

# ***Do you want to start Running?***

## **TAVY 13 PRIMARY CHALLENGE 2012**

The **TAVY 13 PRIMARY CHALLENGE** is a programme designed to get you running for **FUN AND FITNESS**

The programme is in three parts:



### **Part 1: School Running Group**

Your school will organise a weekly running group during term time from January until the end of March 2012.

Every week your Run Leader will take you for a run of 1 – 1.5 miles.

You will have your **own personal log book** so that you can see how you are improving and set yourself different challenges.

Every week this distance will be added to your personal total.

The main challenge is to try and reach an overall total of **12 miles** by the end of March.

### **Part 2: School Cross Country Runs**

Your school may also take you along to run in the inter-school Cross Country events. If you take part in these events, the distance that you run will count towards your challenge total.

### **Part 3: The TAVY 13 Primary Challenge, Sunday 15th April 2012**

This is the final and most exciting leg... you will complete your distance at the Tavy 13 Half Marathon event, when you cross the finish line you'll be awarded your TAVY 13 t-shirt and medal just like the main race runners!

Final distance... **a whopping 13.1 miles... HALF MARATHON DISTANCE!**

The cost is only **£5.00** to enter – pick up an entry form from your school and return it to your run leader.

For more information, please contact: **Mhairi McCall, Primary Challenge Coordinator**  
Tel 07803594962 email: [mhairimccall@tiscali.co.uk](mailto:mhairimccall@tiscali.co.uk)

### **Extra Opportunity...**

A Weekly 'Run in The Park' club will be starting in January on Wednesdays at 5.00pm, in the Meadows, Tavistock. This will be organised by Mhairi McCall and the well known marathon record breaker ADAM HOLLAND.

Just turn up and run, each mile can be recorded in your logo book!!



West Devon  
Borough  
Council

**Sports Development: 'Promoting and encouraging participation in sport and physical activity across West Devon'**