



## Ackworth Howard Church of England (VC) Junior and Infant School

Station Road, Low Ackworth  
Pontefract, West Yorkshire, WF7 7HH  
Tel: 01977 612124

Web: [www.ackworthhowardschool.co.uk](http://www.ackworthhowardschool.co.uk)  
Email: [admin@howard.wakefield.sch.uk](mailto:admin@howard.wakefield.sch.uk)

Headteacher: Mr. M Walker - BA (Hons)  
Chair of Governors: Mrs L. O'Brien

11<sup>th</sup> January 2019

Dear Parents/Carers

### Wakefield and Pontefract Junior Parkrun Competition for Schools – **HOWARD HARRIERS**

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. We have signed up to take part and so invite you to go 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 our school from the list of registered clubs. This is very important as this allows us to track how many children represented our school. Our school nickname is **HOWARD HARRIERS**. Please fill in your 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.

Compassion  
Forgiveness  
Friendship  
Trust

https://www.parkrun.org.uk/register/form/ ☆

First Name

Last Name

Home Run

Gender  Female  Male

Date of Birth

Age

Running Club (Optional) Unattached

Email

Confirm Email

Postcode

Receive news, offers, and updates, straight from parkrun HQ  Yes  No

Over the last 4 weeks, how often have you done at least 30 minutes of moderate exercise (enough to raise your breathing rate)?

Please briefly list any medical conditions you feel might impact your participation in our events or be of use to us in the case of an emergency. If none, please state 'None'

Who should we contact In Case of Emergency?

...and what is their contact number?

I accept the terms & conditions (below) and [Privacy Policy](#)  Yes

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 starts on Sunday 6th January and runs every Sunday until the end of June 2019

Yours sincerely

*M. Walker*

Mr M Walker  
Headteacher

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