



Dear Physical Education Department,

The Irish Schools' Athletic Association in association with Irish Life Health is delighted to announce that the Irish Life Health School Mile Challenge will take place this autumn. This event will provide a superb opportunity for your school to support an initiative to encourage teenagers to get a taste of recreational participation in sport. This is all about taking part in a healthy form of exercise. There is a fun competitive element also as we will be looking at categories like **best schools**, **best counties** and **best provinces**, with the best school in each category winning prizes at the end of the year for their school. We may even uncover the next sub-4 minute miler, but that is incidental to the main purpose which is to promote running or walking as part of a balanced healthy lifestyle.

The event is being run as a joint promotion of the Irish Schools' Athletic Association, Athletics Ireland and Irish Life Health. Each school will choose its own time to run the event. It can be done during or after School and ideally should be run on your school grounds. It can be done by athletes only or as a whole school activity, we would suggest to get as many people involved as possible. It will be the responsibility of the school to mark out the course, run the event, do all the administration associated with it and then send on the information to us on a spreadsheet which we will provide you with. We will then send you the wristbands which are colour co-ordinated to reflect the time of the competitor. This year we are giving different times for boys and girls to reflect the different aerobic capacities. If you wish to take part, please fill in the application form and return to Anthony White at his address below. After you return the form we will send you on details on how to run the event and provide you with advertising material for the event. There is a small charge to take part to cover some of the costs associated with it. Any queries on this should be addressed to Anthony White by e-mail or phone. For more information, please logon to <http://www.athleticsireland.ie/schools/schools-mile-challenge/> for all the details.

We look forward to hearing from you.

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