



## How to plan The Irish Life Health School Mile Challenge in your School.

**Before the Event:** Select a date and time to hold the event. Please send on all details by e-mail of the event – the date, time, venue and the approximate numbers participating.

**Advertise the event** – use the poster which we will send you to advertise. Emphasise that the aim of the “Irish Life Health School Mile Challenge” is to give teenagers the Opportunity to involve themselves in recreational running or walking as a healthy form of exercise. Stress that the emphasis is on participation. We would like to have as many as possible taking part. If you have any queries feel free to contact me.

**On the Day:** Mark out the course – this is a course of 1 mile, which is 1,610 metres or 1,760 yards. It can be 1 lap or 2,3,4,or 5 laps depending on your grounds. You will need a starter, a timekeeper, stewards around the course, somebody to line up the participants in their finishing order, somebody to take the names of the finishers. Group the students in groups of 10 in accordance with their ability. If you have a stopwatch which takes more than 10 times it is possible to run them in larger groups. Start the run/walk and the stopwatch! As they finish place them in order and take their names. Then match the times to the names. Repeat the process until all those who wish to participate have done so.

**After the event:** Fill in the spreadsheet which is attached. We require the name, age and time of each participant. We will then be able to let you have comparisons like fastest school, fastest age or age group, fastest province, fastest county, fastest individuals etc. We need you to fill in this on the spreadsheet provided and return to us by e-mail only. Please fill out separate forms for boys and girls.

We will then send you the coloured-coded wrist bands for distribution.

Anthony White,  
Athletics Ireland,  
Unit 19 Northwood Court,  
Northwood Business Park,  
Santry,  
Dublin 9.