



MINI MERMAID 5KM CHALLENGE

Gainsborough Primary School

DATE: Saturday 14th December 2019

TIME: Meeting at 8.30am for a 9.00am start

LOCATION: Hackney Marshes parkrun, Hackney Marshes Centre, Homerton Road, E9 5PF

We're really excited about the up-coming 5km challenge! This event marks the finale of our Mini Mermaid programme, where the girls put everything they've learned into practice. Each girl has worked incredibly hard over the past few weeks and crossing the finish line at the challenge will give her such a sense of achievement. It's important that she attends this final challenge and we'd love to have as many family and friends join us on the day.

We do the 5km challenge in conjunction with our local parkrun organisation. This free, weekly timed event uses individual-specific barcodes to register each participant's time. Therefore, each Mini Mermaid will need to register and bring a printed copy of her barcode to the challenge (see *sample here*). Register here: <https://www.parkrun.org.uk/register/>



KEY INFORMATION:

1. **REGISTRATION:** Please make sure to register your child and bring the printed bar-code to the 5km Challenge
2. **DURATION:** The event will last until approximately 10:30. In addition to completing the challenge, each girl will be recognised with a medal and certificate! All girls must arrive and leave with a parent or carer.
3. **CLOTHING:** Girls should wear their Mini Mermaid t-shirt, trainers and comfortable shorts or leggings. Depending on the weather, we suggest that girls bring a jumper or jacket to put on after the challenge. Girls should also bring a small water bottle
4. **CHALLENGE KIT:** At the last session, each girl will receive an envelope with her Challenge Day run bib, safety pins and a Mini Mermaid temporary tattoo. Girls should pin the bib to the front of their shirt before they arrive at the challenge and if they choose, apply their tattoo.
5. **MEETING PLACE:** *Outside main entrance door to Hackney Marshes Centre, which is next to the cafe*

QUESTIONS: Please contact *Hanzel Forbes or Rachael Alexander-Gordon 0208 9854622*