

## **No Excuse Not to Take Part in Meadows Marathon as 6 Year Old Registers**

Chloe Coupe is perhaps one of the most inspirational runners of the event taking place on 7 March. The six year old has decided to run the 5km Fun Run of the Meadows Marathon with her Granny, Mig for the charity Mindroom. The charity creates and raises awareness of all kinds of learning difficulties and provides direct help and support to children and adults in their schools or workplaces, as well as training for education and health professionals. Mig is the Direct Help and Support Manager, and the only full time employee for Mindroom. Inspired by her granny's work, Chloe, who has already raised £120, said,

'I want to help children who can't talk or learn like I can!'

There are at least 5 children in every class with some form of learning difficulty who will then grow into adults with learning difficulties. Mindroom's goal is to create such awareness, that by the year 2020 all children and adults in this country with learning difficulties will receive the recognition and help they need.

Proud granny Mig, said,

'I hope I can keep up with Chloe on the course!'

Another charity, Scottish Love in Action, has around 70 runners fundraising for them. It cares for and supports destitute children in India. They face constant discrimination in society, as well as being denied basic human rights of healthcare and education. Fundraising will help to feed, clothe, house, educate and provide medical care for 560 children, breaking down the negative effects of caste on their lives and bringing them dignity, self-respect and love. Among the runners there are 30 travelling up from Durham University and 15 from Aberdeen University. These links have been established by outstanding people who have previously been on SLA projects. This year the runners will have helium balloons attached to them, so that they will be easily recognised around the course. Some may also dress up as white chickens, which is the affectionate nickname the Indian partners of SLA have used for visitors from Scotland.

Development Manager Colin McRae commented,

'The Meadows Marathon has now become a key event in the SLA calendar, as it is a great opportunity for us to raise peoples awareness of our work and get them running for us, as well as being such a fun and active day!'

There is now less than two weeks until the largest student organised road race in the UK takes place in the heart of Edinburgh, The Meadows. The event consists of a half marathon and 5km fun run, and only costs a mere £15 to enter. Organisers want to push to get a target of 1,000 runners to take part. As it stands, more than 700 runners have signed up. The last date to register online is 1 March, so please do not delay. Visit [www.meadowsmarathon.org.uk](http://www.meadowsmarathon.org.uk) for more information.

If a six year old can take part in the Meadows Marathon, then there is really no excuse for the rest of us!

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## **Background**

- Back in 2007 the event was founded by Paul Hewett and Alex Robertson, two mathematicians from the University of Edinburgh
- The Meadows Marathon is returning for its fourth consecutive year
- Last year's event was one of the biggest student organised road races in the UK, and 850 runners raised a staggering £50,000 for charity
- The team believes that any charity can become involved and that the event is accessible to all. Already signed up is Scottish Love in Action, Four Square, New Pyjamas Campaign, Age Concern and Help the Aged in Scotland and Meningitis Research
- The organisers believe that exercise should be fun and so, on the day, various entertainments will be provided, including radio DJs and performance acts, all designed to spur on the competitors.
- John Owens, editor of myRace commented, 'The Meadows Marathon is perhaps the most vibrant and exciting half marathon in the whole of Scotland. The atmosphere on the day is electric and it's fantastic to see so many students and keen runners taking part in the name of charity. The costumes last year were well thought out, and it will be interesting to see what some runners come up with this year.'
- This year's Project Manager, Sally Hutchby, has been involved with the Meadows Marathon for the past two years and is keen to carry on its success. Sally commented, 'I am thrilled to be part of this project for another year and hope to carry on its legacy. This year we want to make the Meadows Marathon even bigger and better and are going to be pulling out all the stops. We want to show that Edinburgh's students play an active role in the community and that they can bring their energy and enthusiasm together to raise funds for a whole range of deserving causes.'
- For more information about the fantastic benefits Mindroom provides for people with learning difficulties, please visit [www.mindroom.org](http://www.mindroom.org)
- To find out more about SLA, check out [www.sla-india.org](http://www.sla-india.org)

For further information visit the website - [www.meadowsmarathon.org.uk](http://www.meadowsmarathon.org.uk) for more details about the event and to sign up.

Or alternatively contact Alexandra Budge at [press@meadowsmarathon.org.uk](mailto:press@meadowsmarathon.org.uk) or on 07977738061

The Meadows Marathon is registered under the Edinburgh Students' Charities Appeal, Scottish Charity No.SC035064. Registered office 5/1 Bristo Sq, Edinburgh, EH8 9AL.