**Henley Youth Festival FUN RUN 2024**

The Henley Youth Festival in partnership with Physiolistic as an organising sponsor are delighted to announce this year’s HYF fun run on Saturday 2nd March 2024. Swiss Farm and the Henley Rugby Club have generously donated their fields to host the event.

**Event Details** Saturday 2 March 2024

8.45am – 11.15am (Course walking: 8.15am – 8.40am)

Henley Rugby Club, RG9 2JA

**Parking:** Parking will be available in the field next to the start/finish line although we would encourage parents and participants to walk to the event

**Age groups:** Reception to Year 6

**Prizes:**  - A medal for every runner.

- Sports equipment to the value of £250 for the junior school with most participants at the event on the day.

- School Team Cup for each race

- Overall Schools Cup (Senior and Junior)

**Who can take part:** All young people who live in Henley and attend schools outside of the area, or attend schools within the catchment area eg Badgemore, Bishopswood, Kidmore End, Nettlebed, Peppard, Sacred Heart, Shiplake Primary, Sonning Common, Trinity, Valley Road, Gillotts, Chiltern Edge, St Mary's, Rupert House

**Start times and Distances:**

**\**These are approximate start times which may vary with the number of participants. Please arrive at least 30 minutes before your race.***

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| Year | Start time | Distance |
| Reception | 9.00am | 0.5km (approx..) |
| Year 1/2 Girls | 9:15am | 1km (approx..) |
| Year 1/2 Boys | 9.30am | 1km (approx.) |
| Year 3/4 Girls | 9.45am | 1.4km (approx.) |
| Year 3/4 Boys | 10.00am | 1.4km (approx.) |
| Year 5/6 Girls | 10.15am | 1.6km (approx.) |
| Year 5/6 Boys | 10.30am | 1.6km (approx.) |
| Year 7/8 Girls/Boys | 10.45am | 2km (approx.) |

\**Although Senior boys and girls are running together there will be separate boys and girls results and teams*

**Please note: Registration for the event is via the website below**

Please ask the parents of your pupils to register their child for the event and consent to their participation at [www.physiolistic.co.uk](http://www.physiolistic.co.uk) and click on the ‘HYF’ tab.

Enter the required details of the participant (Name, Age, Gender, Year, School, Parent/Guardian email address) and click ‘Submit’ at your earliest convenience.

Final numbers will be required by 23rd February 2024. We will email you a race sign up sheet nearer the time that will prove useful nearer the race day in assisting you to enlist your runners. A limited number of on the day entries will be available.

As with events of this sort, there are rules and regulations to abide by and we attach some information on these.

Physiolistic very much look forward to welcoming you to Henley Rugby Club. It is aimed to be a unique family event as well as an inter-school race so please do encourage parents to come and support their children. Refreshments will be available from Menza Café.

If you have any queries or require further information, please do not hesitate to contact me directly on 07887781606 or 01491 598043

Regards

Clint Botha

Physiolistic

Information for Schools, Competitors and Spectators

* Children must be supervised by a responsible adult at all times
* Each school to have a designated teacher or parent to co-ordinate their runners and collect their runners’ results.
* Each race will have a Hare and a Tortoise
* The course is marshalled so spectators are not allowed to pace runners around the course
* A “TEAM” is the first 4 runners from a school in each race
* Spikes are permitted
* Please arrive in good time for your event start
* Every competitor must wear a race sticker with their name and school (these will be provided
* Toilets, designated parking and first aid cover are provided
* Dogs must be kept on a lead
* Spectators are more than welcome
* Refreshments will be available to purchase throughout the event