



Media release
February 2016

**Vhi Women's Mini Marathon in association with Get Ireland Walking
& Everydayhero from Mycharity.ie announce
All Ireland Girls Transition Year School Challenge
Bank Holiday Monday 6th June 2016**

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 6th June.

This is just one of many programs that Get Ireland Walking is supporting this year. 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. 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 in association with Get Ireland Walking 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 page, a trophy and a donation of €1000 for the winning school. All schools are in with a chance to win.

The Vhi Women's Mini Marathon covers 10k and takes place on bank holiday Monday 6th June 2016. 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 raised over €192 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 of walking or jogging in the Vhi Women's Mini Marathon. They can follow the training and nutrition support provided on www.VhiWomensMiniMarathon.ie

Interested schools can register with Get Ireland Walking @ www.getirelandwalking.ie/registergroup. When registered you will automatically be listed within our group database. In addition we advise that you establish a safe walking route (Sli na Slainte) within the school grounds or surrounding area. The distances should range from 3K upwards and can be an additional environmental/health promotion project for the students overseen and supported by their teachers. This promotes ownership and sustainability. We would also encourage that you inform your local press/media of your plans and project.

For further information on the 2016 Vhi Women's Mini Marathon visit www.Vhiwomensminimarathon.ie or www.facebook.com/VhiWomensMiniMarathon. Follow us on Twitter @VhiWmm

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