



Wakefield and Pontefract Junior Parkrun Competition for Schools

Welcome to the first Wakefield and Pontefract Junior Parkrun Competition. A fantastic competition and opportunity for you and your child to sneak in a little bit of physical activity to help you lead a happier and healthier life.

Junior parkrun is a series of 2 km (1 and a quarter miles) events for children aged between 4 and 14. They are held in areas of open space around the UK. They are open to all, free, and are safe and easy to take part in. The events are timed, but this does not mean you have a set time to complete the course. You are also not obliged to run. Your child can run, jog, walk, skip if they wish, as long as they complete it on foot. Adults are welcome to accompany their child around the course, but this is not compulsory, as they will always be within sight of a marshal. Only the 4-14 years olds get a time.

Wakefield Thornes juniors and Pontefract juniors have teamed up with Wakefield council to run a competition between the schools in the district. Your child's school has signed up to take part and so we invite you to come along. The competition will run month to month from January, with participation being looked at for each registered school and a certificate awarded for the highest participating school each month. There will then be an overall winner at the end of the competition, plus an award for individual participants (those children that have participated the most). Therefore the competition is not about how well you run, it's about turning up and giving it a go so any child can take part regardless of ability.

Registering your child for parkrun:

If not already registered for parkrun then visit <https://www.parkrun.org.uk/register/> where you can set up your child on the parkrun website. This will only take a couple of minutes to do. You will be asked for name, gender and date of birth and under this there is an option to 'select running club' - this is where you will find your child's school (or a nickname nominated by the school) from the list of registered clubs. This is very important as this allows us to track how many children represented your school. Your school nickname is **JCA Runners**. Fill in email address and emergency contact details (always recommended).

Once registered you can go in to your child's profile and 'print barcode'. You need this barcode to record attendance at parkrun. Barcodes on phones are not accepted as they will NOT scan.

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Headteacher: Mrs T Swinburne

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If your child is already registered then you can access their profile using their barcode number and change/add their club details on the profile page.

Come along to either Wakefield Thornes park or Pontefract park for 8:50 on Sunday mornings to take part. Remember that, as well as the schools competition, there are individual recognition achievements set by parkrun UK: After 11 runs each child earns their 'half marathon' wristband and can download and print a certificate, a 'Marathon' wristband and certificate after 21 runs and an 'Ultra' wristband certificate when they have completed 50. Should any juniors also achieve 100 runs then there is a certificate to download.

Parkrun is free to all, you just need your barcode and to turn up. We hope you take this opportunity to get some exercise, have fun and see if we can be the best represented school in the District.

The Competition runs every Sunday until the end of June 2019

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