

DON SCOTT MINI MARATHON 2007 GUIDELINES AND NOTES TO TEACHERS

The Don Scott Mini Marathon will take place on Sunday 16 September at 10.20am at the Victoria Embankment, Nottingham

Entering and taking part in the Don Scott Mini Marathon

- ⌘ Places are restricted to Nottinghamshire schools
- ⌘ Children under the age of 11 years must be accompanied by an adult
- ⌘ Please ensure that all children taking part have parental / guardian permission in writing
- ⌘ The subsidised entry fee for each participating child is £3.25
- ⌘ The subsidised entry fee for each participating adult running with a child is £3.25
- ⌘ The closing date for all Don Scott Mini Marathon applications is **Wednesday 18 July 2007**
- ⌘ All entrants in the Don Scott Mini Marathon will receive a complimentary T-shirt and medal
- ⌘ Funds raised by sponsorship may either benefit your school or the official Experian Robin Hood Festival of Running charities
- ⌘ Confirmation will be sent to the contact teacher named on the form
- ⌘ Race numbers and T-shirts for each school must be collected from Sweatshop – full details will be sent in your confirmation letter
- ⌘ **Only the first 1,000 places will receive T-shirts and subsidised entries**
- ⌘ Please register your school team and all entrants by completing the school registration form and people registration excel sheet and emailing it to jan.barratt@uk.experian.com
- ⌘ You must then post any T-shirt entries with your payment (cheques, or postal orders, to be made payable to Sweatshop with cheque card and telephone number on the back. Cash can not be accepted) to: **Jan Barratt, Community Involvement Executive, Experian, Talbot House, Talbot Street, Nottingham, NG80 1TH**

DON SCOTT MINI MARATHON 2007 SCHOOL REGISTRATION FORM

Please complete using BLOCK CAPITALS:

School name

School address

Postcode

Teacher contact Name

Teacher contact Name for Race
 Day (if different)

Daytime tel. Mobile

(emergency number needed for race)

day)
 E-mail

Team name

Total number of pupils in the school Total number of pupils running

Total number of adults running Total amount of entry fees at £3.25 per person £

Every child, including adult, will receive a complimentary T-shirt. Please state the **total number** required in each size:

5-6 Years 9-11 Years 14-15 Years

Medium Adult Large Adult XL Adult

DON SCOTT MINI MARATHON T-SHIRT DESIGN COMPETITION

Please indicate below:
applicable

*please delete as

- We are / are not* entering the Don Scott Mini Marathon T-shirt design competition
- T-shirt design is attached: Yes / No*
- If you are entering the Don Scott Mini Marathon T-shirt design competition and the design is not attached, please indicate when it will be entered (deadline is Wednesday 18 July 2007):

Design to be entered by:

Don Scott Mini Marathon T-shirt design competition

- ⌘ Designs must be by a child who attends the school taking part in the Don Scott Mini Marathon, although that child does not have to be taking part themselves
- ⌘ Only **one** design per school is permitted
- ⌘ The T-shirts will be bright yellow – if possible, please enter your design on yellow paper
- ⌘ Only two colours are permitted in the design of the T-shirt
- ⌘ Please ensure that you have parental / guardian permission for a child's design to be entered into the competition. The first name of the child will be printed on the T-shirt along with the name of the school; photographs from the event may be used for promotional purposes.
- ⌘ The child who wins the design competition will win an individual prize as well as a prize for the school
- ⌘ Prizes from both the T-shirt design competition and the Don Scott Mini Marathon will be awarded at the Experian Robin Hood Marathon Award ceremony in December 2007
- ⌘ T-shirt designs must be with Experian **no later than Wednesday 18 July 2007**
- ⌘ Please return your T-shirt design, with your school name, full name and age of the child who designed the T-shirt to: **Jan Barratt, Community Involvement Executive, Experian, Talbot House, Talbot Street, Nottingham, NG80 1TH Tel: (0115) 934 4428**



the brain injury association

Reg. Charity No 1025852



Caring for Children with Cancer

Reg. Charity 803408



Reg. Charity No.212959



Dementia care and research

Reg. Charity No 230043

DON SCOTT MINI MARATHON 2007 CONTACT FOR REGISTRATION AND QUERIES

Should you have any queries about entering the Don Scott Mini Marathon or the T-shirt design competition, please contact:

Jan Barratt at Experian on

Tel: (0115) 934 4523

Please email your registration form and completed excel spreadsheet to enter your school team into this year's Don Scott Mini Marathon to:

Jan.barratt@uk.experian.com

T-shirt design and payment (cheques, or postal orders, to be made payable to **Sweatshop** with cheque card and telephone number on the back. Cash can not be accepted) to be sent to:

Jan Barratt
Community Involvement Executive
Experian
Talbot House
Talbot Street
Nottingham
NG80 1TH

Deadline for all Don Scott Mini Marathon entries and T-shirt design competition is:

Wednesday 18 July 2007



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DON SCOTT MINI MARATHON 2007

About the Experian Robin Hood Festival of Running benefiting charities

Fire Services National Benevolent Fund (FSNBF) - Little thought is given to a team of Firefighters after they have left the devastation of a fire or road traffic accident. They have done their job. These jobs are both physically and mentally demanding and often unpleasant. On occasions Firefighters become injured and need prolonged physiotherapy and convalescence.

