

Bupa Great Edinburgh Cross Country on 8th January

You are invited to make the Bupa Great Winter Run your New Year's Resolution. This 5km road run is for all abilities and is set in the stunning surrounds of Holyrood Park in Edinburgh, the perfect way to kick start your New Year.

Kenya's Emily Chebet will contest two races on Spanish soil next month as she prepares for the defence her IAAF World Cross Country title in March.

The athlete's manager Zane Branson said she will run only in Seville and Elgoibar after organisers of the Bupa Great Edinburgh Cross Country incorrectly announced her participation in their race on January 8.

Branson said although Chebet had received an invite to the British meeting she declined the offer on December 21 believing the Spanish events will best prepare her for the World Cross should she make the Kenyan team.

Another Kenyan Milcah Chemos the current World steeplechase number one has joined the star-studded Women's International field for the [Bupa Great Edinburgh Cross Country](#) in Holyrood Park.

Her appearance will see her line up against fellow countrywomen Vivian Cheruiyot and Linet Masai the reigning World 5000metres and 10000m track gold medallists in the six kilometres in Holyrood Park on January 8.

Chemos, after winning the 2009 World Championships 3000 metres steeplechase bronze medal has blossomed since that performance, claiming this year's Commonwealth Games gold medal and dominating her rivals during the summer to clinch the Samsung Diamond League overall crown for the tough discipline.

Now the Kenyan who was also shortlisted for the IAAF World Women's Athlete Women of the Year title, will be aiming to add to her laurels in the BBC televised event, the fourth venue of this winter's IAAF Cross Country Permit Series.

The Bupa Great Edinburgh Cross Country, the fourth leg of the IAAF's Permit Season 2010/2011, will be broadcast live by BBC Television and will also feature international men's 4km and International Team Challenge which will see Great Britain and Northern Ireland Senior Men take on the United States and a European Select team over 8 kilometres. The event is free for spectators, with all the action underway from 1pm.