



ATHLETICS ON THE PROM

This would take the form of a six event challenge for children from 8 – 15 on the Hoe promenade in conjunction with the Plymouth half marathon.

On the Saturday (29th May) there is already a Schools Challenge run and Fun Run commencing at 3pm.

This event would begin at 12pm and last until 2.30pm

Each child would pre-enter at a cost of £2.50 and take part in the following events

Entrants to be issued with a number.

60m timed run

Speed bounce (20s or 30s depending on age)

Standing Long jump

Balance test

Vertical jump

Shot putt.

All the performances would be scored using the shine award tables and a record card supplied to each child. The best 3 performances from 4 categories will receive a medal. (e.g. U11G, U11B, U16G, U16B)

In addition the top eight 60m times for boys and girls will go into a semi final with the first 2 from each semi final contesting a final. Medals will also be given to the top 3 for each final. A running display of times will be shown at registration

Timetable

12.00pm **Commence first wave of athletes (in 4's)**

Next wave to follow at least 5 min later.

2pm **Last wave begin**

2.15pm **Girls Semi Finals**

2.20pm **Boys Semi Finals**

2.25pm **Girls Final**

2.30pm **Boys Final**

There will be enough time for those who have entered the Fun Run/ Schools Challenge to compete in this event. The 60m will use the Finish gantry and have at least 4 lanes marked. Area will have to be segregated with only admittance to athletes and officials.



Name

Address

Postcode

Date of Birth

Age on Day of event

£2.50 entry fee, cheques payable to
Plymouth Half Marathon Company Ltd
Send to: Nigel Rowe Management Service Ltd
PO Box 405, Plymouth PL1 9LX

DECLARATION

I declare that I will abide by the rules of UKA, and accept that the organisers will not be liable for any injury, loss, damage, action claim, costs or expenses which may arise in consequence of participation in this event. I declare that I will not compete in this race unless I am in good health on the day of the race and that in any event I will only compete at my own risk. Medical support is provided by Pioneer Medical Services. For a full copy of the events Terms & Conditions see www.plymouthhalfmarathon.co.uk. Parental approval required.

PARENTS SIGNATURE

DATE

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