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Everyone Running!

**The Running Club Lockdown Challenge!**

As you all know, Running Club has rarely let anything stop them from getting out and running and training. School closures and lockdown is no exception!

As the reality becomes clear, we know that Running Club will not return before September. So, we would like to **invite ALL families**, **and all staff**, whether you are part of Running Club or not, to take part in our Lockdown Challenge.

We know lots of you have been taking your daily exercise in the form of running as a family. We would like you to keep lacing up your trainers and clocking up the miles.

**Challenge:**

Can you run a Half Marathon, a Marathon or an Ultra Marathon in the run up to the end of term?

This challenge is **open to ALL members of our school community**, and we would love as many people to join in as possible, pupils and parents alike!

**Challenge time:**

Start clocking up the miles from **Monday 18th May**

Last day for miles to count: **Friday 3rd July**

**Three Challenges: Which one will you aim for?**

The Lockdown Half: Running at least 13.1 miles/ 20.5km over the challenge period

The Lockdown Marathon: Running 26.2 miles/ 41km over the challenge period

The Lockdown Ultra: Running over 28 miles/ 45km over the challenge period

**Rewards:**

All participants will be awarded a **certificate** celebrating their challenge achievement. We will also publish the list in the School Newsletter at the end of term.

**EXTRA: The Topsham School Running Club Lockdown Challenge T-shirt!**

For every participant (sorry adults, only children included here!) who achieves their goal- the Half, the Marathon, or the Ultra- there is the option to **buy** a one off **Lockdown Challenge Running T-shirt** with their **name** and the **challenge they completed** printed on it.

The cost of this is £5 per t-shirt.

This is thanks to the PTA and especially to Maria Goodfellow for her time and talents!

**To enter:**

**Step 1. Print out the Running Log**

There are printed copies in the school if you need them, to be collected at 8.50am or 3.30pm on days that the school is open.

**Step 2**. **Payment**

If you would like to purchase the t-shirt to celebrate, please log on to Schoolcomms and select the Running Club Lockdown Challenge T-shirt Option. **It will be open from Friday 15th May.**

Here you will be asked for payment (£5) and please write the distance you aim to complete and the size of t-shirt needed in the comments box. This must be completed by **Monday 25th May**. To ensure enough time to produce the t-shirt, we need the order at the start of the challenge.

T-shirts will be available to purchase in the following sizes: age 5-6, 7-8, 9-11 or

13-15.

**If you do not want the t-shirt, you NO NOT NEED to go on to Schoolcomms. Your paper Running Log is enough for us to record your entry and achievement. You will still receive your certificate.**

**Step 3. Get running!**

Decide as a family how to plot out your runs over a week.

Complete the Running Log for each run you complete. Make sure you write down the miles or km carefully!

**Step 4.** **Children in school:**

There may be opportunities for children in school to clock up some of their runs. This will be decided as time goes on.

**Step 5. When your challenge is complete**, please drop the Running Log in to the post box at the school gates.

Deadline for all Running Logs is **Monday 6th July by 10am**.

**SAFETY:**

This challenge is designed to be completed as a family or with family members. We do not expect children to head out on their own.

Please wear appropriate clothing and footwear, including sun cream.

The Government advice is changing all of the time. Please check what the advice is for when and where you can venture out for your run, and please keep a 2 meter distance between you and other members of the public.

Please run as a family or household, not in big groups. This is in accordance with the current guidelines at time of writing. As time goes on, please check the changes in these guidelines.