

27<sup>th</sup> February 2018

**Shrewsbury Parkrun – Church Stretton Take Over: SPORT RELIEF**

**SATURDAY 24<sup>th</sup> MARCH @ 9AM**

Dear Parent/Carer

I would like to invite you and your child (and any other keen family members) to join Mr Overton and I on **Saturday 24<sup>th</sup> March** at the Shrewsbury Parkrun. Some of you might be aware that Parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone and are safe and easy to take part in. Mr Overton and I would like you to come and join them for a 'Stretton Takeover' event.

Although the distance of 5km might sound scary, the events have a very sociable atmosphere and the ethos is built around friendly participation. Mr Overton is a veteran of the Shrewsbury parkrun clocking up over 80 runs. I am more of a novice and although getting up early on a Saturday can be a bit of a drag it feels great to start the weekend in such a positive, health based environment.

Anyone that wants to take part in the event just needs to sign up on the Parkrun website (<http://www.parkrun.org.uk/register/form/>). Once signed up you will receive a barcode which you need to print and bring on the day. This ensures your time is recorded and results are saved which gives you a target to beat for future runs.

As I have called this a 'takeover' event it would be nice to get lots of people there. Pupils should wear their PE Kit so it will be easier to spot you on the course. The run starts at 9am and all runners need to meet by the Dingle in middle of the Shrewsbury Quarry. **As this isn't an official school trip we won't be running transport or supervising pupils but do promise huge enthusiasm and lots of high fives.**

There is no need to formally let me know that you are planning to run, but pupils can give us a big thumbs up in the corridors up followed by an "I'm running!"

Hopefully I will see you in a few weeks time!

Yours sincerely

Mr Ward

PS Although it is a friendly, fun based run you will probably know by now that I am quite competitive so please don't think about trying to beat me!