

Quotes and Interviews from EMF participants 2018

- **Mr Horan quote:**

I'm a mix of nerves and excitement ahead of the big race. This will be my first ever half-marathon and I really don't what to expect on the day, all I know is that I am going to be very tired on the Monday after. Training has been going well, although at times it has been difficult. I have been slowly building up my running distances and I'm now up to race distance. I would just like to finish by saying that it's great to be part of team Broughton and I have no doubt that all the runners will do themselves proud on the day. Good luck everyone and have fun!

- **Ms Rusk interviewed Georgie from P1, our 100th entrant-**

1. Are you excited about running in the Marathon Festival?

Yes

2. Did you run last year?

Yes I was the only person from the Nursery to run in it.

3. Have you been practicing?

A little bit

4. How did you feel last year when you finished?

I felt tired but I really like the Marathon.

- **The Cross Country Running Team**

'The Edinburgh Marathon Festival is great fun. We're looking forward to taking part and are setting our target on a finish inside the top 100!'

- **Interview with Samantha Rushforth on the EMF Harper and Daniel P7.**

How are you finding your training, how often are you doing it?
I have been training for 4 weeks now, I am using the app couch to 5K, I am training 3 times a week, and each session I build up from walking to running.
Are you impressed with the amount of children running for the school?
I am very impressed with the amount of children running, I am extremely proud of them!
Are you aiming for a certain time and if so what would that be?
I am not aiming for a time but only to finish the race, next year when I have a time I will try to beat my time.
What do you like about running and the EMF?
The thing I like about running is it clears my head and focuses me and I like the EMF because there is a target or goal that you have to aim for.
Would you like more teachers and students to run next year?
I hope that 108 children Mr Horan and I will inspire other teachers and students to participate in further runs.
What is your goal for next year?
That depends on how it goes well this year next year I could try to beat my time or I could run a different distance.
Are you running this race for a reason / person?
I am dedicating this race to the school and to children with mental health issues.