# **EMF Newsletter November 2018**





## **AIM HIGH**

We are the biggest school team at the Edinburgh Marathon Festival. EMF awarded us 'Super Active School' status in 2017 and 2018 which brings with it a £500 prize to spend on sports equipment



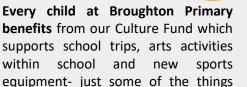
This isn't about being the fastest (although there are some speedy types amongst us). The most important thing for us is taking part, supporting each other and having lots of fun on the way. We are here to make this enjoyable and easy, even if you have never run before, or are worried that it might be too hard. Interested? Contact Catriona and Sandra at bpsrunners@gmail.com



### **TEAM BPS**

That's an amazing 1 in 4 children at Broughton Primary. We also have parents and teachers running too. Mrs Rushforth ran her first ever 5k and Mr Horan went from his usual 10K to his first ever Half Marathon in 2018. Mrs R has caught the running bug and has signed up already for 2019. We've heard rumours that other members of the management team are keen to join in too!

## **MONEY RAISED**



Got an idea you would like to see funded? Contact the PSA at: broughtonparents@gmail.com

that the money has been spent on.

www.presentationgo.com

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#### So....EMF 2019....Interested?

We can help you sign up and support you with training. **Don't delay- places go fast.** Sign up at <a href="https://www.edinburghmarathon.com/">https://www.edinburghmarathon.com/</a>
The PSA will fund two free places per class...more news on that in the New Year. If you enter and then win a free place, we will reimburse the entry fee in full. We have a step-by-step guide to help you through the registration process (it can be a bit tricky!!). Please email us at <a href="mailto:bpsrunners@gmail.com">bpsrunners@gmail.com</a> if you'd like a copy.

Weekly fun runs at Pilrig Park will start in March 2019. The Sunday catch up is a great chance to meet children from other classes and help everyone feel confident and ready for the races. It is very relaxed. We play games, walk/run round the park and then hang out at the swing park. Families tell us it's a brilliant way to meet others, as sometimes the drop off and pick up routine doesn't always give us the time to chat and make friends as parents. We will be in touch with dates and times in the New Year.

Once you sign up please forward your child's 2019 race confirmation to <a href="mailto:bpsrunners@gmail.com">bpsrunners@gmail.com</a>. This is the only way we can keep track of our runners. EMF can't forward us a list of our runners.

The 4 children's races are all held on Saturday 25th May 2019. Entry fee is £10.30 per child + admin fee. Junior 5K is £17.55 + admin fee

1k (1.00pm): 3-6 years (suitable for Nursery and P1 & P2)

1.5k (1.45pm):6-8 years2k (2.30pm):9-12 yearsJunior 5k (11.45am):11-18 years

The adult races (suitable for parents, carers and teachers) are 5k and 10K: Saturday 25<sup>th</sup> May Half Marathon, Marathon and Hairy Haggis Relay (4 runners each running one leg to complete the marathon) – Sunday 26<sup>th</sup> May 2019

### Race Weekend - 25th and 26th May 2019

This is a very special weekend for the Broughton Community. Everyone taking part wears a Broughton Primary T-shirt which makes it really easy to spot our runners and cheer them on. The atmosphere is brilliant and the team spirit is second to none. Check out our EMF 2018 photos and videos at <a href="https://broughtonprimary.org/2018/05/">https://broughtonprimary.org/2018/05/</a> and on Twitter @bpsrunners

We make a great team –be part of it in EMF 2019 #gobroughton