

## Cross Country Park Run For all

This term there will not be the large Crystal Palace Race that we would normally enter. In light of this, we thought it might be worthwhile encouraging some of our runners to take part in the Norman Park Park run on a monthly basis to gain race experience.

If we were to select one Sunday a month during term time, say the first Sunday of each month commencing 4th December, it would be an opportunity for the children from Years 3 to 6 to have a further time trial (or just run for fun) with their school colleagues and up to 150 other children aged between 4 and 14.

<http://www.parkrun.org.uk/bromley-juniors/> is the website and where the parents can register their children so that if they bring along a printed barcode, they will then receive a record of their time for the 2k course.

It is free to run, no weekly registration is required after the initial registration and it is held almost every Sunday throughout the year. It is well supervised by volunteers, almost all of whom are parents themselves and organised in a safe environment with free parking available at both the Hayes Lane carpark and also the Hook Farm Road carpark (just off Bromley Common).

This is not something we, as a school, are actually organising – it is just a turn up on the day if you want to and children will need to be supervised by their own parents. Parents do not need to run with their children but must be there to welcome them in at the end.

This is a fantastic opportunity for an extra training session each month where the children can compare their progress over the months and have some fun as well!

Let me know of your children's times each month please!

Many thanks for your continued support!

Mrs Connolly, Mr Dunstan, Mr Byrne & Mr Copeland