.



Feel the noise

Never underestimate the power of hearing your name yelled to perk you up if you're flagging or drive you on even faster if you're feeling great. Look out for our big blue cheer point along the route and encourage your friends and family to join us. We'll be at Ravensheugh Road, located at mile 10 and mile 25.

Celebrate with us

Celebrate your amazing achievement with #TeamDUK at our post-race reception in the charity village, after you run. You will find us at Marque 2, Bay 17! We'll have sports massage, light refreshments, and a camera ready to grab your moment of glory, complete with medal.

Use this venue as a meeting point for friends and family, they're welcome to come along. The venue is perfectly located at a short distance from the finish line.

Got a question

Email us:
fundraising@diabetes.org.uk

Our cheer point Ravensheugh road

Will be situated close to miles 10 and 25 on Ravensheugh Road. Look out for our #DUK team cheering you on and shouting out your name!