

# Five things you need to know today



## **Culture & Sport Committee – Greener Leith AGM – Edinburgh Marathon Festival Workshop – Forth Valley Chorus to appear in Kirkliston – Makar’s Court inscription**

The council’s Culture & Sport Committee meet this morning at the Traverse Theatre. This is a departure from the norm but there is a public gallery and members of the public are invited along as normal. The meeting starts at 10:00am.

One of the items on the agenda is a discussion of the £50,000 which the council awarded to the tennis event held in Stockbridge earlier this summer. As readers will know the Brodies Champions of Tennis was affected badly by the rain on some of the days, and the roof over the courts which was very pretty was deemed ineffective. The sports event had a £700,000 budget raised largely from sponsorship, but the net economic benefit has been assessed independently at £0.238m. The most surprising comment in the report given the number of comments on Twitter and other social media is that over 90% of all who attended declared the event good or very good. This was assessed by face to face interviews with almost 400 spectators at the event.

But the other benefits from the event were the coaching sessions and a tennis festival in Inverleith Park. The council confirms it will look at funding any future events. EventScotland also contributed £50,000 to the company organising it.

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You can go along to the Greener Leith AGM tonight!

“Members and non-members are cordially invited to The Greener Leith Annual General Meeting which will take place on Tuesday October 22nd 2014, in The Shore Room, Leith Community Centre, the Kirkgate at 7.30pm.

Please come along to find out more about our work and how you can get involved.

Members will also elect a committee for the next year.”

### **Date/Time**

Date(s) – 22/10/2013

7:30 pm – 9:30 pm

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**FREE EDINBURGH MARATHON FESTIVAL WORKSHOP**

**Thursday 24th October 2013 – 6.30 to 8.30pm.**

Gain some valuable knowledge and tips for EMF 2014 at the **FREE** Edinburgh Marathon Festival Workshop on Thursday evening at Meadowbank Sports Centre, Edinburgh.

Runners will have the chance to receive professional advice on every aspect of Edinburgh Marathon Festival preparation (for any event) including training plans, nutrition, injury

treatment, prevention and tips on how to stay motivated. This includes a unique 'on the track' running session on Meadowbank track where runners will be assessed based on the running distance they wish to enter.

Freebies and discounts will be on offer from the EMF team, and the experienced staff from our retail partner Run and Become will also be on hand during the evening to offer any advice on footwear and kit.

**The format of the event will be as follows:**

**Doors open 6pm:** Please arrive for a prompt 6.30pm start

**6.30pm – 6.40pm:** Introductions

**6.40pm – 7pm:** Alex McEwan, Sports Development Officer and Endurance Coach at Edinburgh AC

**7pm – 7.15pm:** Sarah Dempster, Nutritionist


**7.15pm – 7.30pm:** David Hilton, Macmillan Representative

**7.30pm – 8.30pm:** On track training session

This is a **FREE** event and everyone is welcome to attend – whether you're running a marathon or a 5k, have signed up or are still thinking about it.

Please note there is a **maximum of 4** tickets per person. Tickets for the event are free but are allocated on a first-come, first-served basis. **Please arrive in your running gear.** Book [here](#).

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The council are about to approve the latest inscription at the Makar's Court.

This is planned to recognise John Muir the environmentalist

who has done so much for the conservation of the natural world, including the national parks movement.

The proposed inscription, and source of the quotation, are as follows:

John Muir (1838 –1914)

“I care only to entice people to look at Nature’s loveliness.”

Don’t know where the Makar’s Court is? It’s next to the Writers’ Museum on Lady Stair’s Close. Look out for it next time you are up in the Old Town. The inscriptions are set into the flagstones.

