

CROSS COUNTRY

SUPER

4^s

Primary 4-7



Super 4s offers P4-7 pupils the opportunity to take part in 4 cross country races at various locations across Nithsdale. Runners of all abilities are encouraged to take part, whether to improve fitness levels, improve performance or simply enjoy themselves. All races are 1 mile (approx)

**Entry fee:
£3 per child**

This payment covers the whole event, payable at the first race

Race 1	Thursday 27 February	Park Farm, Dumfries
Race 2	Wednesday 4 March	Wallace Hall Academy, Thornhill
Race 3	Monday 9 March	Maryfield, Dumfries
Race 4	Tuesday 17 March	The Crichton, Dumfries (registration Easterbrook car park)

**Races start at 4.15pm -
please be there to register by 4pm**

**All races
are 1 mile
(approx)**

REGISTER YOUR CHILD NOW!

To receive a booking form please email
NithsdaleActiveSchools@dumgal.gov.uk



Why not run every week for free?



parkrun

Dumfries junior parkrun



Weekly free 2k timed run for juniors

What is Dumfries junior parkrun?

It is a 2k run for juniors only (4-14 year olds).

When is it?

It is held every Sunday at 9:30am.

Where is it?

The event takes place in **Dock Park**, St Michaels Bridge Rd, Dumfries, DG1 2RY.

What does it cost to join in? **Nothing - it's free!**

But please register before your first run.

www.parkrun.org.uk/register

Don't forget to bring a printed copy of your barcode (request a reminder).

How fast do I have to be?

The aim is to have fun. Please come along and join in whatever your pace! We're friendly!

www.parkrun.org.uk/dumfries-juniors/

Free Junior parkrun - Schools Competition

During February and March we will be counting up the total number of times pupils from individual schools take part (9 Junior parkruns available from 2 February). You can walk, jog or run - just get moving.

At the end of March, schools will be awarded Gold, Silver or Bronze certificates based on the number of times their pupils have joined in.

Look out for further information at school!



Nithsdale Active Schools and Community Sport