Running Group

On the 17^{th of} July, I would like the children, who attend the running club, to take part in Gedling Junior Park run on Sunday 17th July. This is an optional event, and your child does not need to attend, however I thought it would be a nice finish after the last week of the running club sessions.

Below, there is some information about Park runs if you are unfamiliar with how they work.



Park runs are free, weekly, community events all around the world.

On Sunday mornings, there are 2k junior park runs for children aged four to 14.

Parkrun is a positive, welcoming and inclusive experience where there is no time limit, and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

Your child can run the Park run on their own, however adults are allowed to run with them if they would like. There are marshals along the course who spur the children on and give them some encouragement.

Junior Park runs take place all around the country, however Gedling Junior Park run is the closest to us (only 13 minutes' drive from Stanstead school). The address is:

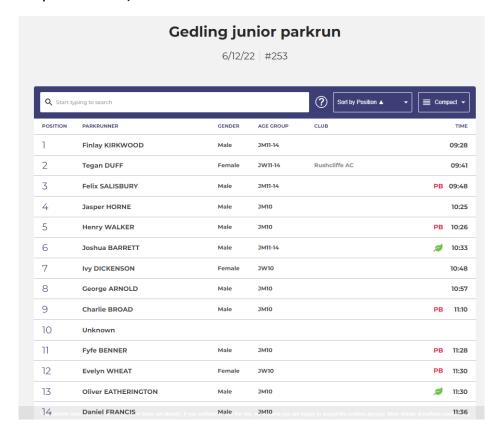
Gedling Country Park, Spring Lane, Gedling, Nottingham, NG4 4PE

If you click on this link, you can find out further information:

https://www.parkrun.org.uk/gedling-juniors/

If you would like your child to take part in the Gedling Junior Park run on Sunday 17th July, you have 2 options.

- 1. Just turn up on the day and run. You will not receive a time but will have been successful in completing the park run.
- 2. Register with Parkrun and receive a barcode that will be scanned when you complete the race. You will then receive a time and placing once you complete the Park run. Your child will appear on the Parkrun results for that week (example below).



If you would like to register your child, here is the link: https://www.parkrun.org.uk/register/?section=form

If you decide you would like your child to take part, please let me know and I will arrange to meet you and your child at the venue at 08:40am on Sunday 17th July.

Thank you

Mrs Smith