

Five things you need to know today Edinburgh



Commonwealth Day

Commonwealth Games legacy

Calling all General Election candidates!

At The Stand tonight

Cycling ON the canal (yes really!)

The Lord Provost Donald Wilson will convey a message from Her Majesty, The Queen before raising the Commonwealth Flag at the City Chambers on [Commonwealth Day](#) today.

It is expected that 730 flags will be raised on Monday by 53 Commonwealth countries. In Edinburgh, the flag-raising will also be an opportunity for the City of Edinburgh Council to celebrate the start of Legacy Week which begins today

[Legacy Week](#) is a Scotland-wide Government initiative celebrating last summer's Commonwealth Games. In Edinburgh, events spanning athletics, swimming, paralympics, walking and cycling will take place showcasing the variety of sporting opportunities that take place in the Capital.

In his speech, the Lord Provost Donald Wilson will say: "Organisations from all 53 Commonwealth countries are joining to raise more than 730 Commonwealth Flags in a shared celebration of this remarkable family of nations.

"The Commonwealth is made up of two billion citizens drawn from all faiths, cultures and ethnicities. Commonwealth countries come together voluntarily in a spirit of co-operation, partnership and understanding. It is for that reason we are here today to raise the Commonwealth Flag in unity with those throughout all the participating countries of the world.

"We also welcome the Commonwealth Day theme for 2015 which honours the future generation: *A Young Commonwealth* and commits to advancing opportunities for the development and growth our youth."

The Lord Provost will also convey the following message sent from Her Majesty, The Queen which the palace has embargoed for 9:50am on Monday 9 March: "I am pleased to learn that so many people throughout the Commonwealth will be taking part in the 'Fly a Flag for the Commonwealth' initiative on Commonwealth Day this year, which I understand will see the raising of a record number of Commonwealth flags. I send my good wishes to all who are taking part".

Almost eight months since thousands of people took to the streets of Edinburgh to cheer on the [Queen's Baton Relay](#), Scotland is reflecting on the excitement and impact of the Commonwealth Games during [Legacy Week](#) which begins today.

From athletics for under-fives to cycling for older children – and the chance to watch international swimming competitions at the Royal Commonwealth Pool – the variety of events taking place during Legacy Week in Edinburgh is a sample of the many activities available for people to take part in day-in and day-out in the Capital.

After the Commonwealth Games last summer, **athletics** became one of the sports in Edinburgh to witness a spike in interest.

For young and aspiring athletes, Edinburgh Leisure's [Kirkliston Leisure Centre](#) will be offering an under-5's coaching session on Wednesday (11 March). The session will include a mini Commonwealth Games. To register interest, contact the venue.

If those under-5's keep at it, they might join one of the Capital's athletics clubs one day. Coach Kevin Maguire will deliver a training session on the High Jump to athletes today. Edinburgh received High Jump equipment from Glasgow 2014 which is available for those with an interest in athletics to try out. There are many clubs in Edinburgh for those that become serious about sport. Find out how you can join an Edinburgh-based club at [ClubSport Edinburgh](#).

Three performance athletes will also be visiting [Forrester's Community Sports Hub](#) on Friday (13 March). Maria Lyle, Robin Love and Sammy Kinghorn will take part in a **paralympic** experience with young people who have physical and sensory impairment. Parents and carers who wish to look into sport and physical activity opportunities for disabled children should speak with their school Head Teacher or [Active Schools](#)

coordinator.

The [Royal Commonwealth Pool](#) became the first venue in Commonwealth Games history to host the competition for a third time when it was home to the 2014 diving events. This weekend, the Games legacy will be clear to see when the Edinburgh Leisure-managed venue will welcomes top medal-winning talent to splash into action. The *Edinburgh International Long Course Swimming* competition will see swimmers from various disciplines compete over three evenings (13, 14, 15 March). Find out how to get tickets to these events at [Scottish Swimming](#).

Last year was the City of Edinburgh Council's *Year of Walking*. **Walking** is an ideal activity for those getting back into fitness and to help residents get back on the right path, walking routes and pedometers are available to loan from Edinburgh's libraries. Find out more about walking in Edinburgh and how to count your steps at the Council's [walking page](#).

When the *Year of Walking* comes to an end in April, the Council will welcome in a *Year of Cycling*. For children who are just getting into **cycling**, Active Edinburgh is offering starter races for eight to 16 year olds at Ingliston during Legacy Week on Sunday (15 March). Find out more about getting fit and keeping active on the Council's [sport page](#).

Are you standing for an Edinburgh constituency in the General Election 2015? Then we would like you to get in touch with us. We aim to interview all candidates for all Edinburgh seats before 7 May. We can interview you on Skype, on the phone, with audio, video and photos.

[Please get in touch!](#)

Beginners take to the stage tonight at The Stand in York Place. [Tickets available here.](#)

Our long-running weekly beginner's showcase is regarded as the best open mic night in the UK. Catch up to ten new acts – some treading the boards for the very first time. This is where everyone starts and it's your chance to see the stars of tomorrow today. Watch out for older hands dropping in to try out new material too.



Yes look twice at this photo – they really are cycling on the water in the canal.

[Post](#) by [Hervélo](#).

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