The Fund provides state of the art physiotherapy and convalescent facilities to help Firefighters back on the road to recovery following prolonged sickness or injury. This along with grants to the less able and children with special needs, plus sheltered accommodation for retired members makes up the bulk of the £4 million needed every year. You wouldn't want to do their job but you can still support them!

www.fsnbf.org.uk

Headway - the brain injury association is the leading UK charity dedicated to the support of people who have sustained a brain injury, their families and carers. Through the UK network of 110 Groups and Branches, people with brain injury and carers can meet other people in similar situations and offer each other understanding and support. Sixty five groups organise and run Headway centres offering activities and therapeutic facilities.

www.headway.org.uk

The Alzheimer's Society - Staff and volunteers have a goal of building a better world for people with dementia (and those who care for them), combat stigma and ignorance, and ensure that everybody affected by dementia can find the help they need. The society has more than 25,000 members and operates through a partnership between over 250 branches and support groups and the national organisation in England, Wales and Northern Ireland.

www.alzheimers.org.uk

CLIC Sargent - Every day ten families are told that their child has cancer. As the UK's leading children's cancer charity, CLIC Sargent is the only organisation to offer them all-round care and support.

During treatment they help by providing specialist nurses, doctors and play specialists. They also give support in hospital and at home, offering specialist social care and family support in the community, specialist youth services, holidays, grants and a helpline.

www.clicsargent.org.uk

Run for Youth - is a fund exclusive to the Experian Robin Hood Festival of Running. Young people from Nottinghamshire can apply for funding to help them achieve their sporting aspirations.



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Issued for children with the guidance of teachers and/or parents/guardians

Don Scott Mini Marathon 2007



Training Tips



The Don Scott Mini Marathon is a 2.5-mile run from Victoria Embankment, around The Meadows and back. Remember, 2.5 miles is quite a long way; it is 10 times around a running track, or 12 times around a football pitch! To be fit enough to do this you should do some training before hand and this is a 12 week schedule to get you around.

First and foremost, the important thing to do is get into the habit of training. This means training on a regular basis but not over doing it. One of the worst things you can do is no training for days and days and then zooming off for a very long run! So to help you prepare why not try our training programme...

Week 1

- Day 1 = Run/jog/walk for 5 minutes
- Day 2 = Rest
- Day 3 = Run/jog/walk for 5 minutes
- Day 4 = Rest
- Day 5 = Run/jog/walk for 5 minutes
- Day 6 = Rest
- Day 7 = Rest

Week 2

- Day 1 = Run/jog for 6 mins
- Day 2 = Rest
- Day 3 = Run/jog for 6 mins
- Day 4 = Run/jog for 5 mins
- Day 5 = Rest
- Day 6 = Run for 6 mins
- Day 7 = Rest

Week 3 Day 1 = Run/jog for 6 minutes

- Day 2 = Rest
- Day 3 = Run/jog 6 minutes
- Day 4 = Rest
- Day 5 = Rest
- Day 6 = Run/jog 7 minutes
- Day 7 = Rest

Week 4 Day 1 = Rest

- Day 2 = Run/jog for 6 mins
- Day 3 = Run/jog for 6 mins
- Day 4 = Rest
- Day 5 = Run/jog for 7 mins
- Day 6 = Rest
- Day 7 = Run/jog for 7 mins



Week 5

Day 1 = Run/jog for 7 minutes
Day 2 = Rest
Day 3 = Run/jog 8 minutes
Day 4 = Rest
Day 5 = Run/jog 8 minutes
Day 6 = Run/jog 7 minutes
Day 7 = Rest

Week 6

Day 1 = Run/jog 10 mins
Day 2 = Rest
Day 3 = Run/jog 8 mins
Day 4 = Run/jog 9 mins
Day 5 = Rest
Day 6 = Run/jog 10 mins
Day 7 = Rest

Week 7

Day 1 = Run/jog 11 minutes
Day 2 = Rest
Day 3 = Run/jog 11 minutes
Day 4 = Run/jog 11 minutes
Day 5 = Rest
Day 6 = Run/jog 12 minutes
Day 7 = Rest

Week 8

Day 1 = Run/jog 12 mins
Day 2 = Rest
Day 3 = Run/jog 12 mins
Day 4 = Run/jog 12 mins
Day 5 = Rest
Day 6 = Rest
Day 7 = Run/jog 15 mins

