WOMEN'S MINI MARATHON

WEEK 3 — 96 DAYS TO GO

Vhi Women's Mini Marathon

Schoolgirls take on race challenge

everydayhero FROM mycharity.ie

TRAINING PLANS

Girls typically become less active in secondary school, but an all-Ireland challenge for transition-year students is encouraging them to get fitter by signing up for the Women's Mini Marathon

Transition-year students from Muckross Park College in Donnybrook, D4, Johanna McCambridge (15), Samantha Lacey (15), Fiona Gibbons (16), Niamh Bennett (16), and Niamh Duffy (15), with Jason King, national programme manager of Get Ireland Walking. Photo: Damien Eager

THE Vhi Women's Mini Marathon and Get Ireland Walking are working together to encourage schools across Ireland to increase girls' fitness levels by training to walk or jog the 10k event, which takes place on June 6.

This is just one of many programs that Get Ireland Walking is supporting this year.

Statistics show that girls fall off in fitness levels once they start secondary school and Get Ireland Walking is working to change this by supporting girls to get active. To achieve this, Vhi Women's Mini Marathon in association with the organisation is providing transition-year students with an opportunity to raise money for their school or a cause by taking up the challenge.

Everydayhero from MyCharity is helping participating schools in their fundraising efforts by providing a free Vhi Women's Mini Marathon fundraising account, a trophy and a donation of €1,000 for the winning school and all schools are in with a chance to win.

CHARITY

The Vhi Women's Mini Marathon covers 10k and takes place on the June Bank Holiday Monday. With over 40,000 participants, the Vhi Women's Mini Marathon is one of the largest all-female events in the world.

The event is hugely important for many charities throughout Ireland, participants have raised over €197 million since the event began.

The All Ireland Girls Transition Year School Challenge is open to all schools. Interested schools must register with Get Ireland Walking and organise a group of TY students to train regularly in preparation for walking or jogging in the Vhi Women's Mini Marathon.

They can follow the training and nutrition support provided on www.VhiWomensMini-Marathon.ie

Interested schools can register with Get Ireland Walking @ www.getirelandwalking.ie/registergroup. When schools register, they will automatically be listed on the Get Ireland Walking group database.

SAFETY

In addition, we advise that you establish a safe walking route (a Slí na Sláinte) within the school grounds or surrounding area. The distances should range from three kilometres upwards and can be an additional environmental/health promotion project for the students, overseen and supported by their teachers. This will work to promote ownership and sustainability.

Get Ireland Walking is an initiative of Sport Ireland, funded by Healthy Ireland, supported by Mountaineering Ireland, the Irish Heart Foundation, HSE Health Promotion and others.

Check out http://www.getirelandwalking.ie/findgroup/ to find a walking group in your area