

# Macmillan Cancer Support urge people to run Kilomathon



Macmillan Cancer Support is urging people to look out their trainers and sign up to the Scotland Kilomathon on Sunday 16 March.

There are three Kilomathon distances to choose from – the 13.1k is an excellent distance for those looking to step-up from a 10k and training for a half/marathon, or looking for a bridging gap between a 10k & a half marathon. The 6.55k is an ideal step-up from a 5k, or as a stepping stone to the 10k distance. The 2.62k junior race is a fun race for kids and takes place in Murrayfield Stadium, the home of Scottish Rugby.

Runners take in the historic Royal Yacht Britannia, picturesque Victoria Park and enjoy tranquil cycle paths before a fantastic finish in front of the West Stand at Murrayfield Stadium.

Fundraising Manager for Edinburgh, Jayne Forbes, said: “The Kilomathon is a fantastic way to support Macmillan and there is a choice of distances for all the family.

“Knowing that every mile you cover is raising money for people affected by cancer will give you real motivation to keep going with your fitness programme.”

“We provide comprehensive training, nutrition and kit advice, as well as very simple ideas to raise money.”

All the money raised from the run will be used to fund Macmillan’s vital cancer services, from specialist nurses and doctors, to help and advice for people who have financial

problems as a result of their cancer.

For more information on taking on a run for Macmillan please contact [fundraising@macmillan.org.uk](mailto:fundraising@macmillan.org.uk) or 0300 1000 200. Please see all our running events at [www.macmillan.org.uk/running](http://www.macmillan.org.uk/running)