

BUPA Great Winter Run

Some of the runners taking part in today's Great Winter Run at Holyrood relaxed today by visiting Edinburgh Castle.



* Over 2000 runners of all abilities will kick-start 2011 by taking part in the Bupa Great Winter Run and Bupa Junior Great Winter Run Saturday 8 January.

* Undulating 5k course taking in the beautiful surroundings of the Scottish Capital's Holyrood Park.

* Start time 12:00 (TBC)

* All entries receives after 10am Tuesday 4 January should pick up their race packs from race information desk on the day which is open from 09:30.

* PLUS – Watch the Bupa Great Edinburgh Cross Country as Mo Farah, double European champion, leads the GB team into action against the best of the USA and Europe in the inaugural International team challenge. Up against 9 times European champion Sergey Lebid and a strong US team, can Farah lead the British team to victory? Free entry for spectators

* The Bupa Great Edinburgh Cross Country is live on BBC One from 13:00 – 14:30, Saturday 8 January

Photo by Malcolm Anderson