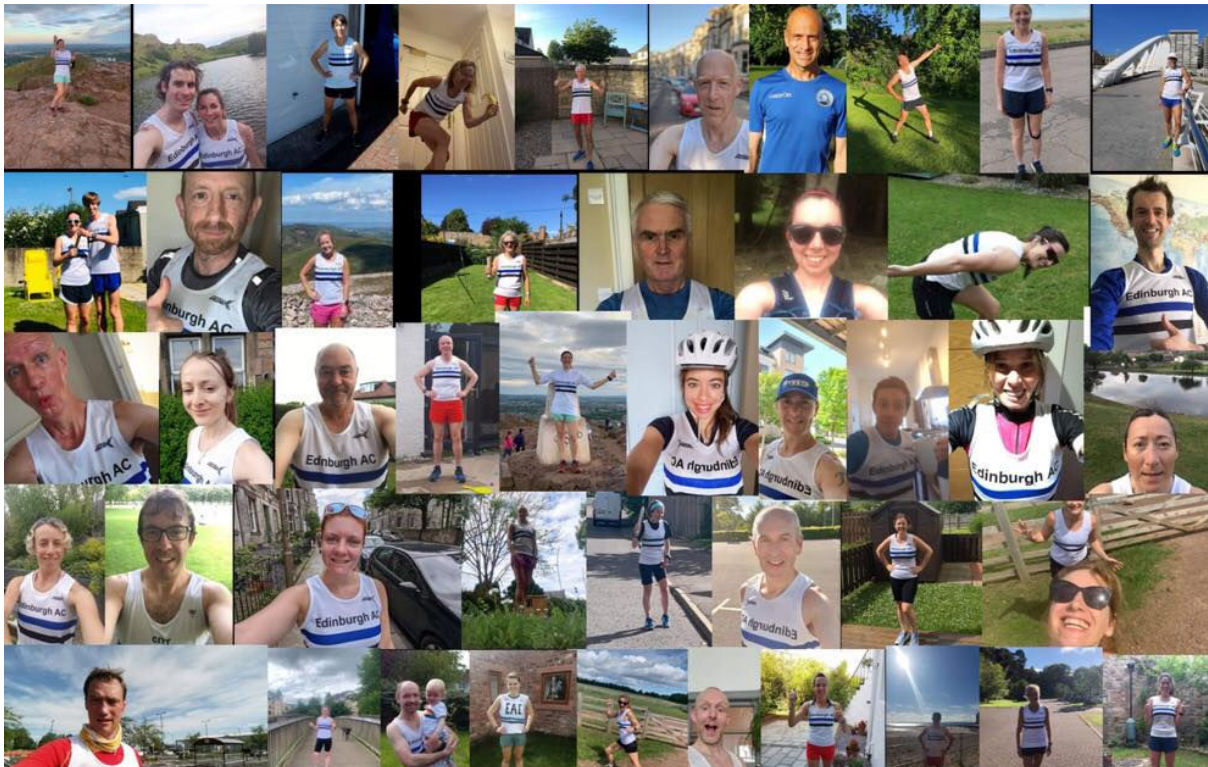


Dawn to Dusk Relay

Edinburgh AC vests were prevalent across the city on summer solstice day as two teams of athletes completed a 250-mile “Dawn to Dusk” relay, raising almost £1000 for Scran Academy, a local charity currently delivering meals to isolated and vulnerable people in the community.



Some 70 club members were each allocated a starting time at 30-minute intervals between 5am and 9:30pm. Each athlete completed their 30-minute run and then “handed over” to the next runner, in an unbroken sequence from dawn until dusk. Coronavirus restrictions led to some inventive and socially-distanced relay change-overs, whether in person or via social media.

The relay was the brainchild of club member Emma Laverie, who was ably assisted on the organising committee by Hannah Waugh, Nikki Gibson, Karen Dobbie and Elaine Davies. Laverie explained: “As a club we haven’t been able to run together recently, but we’ve been using social media to keep in touch. We thought a continuous, socially-distanced relay would be a great way to see everyone in their club vests again. It was so much fun watching the day unfold on social media!”

Organiser-in-chief Laverie fittingly finished off the relay by running up the iconic Arthur’s Seat at sunset. She was delighted with the club’s response, enthusing: “Everyone really got behind the relay, and people were so generous

with their donations. Scran Academy are a brilliant charity which has adapted to meet the changing needs of vulnerable people at this time.”

John Loughton, founder and CEO of Scran Academy, outlined: “We are a small catering charity, empowering young people to gain skills. To date we have delivered 80,000 healthy meals to those alone, at risk or struggling. For so many, we are like another emergency service, and we are often the only human interaction that people have.”

Loughton continued: “Edinburgh AC runners have really stepped up for those hardest-hit by the coronavirus situation. The money raised will enable us to provide over 7000 meals, which proves the power of the community rallying together. People can donate, learn more or volunteer at

www.scranacademy.com or www.justgiving.com/crowdfunding/scranmeals”

Club coach Alex MacEwen was effusive in his praise for the event, saying, “Our organising committee did a super job. It was an inspiring and galvanising day, bringing the club together for the first time in 100 days. Seeing everyone’s pride in pulling on their club vests again was fantastic.”

Top marathon runner Pete Simpson summed up the buoyant mood, recounting, “I’m sure I wasn’t the only one who went to bed feeling chuffed that night, proud that I’d played my part in what was undoubtedly a special day for everyone associated with the event, and knowing that our efforts would help the local community as well.”

Article for Evening News by John Lenehan