

Harmeny AC Virtual Water of Leith Mini-Marathon

Event Details

When - Complete your run between Saturday 6th and Sunday 14th March. If possible, record your run using a GPS device or phone. Upload your time and a link to your Garmin or Strava file using the Google form link below. Please upload your run details by Midnight Monday 15th March.



Where – On our usual annual water of Leith Mini-Marathon course. This is an approximately 4.2km almost circular route from the Start of the water of Leith Walkway in Balerno and finishing at the end of the Lymphoy at Malleny Gardens, Balerno. The course will be marked prior to the 6th March and we will attempt to check markings aren't moved or erased however we would advise runners to familiarise themselves with the route. A course map and course description are set out below.



The Start – At the beginning of the WOL Walkway Balerno at the Grating/End of paving as ably demonstrated by Coach Craig. Continue along the WOL Walkway for approx. 2.1km



After approx. 2.1km - turn right onto a narrow pathway. We will signpost this and mark the turn with marking spray. If you reach the small Wooden footbridge over the Kirkgate you've gone too far.



Continue along the path until, you arrive at the Kirkgate here. Stay on the footpath and head up the hill



After just 20 metres you will see the entrance to the Lymphoy on your right hand side. Head along the Lymphoy and stay on this path for a further 2km until the end of the race.



The finish is towards the end of the Lymphoy before you reach Malleny Gardens. We will spray mark the large kerb stone with yellow paint at the finish. It is just before the metal gate on the left hand side. You should have covered approximately 4.2km but don't rely on GPS as it can be unreliable. **Don't forget to stop your watch and save your run.**

Age categories -The race is open to all Junior members. Age categories are as current XC and road running age groups below.

U11 Born 1/9/2009 to 31/8/2011

U13 Born 1/9/2007 to 31/8/2009

U15 Born 1/9/2005 to 31/8/2007

U17 Born 1/9/2003 to 31/8/2005

U20 Born 1/9/2000 to 31/8/2003

Entries- To enter your time use the google form link here:

https://docs.google.com/forms/d/e/1FAIpQLSe0SMKUaxvrUlgrDANEd583FUhXhnx4hoeGA64qiUu4RPtfoQ/viewform?usp=sf_link

Just fill in your personal details and your time. You will need to provide link to your Strava or Garmin activity. Don't forget to make the activity public so we can view it. If you don't have a GPS device you can record an activity on your phone using **Strava**. Strava is a free app and details of how to set up an account can be found here. <https://www.strava.com/>

If you don't have GPS or it's not possible to record with Strava then we will accept a photo at the start and finish. Please upload your details via the google forms link above but email your photographs to harmenyxc@gmail.com.

General

Please remember the Water of Leith Walkway and Lymphoy are very popular routes used by other walkers, runners, cyclists and horse riders. The route is particularly busy at the weekends and you may wish to avoid running on these days particularly if you are aiming for a fast time. Above all please be courteous and respectful to other users and keep socially distanced at all times.

Have fun and Stay safe!